

INSIDE



Fittest of the fit

25th Combat Aviation
Brigade competitors win
Task Force Marne
biathlon
A-3



Spc. Jesus Aranda | 25th Infantry Division Public Affairs

Gen. George Casey Jr., Army chief of staff, speaks to Soldiers of the 25th Infantry Division and their family members at Sgt. Smith Theater, Schofield Barracks, Feb. 26. Casey answered questions and addressed military families' concerns on topics ranging from education to deployment stress.

CSA meets with 25th ID

**SPC. JESUS ARANDA AND
STAFF SGT. TIM MEYER**
25th Infantry Division Public Affairs

SCHOFIELD BARRACKS — Army Chief of Staff Gen. George Casey Jr. touted the benefits of one of the military branch's newest mental health initiatives and expressed a renewed commitment to the Army Family Covenant, during a

visit with the 25th Infantry Division, here, Feb. 26.

Meeting with military families inside of Sgt. Smith Theater, Casey discussed a variety of topics, including the Army's initiative Comprehensive Soldier Fitness, which addresses physical, emotional, spiritual, social and family needs.

"It's a program designed to bring

mental fitness up to the level of effort that we give to physical fitness. We are trying to give every Soldier, family member and civilian the skills they need to be better and to be more resilient," Casey said.

The program includes four compo-

SEE CSA, A-4

CSA, 'Broncos' discuss resiliency, fitness

MAJ. CATHY WILKINSON
3rd Brigade Combat Team Public Affairs
25th Infantry Division

SCHOFIELD BARRACKS — The leaders of the "Bronco Brigade" met with Army Chief of Staff Gen. George Casey Jr. in a roundtable discussion about Comprehensive Soldier Fitness during his visit here, Feb. 26.

The 3rd Brigade Combat Team, 25th Infantry Division, brigade and battalion commanders and command sergeants major, along with brigade health care officers, the military family life consult-

ant and the director of the Schofield Barracks Health Clinic, told Casey about their efforts to provide Soldiers with the best health care available and to break the stigma surrounding mental health care.

"I talk to battalion and brigade commanders about mental health care, and they get it," Casey said. "We've made huge progress. Four or five years ago, we surveyed the Army, and 80 percent said there was a stigma. Now only 50 percent say there is one, but that's 500,000 people. So I don't think we've solved the problem yet."

The brigade leadership made a concert-

ed effort to link its leaders and local health care providers to improve Soldier care when the unit returned from Iraq in October 2009.

Senior brigade leaders continue to gather with health care providers, senior spouses, Army Community Service representatives and social workers in a twice-monthly meeting known as the "Pohai Pulama," or Caring Circle, organized by the Schofield Barracks Health Clinic director.

"We take all these people who have

SEE BRONCOS, A-4

RCO-HI finds new home at Schofield locale

Story and Photo by
MIKE EGAMI

U.S. Army Garrison-Hawaii Public Affairs

SCHOFIELD BARRACKS — The Regional Contracting Office-Hawaii celebrated the opening of its new office location with a traditional Hawaiian blessing, here, Feb. 26.

The move to Schofield Barracks from Fort Shafter is the result of transformation, collaboration and support to the warfighter for more than 25 years.

In 2008, RCO-HI aligned with the Army Contracting Command and Expeditionary Contracting Command.



Kahu (Pastor) Kaleo Patterson (right) and Haaheo Guanson perform the traditional Hawaiian blessing during the opening of Regional Contracting Office-Hawaii at Schofield Barracks, Feb. 26.

SEE RCO-HI, A-8

'Never Broken' battalion learns life-saving skills on motorcycles

Story and Photo by
SPC. JAZZ BURNEY

3rd Brigade Combat Team Public Affairs
25th Infantry Division

SCHOFIELD BARRACKS — After successfully traveling the dangerous roads of Iraq, recently returned Soldiers learned that they need the same alertness used for survival in combat while they enjoy riding their motorcycles in Hawaii.

Soldiers from the 3rd Battalion, 7th Field Artillery Regiment, 3rd Brigade Combat Team, 25th Infantry Division, participated in the brigade's motorcycle safety training sessions here, Feb. 22, with the Honolulu Police

Department and William Maxwell, U.S. Army Garrison-Hawaii safety officer. The training is designed to increase the Soldiers' knowledge of proper motorcycle safety and operation.

The "Never Broken" battalion is first in the brigade to conduct the motorcycle rider's training with the HPD.

The training consisted of testimonials from Maxwell and the police officers. The experts spoke of errors that motorists often make, such as not looking in the same direction they are turning, not knowing personal and vehicle limitations, and inattentiveness to other drivers.



1st Lt. Keith Merilaat, the battalion signal officer, 3rd Battalion, 7th Field Artillery Regiment, 3rd Brigade Combat Team, 25th Infantry Division, leads the way on his motorcycle as other Soldiers of the battalion follow during their motorcycle safety training, Feb. 22.

Sgt. Daron Akiyama, a Honolulu metropolitan police sergeant, spoke to the Soldiers

and recounted many of the gruesome sights he's encountered on Hawaii's roads.

Akiyama asked the Soldiers what they felt the number one reason for motorcycle accidents was. Collectively, the Soldiers answered speed and a rider's inexperience. Akiyama said that in his opinion, it is the rider's error that kills, like hitting something and abruptly stopping.

"I heard a profound statement that said, 'in a car the steel and plastic protects the driver; on a motorcycle the driver protects the steel and the plastic,'" Maxwell told the Soldiers.

Maxwell explained that bikes offer limited amounts of protection to the rider, and that true

SEE SAFETY, A-8

World War II, Korea veterans to be inducted as 'Heroes'

U.S. Army Museum of Hawaii will honor Ono, Kahooohanohano for service

LORAN DOANE
U.S. Army Garrison-Hawaii Public Affairs

FORT DERUSSY — The Army is honoring two Soldiers, March 5, during an induction and memorial ceremony for the U.S. Army Museum of Hawaii's Gallery of Heroes, here.

Thomas Yoshi-mi Ono, of Honolulu, and Anthony Kahooohanohano, of Wailuku, Maui, are being recognized for their distinguished service in World War II and Korea.



Kahooohanohano

Since 1988, the gallery has honored local Hawaiian service members who have received one of the nation's two highest awards for valor: the Congressional Medal of Honor and the Distinguished Service Cross, or its equivalent the Navy Cross or the Air Force Cross.

Ono served as a private in World War II and received the Distinguished Service Cross for his extraordinary courage while assigned to Company B, 100th Infantry Battalion, 34th Infantry Division in June 1944.

Near the town of La Torretto, Italy, while engaged in intense close combat fighting against overwhelming odds, Ono led a handful of fellow Soldiers in engaging multiple enemy emplacements in the vicinity of his assigned objective.

During the three-hour engagement, he and his companions neutralized five machine guns, five machine pistols, and killed or captured 17 Germans.

Ono subsequently served in the Korean War, where he was captured and spent two years as a prisoner of war at Ch'ang-Song, from April 25, 1951, until his release in August 1953.

Serving as a private first class, Kahooohanohano was posthumously awarded the Medal of Honor for his remarkable bravery in combat while assigned to Co. H, 2nd Bn., 17th Inf. Regiment, 7th ID, for defending against enemy forces in the vicinity of Chup'a-ri, Korea, Sept. 1, 1951.

On that day, Kahooohanohano was in charge of a machine-gun squad supporting the defensive positions of Co. F, when they came under intense enemy attack, launched by a numerically superior force.

Because the enemy numbers were overwhelming, friendly troops had to withdraw from their defensive positions.

As the men fell back, Kahooohanohano ordered his squad to take up more defensible positions and provide protective fire for the friendly force.

Having been painfully wounded in the shoulder during the initial enemy assault, he gathered a supply of grenades and ammunition and returned to his original po-

SEE HEROES, A-8

Road closure

Kaukonahua Road will be closed in both directions from the intersection of Kamananui Road to Wilikina Drive, March 8-12.

See News Briefs, A-4



Partners

Lt. Gen. Rick Lynch, commander, Installation Management Command, discusses the Army Community Covenant

See Pau Hana, B-1

Coaching the future

Give back to the community as a Youth Sports coach.

See FMWR Sports B-5

This issue

Footsteps in Faith	A-2
Deployed Forces	A-3
News Briefs	A-4
FMWR	B-2
Sports & Fitness	B-5

We want to hear from you...

The Hawaii Army Weekly welcomes articles from Army organizations, announcements from the general public about community events of interest to the military community, and letters and commentaries.

If you have newsworthy ideas or stories you'd like to write, coordinate with the managing editor at 656-3155, or e-mail editor@hawaiiarmyweekly.com.

The editorial deadline for articles and announcements is the Friday prior to Friday publications. Prior coordination is mandatory.

Articles must be text or Word files with complete information, no abbreviations; accompanying photographs must be digital, high resolution, jpeg files with full captions and bylines.

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HAWAII ARMY WEEKLY
Commander, U.S. Army Garrison-Hawaii
Col. Matthew Margotta
Director, Public Affairs
Dennis C. Drake
Chief, Internal Communication
Aiko Rose Brum, 656-3155
aiko.brum@us.army.mil
Managing Editor
Vickey Mouze, 656-3156
editor@hawaiiarmyweekly.com
Pau Hana Editor
Lacey Justinger, 656-3488
lacey@hawaiiarmyweekly.com
Assistant Pau Hana Editor
Brenda Naki, 656-3150
community@hawaiiarmyweekly.com
News Editor
Bill Mossman
bill@hawaiiarmyweekly.com
Layout
Leah Mayo
Web Content
Stephanie Rush, 656-3153
stephanie.anne.rush@us.army.mil
Advertising: 525-7439
Classifieds: 521-9111
Editorial Office: 656-3155/3156
Address:
Public Affairs Office
742 Santos Dumont Ave., WAAP
Building 108, Room 304
Schofield Barracks, HI 96857-5000
Web site:
www.garrison.hawaii.army.mil/haw.asp & hawaiiarmyweekly.com

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Family Housing areas? If so,
call 656-3155 or 656-3156.

53 days since last fatal accident

Number represents fatal accidents as defined by Army Regulation 385-10, which is inclusive of all active component U.S. Army units and personnel. Current as of 3/4/10.



Staff Sgt. Tim Meyer | 25th Infantry Division Public Affairs

Soldiers of Companies C and D, 2nd Battalion, 27th Infantry Regiment, 3rd Brigade Combat Team, 25th Infantry Division, stand in formation during the inurnment ceremony in honor of retired Gen. Frederick Weyand at Honolulu's National Memorial Cemetery of the Pacific, Feb. 27.



Staff Sgt. Tim Meyer | 25th Infantry Division Public Affairs

Lt. Gen. Benjamin Mixon, commanding general, U.S. Army-Pacific Command, remembers retired Gen. Frederick Weyand in a eulogy during a funeral service for the general at the Central Union Church in Honolulu, Feb. 26.

Funeral service held for former CSA

HONOLULU — A funeral service for retired Gen. Frederick Weyand, 28th chief of staff of the Army, were held here, Feb. 26, at Central Union Church in Honolulu.

Inurnment was at the National Memorial Cemetery of the Pacific, Feb. 27. A memorial service was held Feb. 28 at the Fort DeRussy Chapel.

Weyand died Feb. 10 of natural causes at the Ka-

hala Nui retirement residence, here.

In 1964, he assumed command of the 25th Infantry Division in Hawaii and moved with it to Vietnam 18 months later. He commanded II Field Force Vietnam in 1967 and 1968.

Weyand became Chief of Staff of the Army in 1974 and served in that position until he retired in 1976.



Spc. Jesus J. Aranda | 25th Infantry Division Public Affairs

Eric Shinseki, U.S. secretary of Veterans Affairs, speaks with Mary Weyand, wife of the recently passed retired Gen. Frederick Weyand, during an inurnment ceremony in honor of Weyand at the National Memorial Cemetery of the Pacific, Feb. 27. Shinseki, a long-time friend and colleague of Weyand, spoke to mourners during the ceremony and reflected upon the life and accomplishments of the former Army Chief of Staff.

Leadership focuses on accomplishing missions

DAVID KUHN'S SR.
Northwest Guardian Editor

JOINT BASE LEWIS-MCHORD, Wash. — It is a lot easier to define leadership than it is to define the attributes of a good leader.

A common thread of leadership is often taking care of Soldiers. Looking out for subordinates' well-being is certainly an important consideration, but it always has to be tempered by the knowledge that accomplishing the mission might put those subordinates at grave risk.

Leaders must weigh the risks against the benefits of any decision they make. Sometimes those decisions lead to the death or injury of their Soldiers. That is the inevitable price of following the profession of arms.

Those who call for compassionate and caring leaders are correct, and wrong, at the same time. Army leaders need to focus on the greater good.

Feeling sorry for the troops when they are complaining about long training in bad weather might seem like the compassion-

ate thing to do in the short term, but having the toughness to keep them at it even when they are cold, wet and tired can save lives later, when the enemies they face are real.

Many young Soldiers will insist that good leaders should always put the Soldiers first. That sounds good, and in some respects, it is true. When I was a young sergeant my platoon sergeant gave me some sound advice.

"Never eat until your Soldiers are fed, never sleep until your Soldiers sleep, never take a break until your Soldiers get one," he told me.

He wasn't advising me to place the Soldiers before myself out of kindness. Doing so was a calculated way to better accomplish what always came first: the mission.

Good leaders always place the mission first and look out for their troops, because the troops are key to mission success.

It's hard to describe exactly what makes leaders good at what they do. But, you know the good ones when you see them.

Cold pizza is good, but daily feast of spiritual bread is still the best diet

CHAPLAIN (MAJ.) CHARLES BURGESS
3rd Brigade Combat Team, 25th Infantry Division

Have you ever eaten cold pizza? I know many of you have. You probably love it.

After a Friday night at the pizza parlor, I enjoy eating cold leftover pizza the next day for breakfast. A thin-crust, pepperoni pizza is one of my favorites. Digging my teeth into cold cheese, pepperoni and tomato sauce hits the spot.

I have even sold my boys on this early Saturday morning ritual of cold, leftover pizza. It is just one of those traditions that families should not lose.

However, leftover dieting is not a good practice when it comes to our faith, even if it is a common occurrence among many of us.

The Scriptures tell us in Matthew 6:11, "give us this day our daily bread."

The question is how do we make it our practice to get our daily spiritual bread?

First of all, keep it fresh.

If you live on leftovers, two things can happen: one, there are no longer any leftovers after a significant amount of time; and two, the leftovers become inedible.

This is why our spirituality can't live in the past. It must be renewed daily. Either we lose what we got, or what we got rots. Neither option is a choice. Living on daily bread is the

only acceptable practice. It is fresh and ready to go.

Secondly, desire daily bread.

When you are hungry, you get something to eat like pizza. Your body tells you to fulfill this desire.

Spiritual hunger is also a need but one that we often neglect. When you begin to feel spiritually hungry, it is time to feed your spirit with spiritual bread. The bread is God's Word.

Thirdly, make daily bread easy.

Ordering pizza is easy when a restaurant makes it possible via the phone and delivery workers.

God can supply your spiritual nourishment on a daily basis. Philippians 4:19 says, "And my God will meet all your needs according to his glorious riches in Christ Jesus."

Lastly, we must ask for daily bread.

After all, asking for "daily bread" is from the Lord's Prayer. It is a daily rehearsal to solicit what you need to face a new day.

Simply ask God. He is waiting.

So as you face this day, face it with your daily spiritual bread. Leave the cold pizza for breakfast.



Burgess

Voices of Ohana

What library do you frequent, and what is the best thing about that library?



"The great selection of books for all ages makes the AMR library a great place to go."

Sgt. Aaron Beck
Information Systems
Operator-Analyst,
8th Theater
Sustainment
Command



"I prefer going to the AMR library due to the fact that it is close to where I live."

Sgt. Ricardo Branch
Public Affairs,
8th Theater
Sustainment
Command



"I enjoy going to the Hawaii State Library because it is a large library where I can read and not be bothered."

Spc. Marie Cabogos
Water Treatment
Specialist, 8th Theater
Sustainment
Command



"I valued the high speed internet of the Fort Shafter Library. I can't wait until it reopens."

Pfc. Darnell Collins
Combat
Documentation
Production Specialist,
8th Theater
Sustainment Command



"I go to the Hawaii State Library, when I get off work sometimes, when I need a place to chill."

Pfc. Brittney McCoy
Human Resource
Specialist, 8th
Theater Sustainment
Command

Air assault mission shows commitment to deter enemy

Deployed Forces

Story and Photo By
STAFF SGT. MIKE ALBERTS
25th Combat Aviation Brigade Public Affairs
25th Infantry Division

CONTINGENCY OPERATING BASE SPEICHER, Iraq — By 7:50 a.m., Feb. 17, helicopters inserted the last of more than 300 Iraqi Security Forces and U.S. Soldiers into four towns along a seam of a territory spanning Iraq's northern provinces of Diyala and Salah ad-Din.

The combined air assault, Operation Tomahawk Condor, was mission-complete five hours later, having confiscated six illegal weapons and detained four suspected terrorists.

About 100 Soldiers from 2nd Battalion, 19th Iraqi Army Brigade, 5th Iraqi Army Division, and more than 200 Soldiers of the 1st Bn., 23rd Infantry Regiment, 3rd Stryker Bde., 2nd Inf. Div., conducted the Iraqi-led air assault mission from Contingency Operating Location Grizzly, Diyala province, Iraq. The ground units received aviation support from the Hawaii-based 25th Combat Aviation Bde., Task Force Wings, with four CH-47D Chinook and six UH-60L Black Hawk helicopters; and four AH-64D Apache helicopters from 2nd Squadron, 159th Attack Reconnaissance Bn., TF Wings.

With so many aircraft integrally involved, fuel and re-arming of ammunition were critical aspects of the operation.

Soldiers from the 3rd Assault Helicopter Bn., 158th Avn. Regt., 12th CAB; from the 209th Avn. Support Bn., Task Force Lobos; and from the 2nd



Iraqi Security Force Soldiers with 2nd Battalion, 19th Iraqi Army Brigade, 5th Iraqi Army Division, and U.S. Soldiers with 1st Battalion, 23rd Infantry Regiment, 3rd Stryker Brigade Combat Team, 2nd Infantry Division, practice exiting a Hawaii-based CH-47D Chinook helicopter, moments prior to a combined air assault mission from Contingency Operating Location Grizzly, Diyala province, Iraq, Feb 17.

Bn., 25th Avn. Regt., TF Diamond Head, worked together to operate the forward arming and re-fueling point at Joint Base Balad to fill these vital support services.

The operation sought to disrupt enemy capabilities and demonstrate to the local people the continued commitment of the ISF in protecting the area and deterring enemy activity, said Maj. Joshua Higgins, operations officer, 2nd Bn., 25th Avn. Regt., TF Diamond Head.

"This air assault operation was certainly (one of

our most complex operations) since we've been in Iraq, considering the integration of Chinook, Apache, Black Hawk, unmanned aerial vehicles and the (command and control) airframes," said Higgins, who spearheaded the planning process, including multiple air-mission coordination briefings and a combined arms rehearsal.

"It was very successful. The individual pilots, air crews and ground personnel, Iraqi and U.S., all executed flawlessly," he continued. "It was Iraqi-led, and I was impressed with the professionalism

and capability of our Iraqi counterparts. What we witnessed was Iraqi and U.S. Soldiers operating shoulder-to-shoulder (as a team) with a common goal, executing their mission with total proficiency."

Lt. Col. David Francis, commander, TF Diamond Head, elaborated on the success and significance of the operation.

"In aviation, we often say that 'planning is everything,' (but no plan survives first contact) because things can always change during the course of an operation," Francis said. "Our level of preparation and planning for this particular operation contributed greatly to its success, and the performance of the aviators from three different aviation units within the 25th CAB was not only phenomenal, but a great demonstration of the teamwork within the Task Force Wings."

Chief Warrant Officer James Ditto, CH-47 pilot and operations officer, Company B, 3rd Bn., 25th General Support Avn. Bn., TF Hammerhead, was one of the 25th CAB aviators. As the lead pilot for the CH-47 flight, he coordinated the Chinook mission with the other participating elements, and infiltrated the three iterations of troops' objectives.

"Everything went very smoothly, probably more smoothly than expected given the (scale of this operation)," Ditto said. "You want troops on quickly and off quickly during an operation. We conducted cold- and hot-load training before the mission, and I was impressed with how well the ISF performed."

Elite warriors tackle muddy course in Task Force Marne's first biathlon

SGT. 1ST CLASS TYRONE MARSHALL JR.
25th Combat Aviation Brigade Public Affairs
25th Infantry Division

CONTINGENCY OPERATING BASE SPEICHER, Iraq — There are those who choose to accept the "norm," and those who decide to challenge themselves by pushing their limits.

Forty-two of the toughest Soldiers Task Force Marne has to offer competed in a grueling test of wills during the task force's first biathlon, held near Tikrit, Feb. 27.

These select Soldiers were hand-picked by their respective chains of command to represent their unit in the biathlon, essentially pitting their Soldiers against other elite biathletes from across the task force.

The 42 Soldiers represented each

unit across U.S. Division-North.

The categories were broken down to first through third place for male and female competitors. There was also a category for overall male and female with the most points.

The scoring system was a combination of the Soldiers' efficiency at the range combined with their run times after negotiating the muddy and wet 7.4-mile course.

"It was a test of their endurance and how well they could shoot," explained Maj. Dennis O'Reilly, deputy division surgeon, 3rd Infantry Division, in breaking down the events. "They had to run more than 3.7 miles to the range, put on all their protective gear that they wear in combat, fire 10 rounds at a 25-meter target, then drop their combat gear, and run

back; all done in ACUs and boots (with rifles)."

The biathlon, a vision of Maj. Gen. Tony Cucolo, the USD-North commander, was planned by Soldiers across the task force.

"We had lots of help," O'Reilly said. "Task Force Wings ran the range. I told Wings, 'We are going to have 42 to 60 Soldiers show up, shoot, then run off the range. Go ahead and figure that out.' And they did a great job doing that."

The competitors from 25th Combat Aviation Brigade, TF Wings, led the way. 1st Lt. Valerie Aquino, Headquarters and Support Company, 209th Avn. Support Battalion; and Spc. Douglas Long, Company E, 2nd Bn., 25th Avn. Regiment; both of TF Wings, led all competitors with a combined

363 points.

Aquino also had the highest individual score of any competitor, scoring 185 points.

"It feels great," Aquino said. "I'm glad it's over, but it was very exciting. My goals were to not give up, and to hopefully win. I'm very happy I had a chance to represent my unit."

Most of the biathletes felt the same way. Many, in fact, didn't expect to perform as well as they did.

"I was surprised. I didn't think I was going to place," said Staff Sgt. Desiree Browning, from Co. B, 26th Bde. Support Bn., 2nd Bde. Combat Team, 3rd ID, who took third place in the female category with 99 points.

"I was just going to do my best and try to finish the race," Browning said. Long, who finished first among

all male biathletes with 178 points, said he was pleased with taking part in the task force's first biathlon.

"I think it just shows how dedicated I am to physical fitness and keeping myself healthy," he said. "Running in ACUs, boots and with a weapon ... it really changes the dynamics of running."

"It feels pretty good," Long added. "All that hard work paid off. I knew it was going to be tough. Every unit was going to send their best. So (winning) felt good, and knowing that you were selected to represent your entire brigade was pretty cool."

Staff Sgt. Lawrence Smith, who won third place for the men in the biathlon, also placed in the recent Operation Iraqi Freedom Great Aloha Run, Feb. 1.

CSA: Restoring the balance between deployments

CONTINUED FROM A-1

ments; separate online self-assessments for Soldiers and family members; online self-help options; at least one senior noncommissioned officer in each battalion trained as a master resilience trainer at the University of Pennsylvania; and more resiliency training in Army schools.

"We've been at war for eight-and-a-half years, and we're going to be at this war a decade or so longer, that's the reality of it," Casey continued. "We have

to sustain ourselves for this over the long haul, and that's what this program is designed to do."

Soldiers and family members asked Casey about deployment cycles, reset timelines for Soldiers returning from theater, and quality of life programs.

According to the Army's top officer, today's Soldier is better equipped to succeed in a combat environment and lead others than ever before. Still, he cautioned that this progress isn't enough to ensure Soldiers' physical and emotional well-being.

"I've come to realize that the most important thing that we can do as an Army to get ourselves back in balance is to increase the time Soldiers are at home between deployments," Casey said.

Casey explained that the Army has scientifically documented the benefits of such timelines.

"We just completed a study that shows that it takes 24 to 36 months to fully recover from a 12-month combat deployment," he said. "That's why it's so important that we get to our goal in

2011 of one-year-out, two-years-back for the active force; one-year-out, four-years-back for the Guard and Reserve."

Casey assured his audience that progress is being made to support Soldiers' health and family life through continued efforts to shorten the time Soldiers spend in combat, increase time Soldiers have with their families, and maintain the funding of programs to address Soldier and family needs.

"We remain committed to delivering on the Army Family Covenant," Casey said. "Back in 2007 when we started

(the Family Covenant), we immediately doubled the amount of money we were putting toward Soldier and family programs. We are absolutely committed to maintaining the appropriate level of funding for Soldier and family member programs.

"The new facilities on Army installations are absolutely magnificent, and the quality of life is continuing to go up," he added. "We've made great progress over the last two-, two-and-a-half years, and I can see this going in a positive direction."

Broncos: Leadership plays role in comprehensive Soldier well-being

CONTINUED FROM A-1

different pieces of the puzzle, and we sit at the table and put the puzzle together to help Soldiers," Col. Michael Brumage, clinic director, said in describing the meetings.

"There are multiple agencies where Soldiers can get help, ranging from doctors to Military One Source and ACS."

"I know my Soldiers. I've been with them for two years as we trained for Iraq and when we deployed," said Command Sgt. Maj. Michael Stout, command sergeant major for the 3rd Squadron, 4th U.S. Cavalry Regiment, 3rd BCT, 25th ID. "We care about Comprehensive Soldier Fitness. We want to help our Soldiers to grow from their experiences in combat and not develop a disorder."



Spc. Jazz Burney | 3rd Brigade Combat Team 25th Infantry Division Public Affairs

Army Chief of Staff Gen. George Casey Jr. (center) met with leaders from the 3rd Brigade Combat Team, 25th Infantry Division, and the Schofield Barracks Health Clinic, during a roundtable discussion here, Feb. 26, to discuss Comprehensive Soldier Fitness and break the stigma surrounding mental health care.

"This is a military operation," said Lt. Col. Jerry Turner, commander, 3rd Squadron, 4th Cav. Regt., 3rd IBCT, 25th ID. "Soldier care is a commander's critical information requirement. This is commander's business."

The group agreed that mental health care is vital to Soldier and family well-being. As part of the CSF program, Casey urged leaders at the platoon level, including master resilience trainers, to help change the perception of a mental health stigma.

"This is where we will solve the problem," Casey said.

"You can't watch the Olympics without understanding how important the mental dimension is to physical competition," Casey added. "Soldiers continually want to be better, and we will help them."

Casey visited the brigade following a town hall meeting with Schofield Barracks Soldiers and their families. He was in town to attend funeral services.

News Briefs

Send news announcements for Soldiers and civilian employees to community@hawaiiarmyweekly.com.

8 / Monday

Road Closure – Kaukonahua Road will be closed in both directions from the intersection of Kamananui Road to Wilikina Drive, March 8-12.

Motorists are advised to use Wilikina Drive or Kamehameha Highway as alternate routes.

Sewer Lines Smoke Testing – A weeklong smoke test of the sanitary sewer system in the Lyman Road area will begin March 8.

The affected areas on Lyman Road will be from the 2nd Stryker Brigade Combat Team motor pool to Lyman Gate.

Smoke testing will not be conducted in the housing areas, but smoke may travel upstream to Kaena, Solomon and Kalakaua communities.

Residents may see smoke coming from the vent stacks on buildings or holes in the ground, but the smoke is non-toxic, non-staining, has no odor, is white to gray in color and creates no fire

hazard. Call 621-3098.

10 / Wednesday
Change of Command – Lt. Col. Scott Petersen, commander, 65th Engineer Battalion, will relinquish command to Lt. Col. Daniel Koprowski, March 10, 10 a.m., at Sills Field, Schofield Barracks.

13 / Saturday
MEDCOM Best Warrior Competition – The 18th Medical Deployment Support Command will host the 2010 U.S. Army Medical Command Noncommissioned Officer and Soldier of the Year "Best Warrior" competition, March 13-19.

This is the first time the competition will be held in Hawaii.

Soldiers from the entire Pacific Region Medical Command, Dental Command, Veterinary Command, the Army Medical Department Center and School of Medical Research, and Material Command will compete for this year's title. Call 433-1753.

19 / Friday
AER Kickoff Rally – The 2010 Army Emergency Relief kickoff rally is set for March 19, 10-11 a.m., at the Nehelani Conference Center, Schofield Barracks.

All brigade, battalion and unit commanders and command

SEE NEWS BRIEFS, A-8

‘Red Tails’ narrate memoirs during Black History Month

SGT. 1ST CLASS RODNEY JACKSON
18th Medical Deployment Support Command Public Affairs

FORT SHAFTER — Almost daily, Soldiers get a chance to experience a part of military history in the making and to relive history from past service members’ experiences.

That was the case for 18th Medical Deployment Support Command Soldiers as two Tuskegee Airmen, formerly known as “Red Tails,” relived moments in their military careers during the unit’s observance of African-American/Black History Month at the Aliamanu Military Reservation Chapel, Feb. 22.

William Holloman III and Alexander Jefferson, both retired Army lieutenant colonels, shared their military experiences with unit members, including those experiences they considered unpleasant.

“African-Americans have made many, many rich contributions to our history, and we’re left (out) of history books,” Holloman said. “Statements are still being made today about African Americans from the War of 1812, the Civil War, World War II, Vietnam, the Korean War and even today about Iraq and Afghanistan, that are inaccurate.”

Holloman discussed experiences he had while serving, comparing his positive relationship with fellow caucasian service members while deployed overseas, to the negative reaction he received after returning to the United States, where he was greeted by white- and black-only signs at the end of ships’ gang planks.

“However, the Tuskegee Airmen’s reception in the U.S. has been much better in the last 20 years than in 1945,” Holloman said. “Our nation has changed, and how we treat each

other in America has changed. This is a great country. Be proud of it.”

The two airmen told the crowd that they went from being called the “colored” pilots, to the “Negro” pilots, to eventually being referred to as Red Tails, signifying the color of their planes’ tails.

Jefferson described the difference between being African-American in the military service in those days and today, saying that back then, he had to learn to play the game by being prepared.

“Advancement and reaching your dream comes from being prepared and pushing yourself,” he said. “Challenges come, but with perseverance and will, you can make it.”

Holloman added, “The Tuskegee instructors didn’t have time to coddle us. If you didn’t work hard, you were sent back to the infantry.”

Jefferson, who was imprisoned for nine months in a camp called Stalag Luft III after his plane went down during a southern France mission, encouraged audience members to learn more about history.

“If you don’t know from whence you came, you don’t know where you are today, and you don’t know where you’re going,” Jefferson said.

“There’s no other nation in the world that looks like ours, because we’re very diverse and (our country) was built on the backs of those diverse people,” said Col. Michael McDonald, 18th MEDCOM chief of staff. “This could be considered a good class on what the Army calls ‘consideration of others,’ and it proves that the military has been on the forefront, because the armed services cannot be built on prejudices.”

Engineers train Iraqis to combat IEDs

Story and Photo by
PFC. JENNIFER LOWES
130th Engineer Brigade Public Affairs

CONTINGENCY OPERATING SITE MAREZ, Iraq — Thanks to U.S. Army training, four Iraqi army divisions have been learning how to counter improvised explosive devices before the IEDs can be used to attack Iraqi or U.S. forces.

The 2nd, 3rd, 4th and 12nd Iraqi army divisions each has one engineer officer participating in Army training.

Recently, an Iraqi officer met with 1st Lt. Manuel Orozco, the officer in charge of the 15th Engineer Detachment (Explosive Hazards Team), 130th Engineer Brigade, 8th Theater Sustainment Command, for a week of training.

The Iraqi officer said he was excited to finish the class and use the new skills he had learned.

“Our goal is to make (Iraqi forces) more effective in finding IEDs in their area of operation,” Orozco said.

The curriculum maps where prior IEDs have taken place using grid coordinates, along with logs of previous attacks, including times and places.

The 15th Eng. Det. started preparing itself to conduct this training in September 2009 and began offering instructions in mid-October 2009.

“We don’t train a set number of days or hours,” Orozco said. “We train as long as it takes for our students to be proficient at what they do. Watching them become successful is the most rewarding part of my job.”

Understanding the Iraqi culture and being flexible with training is something that is a must for the 15th Eng. Det.

“Sometimes we have to adjust training because of schedule conflicts, but it’s all worth it in the end when (soldiers) get it,” he said.



1st Lt. Manuel Orozco, with the 15th Engineer Detachment (Explosive Hazards Team), 130th Engineer Brigade, works on a practical exercise with an Iraqi officer. Orozco conducts weeklong training for Iraqi army engineer officers, teaching them how to counter improvised explosive devices.



POHAKULOA TRAINING AREA



Courtesy photo

Attendees at Pohakuloa Training Area's annual community leaders day learn about PTA's missions and facilities. Other activities included a tour of PTA.

Community, government leaders meet at PTA

POHAKULOA TRAINING AREA, Hawaii — More than 45 community and government leaders attended the annual community leaders day at Pohakuloa Training Area, here, Feb. 24.

The event provided an overview of the training missions and facilities at PTA and an opportunity for Army leadership to thank community leaders.

"Your collegiate support and your interest here today are evident that you all care," said Debra Zedalis, regional director for Installation Management Command-Pacific Region. "Training at PTA and in Hawaii is our service members' life blood.

"We want to ensure our sons and daughters are as well prepared as we can provide, so they come back whole," she said.

Big Island Mayor William Kenoi expressed his appreciation to the PTA staff.

"I thank you for the Army's commitment to our environmental and cultural resources," he said. "I

receive letters across my desk praising your good work here, protecting the rare and endangered plant species and how you then share and beautify our communities."

Attendees included federal congressional delegation staffs, state government representatives, legislators, county officials, the University of Hawaii-Hilo chancellor and local emergency responders.

The group received a PTA tour and briefings by U.S. Marine Forces Pacific, Federal Highway Commission, U.S. Army Corps of Engineers, U.S. Army Garrison-Hawaii and PTA staff.

Big Island Mayor William Kenoi (right) presents Pohakuloa Training Area horticulturalist Kathleen Kawakami a certificate thanking her staff for their environmental protection programs.



Youth bag trash, help beautify popular beach

MIKE EGAMI

U.S. Army Garrison-Hawaii Public Affairs

KALAELOA — Members of the Juvenile Review Board program put their hands to good use during a community service cleanup project at White Plains Beach, Feb. 20.

Twenty-eight members of the JRB program and U.S. Army Garrison-Oahu staff organized the cleanup, hoping to make a difference in beautifying the popular island beach. The difference was obvious, as members collected more than 300 pounds of bagged trash in just four hours.

Following the activity, participants expressed feelings of gratification for a job well done, according to Command Sgt. Maj. Darryl Jannone, USAG-Oahu.

"This type of community service builds self-esteem among the youth and gives pride to their accomplishments and giving back to the community," Jannone said.

The JRB is dedicated to hearing cases of alleged misconduct by juveniles on Army installations on Oahu.

These youth are under the age of 18; living with or visiting a military sponsor, guardian or parent; and involved in dangerous, disorderly or criminal conduct.

The JRB community service projects are organized on Saturday mornings at the PX, Thrift Shop, Fisher House and in housing areas, where the group performs minor landscaping and rubbish cleanups.

Jannone plans to have more community service projects off-post, similar to the White Plains Beach outing, in the near future.

Neal, Crowley earn top honors in ‘grueling’ competition

Story and Photos by
PFC. BARBARA LIAU
117th Mobile Public Affairs Detachment

KALAELOA – Two Soldiers from the 29th Infantry Brigade Combat Team have been named Noncommissioned Officer and Soldier of the Year for the Hawaii Army National Guard, following two days of strenuous competition, here, Feb. 20-21.

Staff Sgt. Jeffrey Neal received the NCO award, while Spc. Dan Crowley was honored with the SOY award.

The NCO and SOY competition tested the physical, mental and emotional well-being of Soldiers, according to Command Sgt. Maj. Elizabeth Kenui, the Hawaii Army National Guard command sergeant major.

“(The competition’s) purpose is to showcase the professionalism, proficiency and courage that all Soldiers exemplify,” Kenui said.

The annual competition is composed of a series of demanding events designed to challenge even the most battle-hardened Soldier. These tasks include the Army physical fitness test and warrior tasks such as map reading, and weapons assembly and functions check. Candidates also endure a five-mile road march and written test, and they must appear before a selection board.

Crowley, a health care specialist (combat medic) with Company C, 29th Brigade Support Battalion, said Soldiers must prepare far in advance of the competition. He advised future competitors to be well rounded, rather than simply experts in one area.

“This competition selects the best warrior in regards to fitness, skill, military bearing, warrior ethos, warrior spirit, combat effectiveness, technical and tactical knowledge, and leadership,” explained Command Sgt. Maj. Ronald



Spc. Dan Crowley checks a medical mannequin for cracked or broken ribs as part of a warrior skills test for evaluating injuries. Crowley, a health care specialist (combat medic) with Company C, 29th Brigade Support Battalion, won the title of Soldier of the Year for the Hawaii Army National Guard, during the 2010 Noncommissioned Officer and SOY Competition, held at Kalaeloa, Feb. 20-21.

Oshiba, 103rd Troop Command. “These Soldiers will be put to the test with grueling events with very little time to rest. They are pushed to the edge both physically and mentally.”

Although the competition was meant to extend competing Soldiers to their limits, the Soldiers’ individual and collective safety remained paramount throughout the event.

For example, Sgt. 1st Class Ferdinand

Penaflor, the readiness NCO for Co. B, 299th Cavalry, was placed in charge of the five-mile road march. Penaflor walked the route early, competition morning, to make sure the pathway was safe for participating Soldiers. In particular, he looked to clear the area of construction materials and all other road obstructions.

Neal, an infantryman with Headquarters and Headquarters

Co., 29th Bde. Special Troops Bn., said he believed any one of the competitors would represent the battalion and brigade well in the next stage of competition.

Neal and Crowley will compete in the Army National Guard Region 7 NCO and SOY competition, scheduled April 30 to May 2. This will be the first time the Region 7 Competition is held in Hawaii. Neal and Crowley will compete



Staff Sgt. Jeffrey Neal breaks into a run during a portion of the five-mile road march, which he completed in just over an hour. Neal, an infantryman with the Headquarters and Headquarters Company, 29th Brigade Special Troops Battalion, captured the title of Noncommissioned Officer of the Year for the Hawaii Army National Guard at the 2010 NCO and Soldier of the Year Competition, held at Kalaeloa, Feb. 20-21.

against Soldiers from seven other states for a chance to represent their respective state in the national competition, which will be held later this year.

Heroes: Inductees did ‘superhuman deeds’

CONTINUED FROM A-1

sition to face the enemy alone.

Kahoohanohano continued to resist the onrushing enemy until his ammunition was depleted, and then he engaged the enemy in hand-to-hand combat until he was killed.

“The initial search to identify candidates for induction into the Gallery of Heroes produced six Medal of Honor recipients and 18 Distinguished Service Cross recipients,” said Victoria Olson, executive director, Hawaii Army Museum Society.

There are 22 Medal of Honor recipients and, as of the March 5th ceremony, 54 recipients of the Distinguished Service Cross and three recipients of the Navy Cross.

“Over the years, with more thorough research and from family members hearing about the Gallery of Heroes, we have been able to glean more about the lives of these honored Soldiers,” Olson said.

Once such case involved Patrick Viela, who was only 2 years old when his father, Army Sgt. Douglas Factora, died in Vietnam.

Viela had heard that his father was a hero but knew little more. He first learned of his father’s heroic acts in 2009, while reading a local story featuring his father’s pending induction into the U.S. Army



Courtesy Photo

Pvt. Thomas Yoshimi Ono receives the Distinguished Service Cross for extraordinary courage displayed in World War II while assigned to Company B, 100th Infantry Battalion, 34th Infantry Division in June 1944. Ono led a group of Soldiers in engaging multiple enemy emplacements, neutralizing machine guns and pistols, and killing or capturing several Germans.

Museum of Hawaii’s Gallery of Heroes.

“We’ve had several cases like Patrick’s in which friends and family members

hear or read about an induction and realize that it is someone they know,” Olson said. “They have been able to

share with the museum curators more details about their loved one’s life ... (and new) photos that we can share with the

public. We are able to put a face with the name, helping folks to realize that these are real people who performed superhuman deeds.”

“We are able to put a face with the name, helping folks to realize that these are real people who performed superhuman deeds.”

— **Victoria Olson**
Executive director,
Hawaii Army Museum Society

To be eligible for induction and memorialization into the Gallery of Heroes — besides having received a Congressional Medal of Honor, Distinguished Service Cross, or its equivalent the Navy Cross or Air Force Cross — an individual must have been born in Hawaii, entered military service from Hawaii, or have permanently resided in Hawaii for at least 10 years, according to Judith Bowman, the museum director.

“It’s great that this museum is able to play a role in recognizing our ohana who have contributed so much to our country,” Bowman said.

RCO-HI: Home sweet home

CONTINUED FROM A-1

“We now have the vision, resources, mission structure and strategy to bridge the gulf that existed pre-2008 within Army contracting,” said David Brock, chief, RCO-HI.

“With this support, we are able to move forward with the execution of the Army Contracting Campaign Plan at levels never before seen in the history of Army contracting,” Brock added.

The alignment with ACC/ECC internally transformed RCO-HI to better serve the mission and U.S. Army Garrison-Hawaii customers with two contract operations: Contracting Division Alpha and Contracting Division Omega.

The move from Fort Shafter complements the mission alignment to RCO-HI’s primary customer base, USAG-HI.

“(USAG-HI) represents the majority of the RCO-HI’s 3,600 annual contract actions, as well as 70 percent of the \$380 million the RCO-HI obligated in contractor dollars from (fiscal year 2009),” Brock said.

At Schofield Barracks , the RCO-HI can better address its customer alignment strategy, as the majority of the organization’s support actions are developed and executed here.

“Aside from supporting the home of the warfighter, the move to Schofield, and ultimately Wheeler, also provides great benefit to the contingency planning and coordination we take on under the guise of Operational Support Contracting,” Brock said.

“Our ability to pre-train the deploying warfighter decreases strain in theater contracting operations and allows the warfighter to obtain contracting goods and services (in theater) much more quickly,” Brock said.

“We look forward to continuing and reinforcing these comprehensive and collaborative customer relationships as they are the key to our past and future success,” he added.

Kahu (Pastor) Kaleo Patterson performed the traditional untying of the maile lei at the Schofield Barracks location after he blessed the officials, office staff and attendees.

News Briefs

From A-4

sergeants major, project officers and interested Soldiers are requested to attend. Call 655-7132.

24 / Wednesday

Women’s History Month — The Women’s History Month observance will be a one-woman theatrical performance at Sgt. Smith Theater, Schofield Barracks, March 24, 10-11:30 a.m.

Kate Campbell Stevenson will portray the characters of Bessie Coleman, the first black female pilot; Sacagawea, a Native American guide and interpreter; and Eleanor Roosevelt, humanitarian and First Lady.
Call 655-4797.

Orientation for New Employees — The ONE formal training course will be held March 24, 8 a.m.-3:30 p.m., in the Post Conference Room at Schofield.

ONE is a training requirement for all new garrison employees.
Call 655-5600.

Safety: New techniques, skills emphasized at training session

CONTINUED FROM A-1

protection comes from the rider’s skill and what protective gear he or she is wearing.

During the brigade’s recent deployment, Soldiers who operated military vehicles faced unseen challenges on the Iraq roads.

These challenges included roadside bombs, civilian traffic, indirect or direct enemy fire, or the fatigue that comes from driving for long hours.

In Iraq, Soldiers learned standard operation procedures and trained to prepare themselves to successfully handle various events.

“In Iraq, our leaders established a crawl, walk and run type of training to ensure success for the Soldiers,” said Capt. Alex Ichinose, logistical officer, Headquarters and Headquarters Battery, 3rd Bn, 7th FA, 3rd BCT, 25th ID.

“We gave slide presentations and had static drills that rehearsed what would be done in real time.

“This is the same concept that our Soldiers need to see applies with riding motorcycles, and the Honolulu Police Department and our battalion are providing that understanding through this training,” Ichinose added.

After receiving a mixture of basic and new driving techniques, the 12 Soldiers jumped on their bikes and rode alongside the police officers and Maxwell, from Schofield Barracks to Kaneohe and back.

“The ride was to validate what we learned in the classroom and for the Honolulu Police Department to critique how we performed on the road,” Ichinose said. “The critique is what the Honolulu Police Department does after every ride they have in order to correct potential mistakes. This has been a great

training event for our Soldiers.”

Staff Sgt. Robert Anthony, an A Battery howitzer section chief, summed up what the participating Soldiers in the course learned or relearned.

“Know your limits, stay within your means,” he said after the

conclusion of the training. “In a car, there is at least three other people. On a bike, however, there is only one person, and your safety falls on you. This is where your personal maturity, experience and all the training you go through goes into effect.”

HAWAII ARMY WEEKLY

PAU HANA

www.garrison.hawaii.army.mil/haw.asp

"When work is finished!"

FRIDAY, MARCH 5, 2010



WAIHAWA, Hawaii -- Betty Akiyoshi, Tomi Floresca and Noelle Sutherland were among those who heeded the call to make 1,740 leis for a Memorial Day ceremony at Schofield Barracks Post Cemetery. Volunteers from the Waihawa Rainbow Seniors Club gathered May 22, 2009, to prepare the lei for the ceremony.

Bill Mossman | U.S. Army Garrison-Hawaii Public Affairs



Defender 6 Sends
COMMUNITY COVENANT
supporting those who serve

What Gratitude Looks Like

LT. GEN. RICK LYNCH

Commander, Installation Management Command

WASHINGTON — As our nation commits to preserving freedom through the uncertainty of deployments and conflicts across the world, Americans give us a special gift — embracing Soldiers and their families with sincere support.



Lynch

It warms my heart to see adults, children, organizations and businesses that represent all walks of life sending care packages to deployed Soldiers and extending special invitations when they return. In a larger way, the Army Community Covenant generates a great deal of community support for Army families while their Soldiers are away.

The Secretary of the Army created the ACC in 2008 to build mutual relationships and strengthen bonds between Soldiers, families and American communities.

ACC fosters and sustains effective state and community partnerships with the Army to improve the quality of life for Soldiers and their families.

On the ground, the ACC accomplishes two things. First, it recognizes the selfless service of community volunteers by highlighting their great personal contributions. It also shows Soldiers the compassion and support of the American public.

Now in its third year, the ACC kicked off with a series of signing ceremonies affirming the mutual support and trust between the military and local communities.

To date, there have been more than 450 signing ceremonies.

While the signing ceremonies are the public, outward display of a



File photo

Members of the Waihawa Knights of Columbus serve up breakfast to the crowd after Mass during the 4th annual Soldier Appreciation Breakfast, at the Schofield Barracks Main Post Chapel annex, Oct. 25, 2009.

vital, mutual relationship, showing support from communities helps build resilience in our families.

The ACC is a highly beneficial, two-way partnership that strengthens ties between our Soldiers and hometown America.

The generosity of America's neighborhoods, towns, cities and counties is astounding.

Every day communities devise new ways, both small and large, to demonstrate their appreciation for Soldiers and families.

Adults, children, organizations

and businesses send care packages to deployed Soldiers, offer emergency relief to families in need, welcome Soldiers home after deployment and, most importantly, provide a support network to complement and enhance Soldier well-being. From students baking cookies for deployed units, to elected leaders promoting legislation that builds equity in school transition for children of military families, each effort is a gift.

Volunteers from all walks of life devote countless hours to giving back to those who defend our na-



Spc. Jesus Aranda | 25th Infantry Division Public Affairs

Maj. Gen. Robert Caslen Jr., left, commanding general, 25th Infantry Division, meets with local community members and volunteers who participated in this past holiday season's "Operation Christmas Aloha" at Schofield Barracks, Jan. 6. Operation Christmas Aloha is a charity in which members of the local Hawaiian ohana, or family, work together to donate thousands of gifts and care packages to Hawaii-based military service members.

tion's freedom.

Here are some community covenant initiatives to give an idea of the types of community support that target financial, employment, health, youth programs, training or other needs unique to a particular garrison, group of Soldiers or family members:

- Camps focus on fun learning experiences for young people that last a lifetime. Some camp sponsors are private organizations, like 4-H Clubs, Girl Scouts, Operation Military Kids and state National Guards. Kids form new, lasting friendships with children from a variety of military backgrounds.
- Educator seminars help teachers learn what makes life different for children with parents serving in the military. From frequent moves, deployments and redeployments, military children have a special set of experiences that moves with them, school to school, that affects their education experience.

• All volunteer Adopt-A-Unit programs support deployed units in-theater and celebrate returning units with event invitations.

These programs also enthusiastically remember those currently deployed through the Yellow Ribbon program, encouraging community members to display yellow ribbons at their homes and offices.

• Financial support programs from states, counties and private organizations take many forms: help with property taxes, assistance for Soldiers who deploy in support of the Overseas Contingency Operations, or grants and no-interest loans for emergencies for Reserve component Soldiers.

• Programs abound to help families focus on building quality time together. Reduced or free admission to state parks, amusement attractions and sports events help Soldiers and families enjoy memo-

SEE GRATITUDE, B-3



Today

Family Fun Friday – Tired of staying in on Friday nights? If so, the Tropics is the place to be March 5.

The evening will be filled with food, fun and games. The fun starts at 6 p.m. Bring your loved ones for a night of family fun at the Tropics Recreation Center. Call 655-5698.

Furlough Fridays – Looking for Furlough Fridays activities? The next Furlough Friday is scheduled March 5, and Family and Morale, Welfare and Recreation has families covered with a variety of options for students and teens in all grades. Programs offered at Child, Youth and School Services and Army Community Service will keep keiki busy.

Download your FMWR Furlough Friday activity program guide at www.mwrmilitaryhawaii.com. Click on "CYSS."

Upcoming Furlough Friday days are scheduled March 12, April 23 and 30, and May 7 and 14.

12 / Friday

Family Camp – The Sierra Club and the Sierra Club Foundation are funding camping opportunities for military families through the Honolulu Armed Services YMCA.

Camp Erdman will provide a weekend family camp that will include multiple experiences in the natural environment, conservation education, camaraderie and fun activities like swimming, archery, wall climbing, campfires and more.

Camp starts Friday evening, March 12, and ends Sunday afternoon, March 14.

All meals and activities are included and are provided at no cost to families.

For more information, call 624-5645 or e-mail wheeler@asymcahi.org.

13 / Saturday

Arts & Crafts – Join the Schofield Arts and Crafts Center for creative family fun. There will be free balloons and refreshments from 9 a.m.-2 p.m. Kids can take photos with the Easter Bunny, and families can participate in craft demonstrations to include: lei making, beaded jewelry and lauhala weaving. Call 655-4202.

15 / Monday

Tropics Closure – The Tropics Recreation Center will close for renovations, March 15. Renovations are scheduled to



Send announcements to community@hawaiiarmyweekly.com.

Today

Health Clinic Job Fair – Naval Health Clinic Hawaii will be sponsoring a job fair, March 5, 10 a.m.-2 p.m., at the Fleet and Family Support Center, second floor (next to Moanalua Shopping Center).

NHC Hawaii will fill nursing staff and medical support positions using direct-hire authority, military spouse direct-hire authority or competitive recruitment.

Bring a resume. Military spouses should also bring a copy of their spouse's orders.

Former military personnel should bring a recent DD-214. Military personnel should provide documentation if on terminal leave pending military retirement.

Call Civilian Personnel at 471-1865.

Art at the Capitol – Enjoy art, culture and history at March's First Friday event featuring the 2nd "Art at the Capitol," an opportunity for the public to view more than 430 works of art that are part of the state's "Art in Public Places" program.

Guests will enjoy entertainment featuring live music by the Hawaii Youth Symphony, take guided tours of the historic Capitol, and mingle with artists and lawmakers.

The event is March 5, 5-7 p.m., at the Hawaii State Legislature. Call 586-7142 or 587-7242.

AER Fund Raising Campaign – The Army Emergency Relief fundraising campaign is conducted annually by the U.S. Army, today through May 15.

Contributions are tax deductible. Donors may contribute to the general assistance fund or target contributions to specific programs.

Call 655-7132 or visit www.aerhq.org/campaign.asp.

2010 Honolulu AIDS Walk – Registration is now open for the 19th annual Hon-



Master Sgt. Michael Wetzel | U.S. Army-Pacific Command Public Affairs

Catching the wave

SCHOFIELD BARRACKS — Family and Morale, Welfare and Recreation's Information, Ticketing and Reservations office offers discounted military rates on island activities, like whale watching trips on Maui, to military ID card holders. For additional information on ITR specials, trips and activities, visit www.mwrmilitaryhawaii.com/itr-welcome or call Schofield Barracks, 655-9971, or Fort Shafter, 438-1985.

end May 21. Call 655-5698.

19 / Friday

Waikiki Party Bus – Your party bus to Waikiki is running again this month. Let FMWR be your own personal chauffeur on this bus traveling to Waikiki, March 19, around 9 p.m. and returning to Schofield Barracks or Fort Shafter around 3 a.m. Call 655-9971 or 438-1985.

30 / Tuesday

Earth Day Recycled Art Contest – Enter your art made of recycled materials to any Army library or the Schofield Barracks Arts & Crafts Center now through March 30, to participate in April 22's 40th anniversary of Earth Day.

Post libraries will be hosting this 100-percent-recycled-art contest and is open to all ages. Call 655-8002.

Ongoing

Personal Financial Counseling – Now is a good time to look at how and where your money is spent and examine ways to save more. Now is the time to establish a plan for short-term and long-term financial health.

Schedule an appointment for credit or budget counseling with Army Community Service's Financial Readiness Program.

olulu AIDS Walk, April 18, at Kapiolani Park Bandstand.

The 5K (3 mile) walk around Kapiolani Park features great entertainment, on-stage give-aways, a kid zone with inflatable bouncers and food booths.

For more information on registering, starting a team or volunteering, call 521-AIDS, e-mail kjohns@lifeoundation.org or visit www.honoluluaidswalk.org.

7 / Sunday

Haiti Relief Concert – "Songs From the Heart" is a community concert response for Haiti relief, 4-6:30 p.m., at the Main Post Chapel, Schofield Barracks. This exciting event will showcase 14 performers; hula praise dancers, recording artists and community-based choirs.

The concert is open for all to attend and admission is free. A love donation will be collected and all proceeds will go to Samaritans' Purse international relief fund, a christian-based group endeavoring to rebuild hospitals, supply doctors, medicine, dwelling shelters and most of all show God's love.

12 / Friday

Job Fair – Marine Corps Base Hawaii will host a job fair open to the public at Kahuna's, at the E-Club, 2-4 p.m. Call 257-7790/7787.

Volunteer Recognition Week – The deadline for nominating volunteers is March 12. E-mail the Army Volunteer Corps at tracey.clark@us.army.mil or call 655-4227.

Honolulu Festival – The 16th annual Honolulu Festival displays cultural performances and exhibits, March 12-14.

The festival promotes understanding, economic cooperation and ethnic harmony between the people of Hawaii and the Pacific Rim region.

The performances will take place at the Hawaii Convention Center, Ala Moana Shopping Center, Waikiki Beach Walk and Waikiki Shopping Plaza. The festival concludes March 14 with a parade along Kalakaua Avenue at 4:30 p.m.

Volunteers are needed to help with a range of activities and services. Call 596-

Call 655-4227.

Hawaiian Luau – The Piliiaau Army Recreation Center hosts a luau the last Friday of every month at the Sunset Café.

Dinner begins at 6 p.m., and the entertainment starts at 6:30 p.m.

For a party of four or more, please R.S.V.P. at 696-4158.

Good at Dominoes? – Check out the U.S. Army FMWR 2010 Domino Tournament now through April 20, each Tuesday, 7 p.m., at the Nehelani on Schofield.

The tournament is available to all active duty, retirees or family members older than 18, with ID cards.

Weekly prizes will be awarded. The person with the highest overall score after six games from the 30 competing garisons will win an all-expenses-paid trip to compete in the World of Domino Championship in Las Vegas, May 26-29, against 19 countries and televised on ESPN. Visit www.mwrmilitaryhawaii.com, www.dominousa.org or call 224-4129.

State Vehicle Safety Check – Is your vehicle safety check about to expire? Stop by Auto Skills at Fort Shafter or Schofield Barracks for your state vehicle safety check. These checks are performed on a first-come, first-served basis, no appointment necessary.

3327 or visit www.honolulufestival.com.

Battle Color Detachment – The U.S. Marine Corps Color Detachment will perform for the public at the Pop Warner football field on Marine Corps Base Hawaii, Kaneohe Bay, March 12, 9:30 a.m. Call 257-8840/8832.

13 / Saturday

Keiki Talk Story – Tomie de Paola Stories of the Past is the topic of this month's Keiki Talk Story program, 10-11 a.m., Mission Houses Museum, 553 S. King St., Honolulu.

The author, Tomie de Paola, is famous for his books on folktales and history. This program engages children ages 3 and up and provides hands-on activity.

Call 447-3910.

15 / Monday

Scholarships – The Society of American Military Engineers will award several \$2,500 scholarships to Hawaii high school seniors planning to pursue a full-time undergraduate technical degree at a university with an accredited engineering program, or to a current engineering or architecture major enrolled at a university with an accredited program.

Military affiliation or experience (SAME member or dependent, military dependent, Reserve Officers' Training Corps or Junior ROTC) will be given preference.

Applications must be postmarked by March 15, 2010. Contact the scholarships director at julie.chen@aecom.com.

17 / Wednesday

Splash Day – All Armed Services YMCA Playmoring groups are invited to join for a day of wading pools and water toys at 1262 Santos Dumont, Wheeler Army Airfield. Bring swimsuits, towels, sunscreen and a dish for a potluck lunch. Call 624-5645.

19 / Friday

Art and Essay Contest – The Armed Services YMCA's annual art and essay contest invites students in grades 1-12 to write an essay about "My Military Hero." Entries must be postmarked no later than March 19.

Call Ft. Shafter at 438-9402 or Schofield Barracks at 655-9368, for information and pricing.

Tutor.com – The Department of the Army has contracted tutor.com to offer free, online tutoring to kindergarten through college prep students. Tutor.com gives students access to live tutoring help 24 hours a day, seven days a week.

The tutors are certified teachers, college professors, and graduate school students who provide tutoring services in all grade levels of math, science, english and social studies. This is a wonderful resource available at no cost to Army families.

Please visit tutor.com via the Army One Source Web site at www.myarmyonesource.com/cyss_tutor.

If you have any questions, contact the School Liaison Office at 655-9818.

Twitter – Follow Family and Morale, Welfare and Recreation's mascot Eddie the Eagle on Twitter at www.twitter.com/FMWR_Eddie.

Family Child Care – Individuals interested in caring for children in their home should inquire with the Child and Youth Services Family Child Care Program. Benefits include free training, additional income and flexible hours.

Call 837-0236 or 655-8373.

20 / Saturday

Walk to End Polio – Local Rotary and the Hawaii Post Polio Network will host the "Walk to End Polio," March 20, at Magic Island in Ala Moana Beach Park.

Check-in is at 7 a.m., and the walk will kick off at 8 a.m.

Registration is \$20, or \$15 for students and military. Fees are tax deductible and proceeds will benefit Rotary's Global Polio Eradication Initiative.

Call 561-0585 or visit www.walktoendpolio.com.

25 / Thursday

Ask the Commander – The "Ask the Commander" tapings continue this month in front of the Fort Shafter PX, March 25, 3-4 p.m.

Future dates include April 29 at the Schofield PX, May 27 at the Fort Shafter PX, and June 24 at the Schofield PX.

27 / Saturday

Auto Show Military Two-Fer Day – Buy one military admission and get a second military admission free, with valid military IDs, to the International Auto Show at the Hawaii Convention Center, March 27.

For more information visit www.motortrendautoshow.com/honolulu/generalinfo.jsp.

Earth Hour – On March 27, 8:30 p.m., hundreds of millions of people around the world will come together to call for action on climate change by doing something quite simple – turning off their lights for one hour. The movement symbolizes that by working together, we can make a positive impact in this fight, protecting our future and that of future generations.

Visit www.myearthhour.org/home.

Easter SeaHunt – Families are invited to Waikiki Aquarium, March 27, 8:30 a.m.-12 p.m., for Easter fun. Visit www.waiaquarium.org/news-events.asp.



Additional religious services, children's programs, educational services and contact information can be found at www.garrison.hawaii.army.mil. (Click on "Religious Support Office" under the "Directorates and Support Staff" menu).

AMR: Aliamanu Chapel
FD: Fort DeRussy Chapel
FS: Fort Shafter Chapel
HMR: Helemanu Chapel
MPC: Main Post Chapel, Schofield Barracks
PH: Aloha Jewish Chapel, Pearl Harbor
TAMC: Tripler Army Medical Center Chapel
WAAF: Wheeler Army Airfield Chapel

Buddhist Services

•First Sunday, 1 p.m. at FD
•Fourth Sunday, 1 p.m. at MPC Annex

Catholic Mass

•Friday, 9 a.m. at AMR
•Saturday, 5 p.m. at FD, TAMC and WAAF chapels
•Saturday, 6 p.m. a Hawaiian-style Mass (May-Aug. only) near the Army Museum (FD)
•Sunday services:
-7:30 a.m. at WAAF
-8 a.m. at AMR
-10:30 a.m. at MPC Annex
-11 a.m. at TAMC
•Monday-Friday, noon at MPC and TAMC

Gospel Worship

•Sunday, noon at MPC
•Sunday, 12:30 p.m. at AMR

Islamic Prayers and Study

•Friday, 1 p.m. at MPC Annex
•Saturday and Sunday, 5:30 a.m., 6, 7 and 8 p.m. at MPC Annex

Jewish Shabbat (Sabbath)

•Monday, 6 p.m. at PH (Bible Study)
•Friday, 7:30 p.m. and Saturday, 8:15 a.m. at PH

Orthodox Divine Liturgy

•Sunday, 9 a.m. at TAMC

Pagan (Wicca)

•Friday, 7 p.m. at MPC Annex

Protestant Worship

•Sunday Services
-9 a.m. at FD, FS, MPC, TAMC and WAAF chapels
-10 a.m. at AMR and HMR



Call 624-2585 for movie listings or go to aaes.com under reeltime movie listing.



The Book of Eli

(R)
Fri., March 5, 7 p.m.

The Princess and the Frog

(G)
Sat., March 6, 4 p.m.

When In Rome

(PG-13)
Sat., March 6, 7 p.m.
Thurs., March 11, 7 p.m.



Avatar

(PG-13)
Sun., March 7, 2 p.m.

Legion

(R)
Wed., March 10, 7 p.m.

No shows on Mondays or Tuesdays.

Schofield schools address population, boundary changes

SCHOOL LIAISON OFFICE
News Release

SCHOFIELD BARRACKS — The Hawaii Department of Education will redistrict the boundaries for Hale Kula, Solomon, Helemano, Wheeler, and Wahiawa Elementary Schools, as well as Wahiawa and Wheeler Middle Schools, to address the rapid population growth on Schofield Barracks beginning school year 2010-2011.

“Due to the rapid population growth on Schofield Barracks, we are faced with overcrowding and classroom shortages at Solomon Elementary,” said Patricia Park, complex area superintendent for the Central Oahu District Office. “To provide the optimum safe learning environment for all of our students, the following changes will take place for school year 2010-2011. These resolutions have been crafted and designed with the partnership between the Hawaii Department of Education and the U.S. Army Garrison-Hawaii.”

Families living in the Schofield Barracks and Kalakaua I communities will attend Wahiawa elementary and middle schools.

Kalakaua II families will attend Hale Kula Elementary and Wheeler Middle School.

All families living on Helemano Military Reservation will attend Helemano Elementary and Wahiawa Middle.

Leilehua High School will remain status quo since both Wheeler and Wahiawa Middle Schools feed into the high school.

Lt. Col. Richard Gledhill, commander, U.S. Army Garrison-Oahu, briefed the community regarding the school boundary changes at the last North Town Hall meeting, here, Jan 26. He also arranged for Park and Tamsin Keone, director, school support services, to address any questions or concerns on this issue.

“Families will probably be most concerned with the planned changes of Kalakaua I and have questions regarding why their child will need to attend Wahiawa Elementary (an off-post school, which includes a bus ride),” Park said.

However, students will have smaller class sizes, and research has shown that smaller class size means higher academic achievement and success.

According to Army Hawaii Family Housing the present occupancy rate on Schofield Barracks is at an all-time high with about 98 percent of the homes occupied by Army Families.

Due to the high occupancy of the AHFH homes, student enrollment has increased dramatically on Schofield Barracks. As a result, the boundary changes have become a necessity.

AHFH is the largest Residential Communities Initiative project ever awarded by the U.S. Army.

Families enjoy marked improvements in their quality of life with these innovative homes and communities.



Red Cross volunteers met at Koko Head District Park, Saturday, during tsunami evacuation to open shelters and conduct disaster assessment. Hundreds of Red Cross staff and volunteers worked throughout the night preparing for the tsunami resulting from the Chile earthquake. From left to right: Candy Iha, Frederick Villosio, Hanna Kath, Paul Kath, Brean Roman, Joele Alameida, Robert Nehmad and Rebecca Shor.

Hawaii calls for supporters, volunteers during national Red Cross Month activities

AMERICAN RED CROSS
News Release

HONOLULU — With March proclaimed as Red Cross Month, the Hawaii Red Cross recognized and thanked the supporters and volunteers whose efforts enable the Red Cross to respond to disasters down the street, across the country and around the world, March 1.

“The Red Cross works tirelessly to be there with help and hope when people need it most, and we are grateful for the public support that enables us to continue our work, here at home and abroad,” said Coralie Chun Matayoshi, chief executive officer, Red Cross.

“Our community and our nation depend on the Red Cross in times of need, and the Red Cross depends on the support of the American people to achieve its mission.

“During Red Cross Month, we want to recognize the valuable supporters whose generosity makes the work of the American Red Cross possible,” Matayoshi said. “In addition, Red Cross Month is a great time for people to get involved with the Red Cross, such as signing up for a CPR, first aid or another Red Cross course; giving a financial gift that can really save the day when the next disaster strikes; or getting involved as a volunteer.”

The Hawaii Red Cross provides shelter, food, comfort and hope to survivors of about 100 disasters each year — one every three-to-four days; helps prepare local communities

On The WEB

Go to www.hawaiiredcross.org to donate or volunteer.

for emergencies; teaches lifesaving skills to more than 33,000 people; and provides emergency communications and referrals to more than 2,000 military members and their families in times of crisis.

“The Red Cross responded following the Haiti earthquake in January, working to turn despair into hope,” Matayoshi said. “The Red Cross is in Haiti now, and we are also here in Hawaii each day for families who need us.”

President Franklin D. Roosevelt issued the first Red Cross Month proclamation in 1943, recognizing the American Red Cross as a true reflection of the humanitarian and volunteer spirit, and calling on Americans to “rededicate themselves to the splendid aims and activities of the Red Cross.”

Every president since that time has recognized the work of the Red Cross with a Red Cross Month.

The Hawaii Red Cross has a number of activities planned for Red Cross Month in March:

- Online Auction, March 8-31: Bid on great deals for a great cause. Different items will be featured weekly.

Visit www.hawaiiredcross.org to bid on items such as a brand new 2010 Suzuki Kizashi; first class tickets to Sydney, Australia; neighbor island trips; hotel stays in London, Dublin, Beijing, Puerto Rico, New York, San Francisco, Aspen, Seattle, Los Angeles, and Las Vegas; restaurant, spa, massage, or golf certificates; backstage Broadway passes; and a stand-up paddle board.

Or, use any Bank of Hawaii Hawaiian Airlines® Visa® card to make monetary donations through the auction Web site to double the HawaiianMiles® normally earned.

- Hats Off Event, March 12-14: Off-duty firefighters and military service members, and other volunteers will be collecting donations in hats at various locations statewide, like Wal-mart.
- Kahala Mall Viva la Diva, March 27-28: Shop til you drop at Kahala Mall.

Spend \$75 at Kahala Mall and earn three HawaiianMiles® for every dollar spent. For every three HawaiianMiles earned, Kahala Mall will donate one HawaiianMiles® to the Hawaii Red Cross.

Donate all miles earned and get a chance to win a round-trip for two to Las Vegas on Hawaiian Airlines.

For details visit www.kahalamallcenter.com.

Shoppers can buy items to fill comfort packs for disaster victims and earn miles while helping the Hawaii Red Cross.

Gratitude: Support from the community

CONTINUED FROM B-1

able time together. Retreats for families of fallen Soldiers build strong networks of friendship for those members of the Army family who have experienced the ultimate loss.

- There are community-based organizations that solicit donations exclusively to fund a variety of programs, with 100 percent of all donations going to the designated programs.

In-kind donations from community members and businesses entirely fund administration expenses.

- Education support for Soldiers and family members through scholarships, continuing education opportunities, or grants helps further both individual and Army readiness through access to education.
- Special programs honor the children of wounded warriors, and families and children of fallen heroes, with personalized, commemorative items like handmade quilts.

These best practices embody selfless service on the part of Americans around the country, but there are many more.

I mention them here as great examples of how citizens endure in their support with lasting relationships in the face of multiple and lengthy periods of military conflict.

The ACC Web site, www.army.mil/community, is a great resource for Soldiers, family members, leaders and community organizations to see best practices from around the country.

Get the latest developments and ideas by following the ACC on Facebook and joining in the discussion on Twitter, both linked via the ACC homepage.

As the Army reflects the face of America, the ACC reflects the face of America's gratitude. It's all about relationships.

Thank a community covenant partner for their active caring for Soldiers and their Families.

Work together with community leaders, private organizations, faith-based groups and individual American citizens.

Help America help Soldiers by always taking to heart what partnering opportunities may be possible.



Staff Sgt. Crista Yazzie | USARPAC Public Affairs

HONOLULU, Hawaii - Bob Harrison, Vice Chairman, First Hawaiian Bank, presents the Outstanding Non-Commissioned Officer of the Year award to Army Staff Sgt. Jacob Ferrara, 94th Army Air Missile Defense Corps, at the Hawaii Chamber of Commerce 24th Annual Military Recognition Luncheon.

Housing Assistance expands to the Pacific

CARLOS LAZO
U.S. Army Corps of Engineers, Sacramento District

SACRAMENTO, Calif. — In its beginning, the Homeowners Assistance Program aimed at helping military families and civilian personnel affected by Base Realignment and Closure, with the U.S. Army Corps of Engineers operating the program on behalf of the military armed forces branches.

In 2009, the American Recovery and Reinvestment Act expanded HAP to provide assistance to wounded service members or Department of Defense civilians reassigned due to medical, rehabilitation purposes or retirement due to their disability; surviving spouses of the fallen; BRAC-2005-impacted homeowners, and service members undergoing a permanent change of station during the mortgage crisis.

Since the availability of additional funds provided by ARRA in late 2009, the USACE Sacramento District has helped nearly 250 applicants through HAP. The Sacramento District real estate division oversees HAP in 10 western states, as well as American military installations in the Pacific region.

A new component, initiated in January, now allows the program to assist qualified applicants in the direct sale of their homes in two specific ways: reimbursement at closing and government acquisition.

For a straight private sale, where the applicant doesn't have the funds to close, HAP can help, said Janice Will, lead real estate specialist with the Sacramento District's real estate division.

“There's a chance to do a reimbursement at closing,” Will said. “If the applicant's out-

standing mortgage is under 90 percent of their prior fair market value, including upgrades, then we can go ahead and assist them at closing.”

This can include the reimbursement of any customary closing costs.

“On the other hand, in the case of the outstanding mortgage being greater than 90 percent, then you're looking at a government acquisition,” Will said.

A buyer is still present, but the house is purchased by the real estate division, then immediately sold to the buyer. Sacramento District has been using this process for nearly a month.

In both cases, a buyer is required, and the applicant's loans still need to be eligible, Will said. This means none of the loans were taken out after the purchase of the house, unless

done so specifically for upgrades to the house.

A surviving spouse of the fallen may ask for assistance without the presence of a buyer, Will said, as they may not have the immediate opportunity to find one. The Corps' real estate team would then buy their home and immediately place it on the market.

The home is placed on the multiple listing service, with the assistance of a local real estate agent, in hopes of selling it quickly at current market value, according to Will. This process has resulted in a handful of homes being purchased.

There is no effort to make profits on the sales, Will said. This would require upgrades being performed on the home and more money being put into it.

HAP is a Department of Defense program originally approved by Congress in 1966.

Pilot program helps Army families cope with deployments

BILL MOSSMAN
News Editor

WHEELER ARMY AIR FIELD – Army families have been learning valuable training and coping strategies to help combat stress and separation anxieties caused by deployments – thanks to a pilot program that’s been in operation, here, since last fall.

“Families Over Coming Under Stress” is a program designed to build resiliency among military families dealing with combat-operational stress.

Co-developed by the UCLA Center for Community Health and the National Center for Child Traumatic Stress, the prevention program provides useful tools specifically for at-risk families with children.

“Basically, we help families look at their strengths and find ways to making their strengths stronger,” said program site coordinator Devin Price. “We’re a prevention, proactive-type program, teaching families to prevent conflict and stress, and stay ahead of

their problems.”

According to Price, about 1.2 million children in the United States today have an active duty military parent. Since deployments have a way of taking a toll on both Soldiers and their family members, FOCUS offers many of these families the necessary training to develop core resiliency skills such as communication and family growth during times of war.

Parents are taught to recognize operational stress levels and develop what Price calls “a family narrative,” all while learning to acknowledge each other’s perspective.

Meanwhile, children who may be dealing with anger issues due to a parent’s deployment, are taught to manage stress levels and feelings, as well as effectively communicate and problem solve.

“We don’t work on what’s wrong with the family,” Price explained. “We work on what’s right, in the hope of making it more right.”

The Bureau of Medicine and Surgery



initially implemented the program for the Navy and the Marine Corps, according to Price. Following the program’s success with those military branches, the Office of the Secretary of Defense decided to open FOCUS up to the Army and Air Force, as well.

The OSD began providing limited funding in early 2009 for Army pilot programs in a few select locations, including right here in Hawaii.

The Wheeler-based program officially kicked off Sept. 11, 2009.

Since then, five Army families have

To learn more about the program or to register, call 754-8499 or visit www.focusproject.org.

been participating in FOCUS sessions, Price said. Assisting those Army families are two resiliency trainers, with a full-time administrative coordinator expected to be hired shortly.

Within the next few weeks, the Wheeler location will be occupied by a full staff, Monday through Friday, and an open house is tentatively scheduled for June.

Aside from skill-building classes that are held monthly, FOCUS participants immerse themselves in family resiliency training.

“This is where families come in to see us individually, and develop skills to help them better deal with the challenges of living in the military, specifically around wartime deployment,” Price said.

She added that one of the benefits of

the program is that it’s adaptable to each family’s needs.

“We work in family friendly hours, including the evenings and weekends,” Price explained. “If the family has a precocious 2-year-old, for example, we’ll work with that kind of family even though it’s not the typical age range. Ideally, we only work with children between 4 and 18, but we’ll rarely say no if the family makes such a request.”

“We also work with families during deployment and after deployment to help with re-integration. So our program is really applicable at any point in the deployment cycle,” Price added.

Anyone may sign up for the program, she said, “I think everyone is appropriate for the program, with a few caveats.

“One, if there is active domestic violence or child abuse in the home, we would not be the right program. Two, we only work with families with children. And three, we do not counsel families or put them under any type of therapy.”



Leslie Ozawa | Tripler Army Medical Center Public Affairs

Capt. Carlos Barrera (left), chief of immunology/virology at Tripler Army Medical Center, discusses techniques used to specifically identify the H1N1 virus with molecular microbiologist Arthur Wong and medical technologist Jeanette Fu. Wong and Fu are being certified to confirm H1N1 virus samples.

Military conducts successful flu-vaccination

TRIPLER ARMY MEDICAL CENTER
News Release

HONOLULU – Coordinated efforts by the military services in Hawaii, reinforced by concerns about the H1N1 virus in 2009, lead to record vaccination rates of all Hawaii-based active duty personnel.

“I’ve never seen vaccination rates like these,” said Lance Golder, Department of Defense Military Vaccine Agency program manager for the Hawaii region.

As of Feb. 26, 98 percent of the more than 30,000 U.S. Army-Pacific Command Soldiers had received seasonal flu vaccinations, compared to 94 percent at this time in 2009.

The Pacific Regional Medical Command reported 100 percent of its military staff has been vaccinated.

Golder said that as of Feb. 24, about 84 percent of USARPAC Soldiers have been vaccinated for H1N1, despite the fact that H1N1 vaccine supplies were not readily available until December 2009.

“It was a huge undertaking, involving mass vaccinations at clinics and troops lining up at work-site vaccinations, including Camp Smith and at the Kunia tunnel,” Golder said.

The seasonal flu vaccination program started in early September 2009. Preventive medicine, clinic and military leaders realized they had to speed up the seasonal flu vaccinations to make way for a second vaccination program, H1N1, when vaccine supplies for this virus became available.

All the services’ efforts were coordinated through a Joint Public Health Vaccination Working Group, consisting of representatives from all the military services on Oahu.

H1N1 vaccinations are available at all Oahu military medical clinics, at least through April. Primary care and immunization clinics at all Oahu military installations are still taking walk-in patients. In addition, another public clinic is being planned at the Pearl Harbor Navy Exchange, March 13, 9 a.m.-2 p.m., in front of the commissary.

“Supplies are now plentiful, especially of

Flu vaccination requires joint effort between services

To ensure H1N1 vaccine supplies were distributed quickly to those who needed them first, the Army, Air Force, Navy and Pacific Regional Medical Command’s preventive medicine and clinical staffs on Oahu worked closely with the Department of Defense Military Vaccine Agency at Tripler Army Medical Center and Hawaii’s Department of Health.

The job was complicated since two supply chains were involved: the Department of Defense, which managed the supplies for military personnel, and Hawaii’s Department of Health, which managed supplies for the civilian population, to include military family members and civilian employees.

“The state loaned us injectable vaccines for a key group of pregnant women, when military supplies were low,” said Maj. (Dr.) Paul Ciminera, Pacific Regional Medical Command’s deputy preventive medicine chief. “They worked closely with us to cover our shortages.”

Besides walk-in clinic hours at medical facilities, mass vaccination events on weekends were set up at military shopping malls and on school campuses throughout Oahu.

As in past years, the Joint Public Health Vaccination Working Group, composed of Air Force, Army and Navy preventive medicine personnel, met regularly to plan, staff and arrange supplies for various vaccination events on Oahu.

The group formed about five years ago, sharing a common goal of getting as many military personnel and family members vaccinated as possible, during the annual flu season. The work continued despite group members leaving Hawaii on permanent or temporary assignments.

“It is truly a team effort from all of the services,” said Navy Lt. Emily Owens, Naval Health Clinic Hawaii’s preventive medicine department head and chair of the Joint Public Health Vaccination Working Group for the past couple of years. “When the Army was short of injectable seasonal flu vaccines, we loaned them ours, and if the Air Force had vaccines when we were short of a certain vaccine, they would take care of us.

“Other Navy commands outside Hawaii have been impressed with the results of our joint campaigns,” she said. “They hope to adopt some of our vaccination strategies and to use us as a model to increase teamwork and compliance in their regions.”

the nasal spray form,” Golder said.

The H1N1 nasal spray can’t be stored for more than a few months, so health care providers are promoting the spray for children and adults, 2-49 years old, who have no underlying medical conditions.

The H1N1 flu virus has not been as serious as the seasonal flu virus strains for older adults, according to Maj. (Dr.) Paul Ciminera, deputy preventive medicine chief at the Army’s Pacific Regional Medical Command. However, more serious cases have been seen in children and adolescents than previous influenza seasons. Almost all of the flu cases here are now H1N1.

Ciminera said that unlike many states, Hawaii did not experience a second H1N1

wave late last year, and the virus reached its peak here last summer. However, the H1N1 virus may not be just a “seasonal” threat for Hawaii.

“The best way to protect yourself and your family from the inconvenience or the worst effects of the flu is to get vaccinated,” Ciminera said.

Ciminera also reminded parents that children under 10 years old, who got their first H1N1 flu shots in 2009, need the second booster shot to ensure immunity.

“I understand the frustration of folks who couldn’t get the H1N1 vaccination when they wanted it,” Ciminera said. “But now, it makes perfect sense to get it. The risk and the threat are still there.”

Offer a salute to Tricare doctors

TriWest Healthcare Alliance seeks stories of gratitude for Doctors’ Day

TRICARE
Press Release

PHOENIX – In honor of National Doctors’ Day, March 30, TriWest is encouraging service members and their families to say thanks to the Tricare doctors who’ve made a positive difference in their lives by visiting www.triwest.com/DrDay or the Facebook page, “Salute Your TRICARE Doctor 2010.” TriWest is accepting submissions through March 12.

From annual exams and immunizations, to surgical care and condition management, TriWest Healthcare Alliance’s network of more than 150,000 doctors provides 2.7 million Tricare West Region service members, retirees and their families with exceptional health care.

As the nation prepares to commemorate Doctors’ Day, TriWest joins its Tricare beneficiaries in thanking and showing appreciation to the men and women who don scrubs or white coats to care for the military community.

“Soldiers, sailors, airmen and Marines can remain focused on their job at hand because they trust that Tricare providers stand ready to take care of their fam-



To submit a story, visit www.triwest.com/DrDay or the Facebook page, “Salute Your TRICARE Doctor 2010.”

ilies and loved ones,” said David McIntyre Jr., TriWest president. “Doctors’ Day is a great opportunity to show appreciation for those who care for the families of those who defend our nation. They are truly heroes serving heroes.”

Tricare providers must undergo stringent credentialing to ensure beneficiaries receive the highest quality of care that they are entitled to receive. This also means more flexibility for beneficiaries in receiving care when and where they need it, and an exceptional level of care and customer service.

Doctors’ Day was first observed March 30, 1933, on the anniversary of the first use of a general anesthetic in surgery in 1842.

In 1991, President George H.W. Bush signed the legislation establishing National Doctors’ Day.

Care for your heart, prevent heart disease at any age

BETHANN CAMERON
U.S. Army Center for Health Promotion and Preventive Medicine

Heart disease is preventable, and no matter how young you are, it’s not too soon to think about taking care of your heart.

Heart disease is the leading cause of death in the United States, causing more than 652,000 deaths in 2005. Nearly 2,400 Americans die of heart disease each day. In 2006, more than 80 million people had heart disease, a disease of the heart and blood vessels.

The arteries thicken and harden over time with a buildup of plaque. Plaque is made from cholesterol and fatty substances that cause the arteries to become clogged and block the blood flow to the heart. That part of the heart dies when blood flow is blocked.

Positive lifestyle changes can reduce a person’s risk of heart disease. However, there are steps to take at any age to help prevent heart disease.

Care for your heart by making dietary changes, exercising, quitting smoking and managing stress to reduce the risk of heart disease.

Make a yearly date with the doctor. Get blood pressure, cholesterol and blood sugar checked. Put the date on the calendar as a special date, just like birthdays or anniversaries.

Be physically active daily. Exercise at least 30 minutes, five

days a week or more. Get a step counter and set a goal to walk at least 10,000 steps daily.

Maintain ideal weight. Being overweight increases the risk of heart disease and stroke. To achieve long-term weight loss, don’t skip meals but eat 200 to 300 calories less each day. Eat smaller portions. Eat breakfast every day.

Cut down on salt to help lower high blood pressure. Eat less than 2,400 mg of sodium per day, which is about one teaspoon of salt. Eat less food that has sodium in its name, such as monosodium glutamate. Use the Dietary Approaches to Stop Hypertension diet, which helps to reduce blood pressure and is low in fat. Visit the DASH eating plan at www.nhlbi.nih.gov/health/public/heart/hbp/dash.

Quit tobacco use. Smoking reduces the amount of oxygen in the blood and raises blood pressure. To quit smoking, make a personal quit plan. Pick a quit day. Get rid of tobacco in the house, car and workplace. Avoid smoking areas or being around people who smoke.

Cut down on alcohol. Too much alcohol can raise blood pressure, cause heart failure, and lead to a stroke.

Manage your stress. People can have a healthier heart when they reduce stress. Stress raises blood pressure and can damage the arteries.



13 / Saturday

Kualoa Horseback & Jungle Tour

— Enjoy all your favorite things about Hawaii in just one day, March 13, 6 a.m.-3:30 p.m.

Experience a North Shore tour and enjoy a thrilling Kualoa jungle tour for just \$104 per person.

Round-trip transportation is available.

Call 655-0143.

Discover Scuba

— Learn about the world of scuba diving and scuba certification, March 13, 2-4 p.m.

Class is held in a controlled, pool environment.

Call 655-0143.

15 / Monday

Guardstart Program

— The Guardstart Program is an excellent program for kids ages 11-14 to learn what a lifeguard's duty is and to start the journey of a possible career in water safety.

Registration is March 1-10, from 11 a.m.-5 p.m., at Richardson Pool on Schofield Barracks.

Classes will be held March 15-19, 9:30-11 a.m. Cost is \$60 per child.

Participants must be able to swim proficiently in the deep end of the pool.

Call 655-9698.



Tim Hipps | Family and Morale, Welfare and Recreation Command Public Affairs

Guarding the bobsled

WHISTLER, British Columbia — Army National Guard Outstanding Athlete Program bobsled pilot Sgt. Shauna Rohbock (right) and Michelle Rzepka push the bobsled, USA I, to a start time of 5.20 seconds in the third heat of the Olympic women's bobsled event, Feb. 24, at the Whistler Sliding Centre. They finished sixth in the competition with a four-run combined time of 3 minutes, 34.06 seconds.

2010 Army Hawaii Tennis Tournament — Register by March 15 for the tennis tournament taking place March 22-26 at the Fort Shafter and Schofield Barracks tennis courts.

Active duty Army, Reservists and National Guard stationed within the Hawaii are eligible. Military ID required.

There is also a “Combined Category” for Army and military retirees working on an Army Hawaii installation.

Call Fort Shafter at 438-9572 or Schofield at 655-0856.

18 / Thursday

All-Army Wrestling

— The 2010 All-Army Wrestling program championships in the Men's Freestyle, Greco Roman or Women's Freestyle categories will take place March 18-22.

Contact the Sports, Fitness and Aquatics Office, Building 556, Kaala Community Activity Center, Schofield Barracks, or call



Send sports announcements to community@hawaiiarmyweekly.com.

6 / Saturday

Fort DeRussy Biathlon

— The Fort DeRussy Biathlon and Keiki Run-Swim-Run will be held March 6 at Fort DeRussy Beach. Choose between the long, 5K course followed by a 1K swim; or the short, 2.5K run and 500-meter swim.

The keiki distance course will be a run-swim-run format with distances

varying by age group.

Call 955-9151.

7 / Sunday

CrossFit Gym Opening

— Come to the CrossFit grand opening at their new gym at 2114 Lauwiliwili St., Suite 102B, Kapolei, March 7.

They will also have a safe-play area for keiki and special discounts for state and county employees, military personnel and spouses. CrossFit is a strength and conditioning workout.

Call 779-0058 or e-mail se@CrossFitEwaBeach.com.

13 / Saturday

Surf & Turf 5K

— One of Marine Corps Community Services' most scenic races, the Single Marine & Sailor

Program Surf & Turf takes runners to the far reaches of Marine Corps Base Hawaii, Kaneohe Bay, including stretches down the most panoramic beaches.

This race begins at the Officers' Club, 6:30 a.m., and finishes through the Kaneohe Klipper Golf Course and beyond.

This event is open to the public and costs \$25 to enter.

For more information, visit www.mccshawaii.com/cgfit.htm.

14 / Sunday

5K or 10K Volksmarch

— Join the Menehune Marchers Volkspport Club on a 5K or 10K volksmarch (walk), March 14, starting in Hawaii Kai and walking past Hanauma Bay Nature

Preserve and Portlock.

The start point will be the Koko Head District Park, located at 423 Kaimakani St., Honolulu. Look for the yellow Menehune Marchers banner.

The route will take walkers to the scenic lookout points of Hanauma Bay and through beautiful Portlock, with its multimillion dollar homes.

Participants can start anytime from 7:30-10 a.m. and finish by 1 p.m. An early start is recommended, as Hawaii Kai is often hot by midday.

For more details, call Faye at 395-9041 or visit www.ava.org/clubs/menehunemarchers/.

16 / Tuesday

Sailing Course

— Register for Wet Hens, a nine-week beginners course,

655-0856 or 438-9572.

Ongoing

Volunteer Coaches — Interested in volunteering to be a Youth Sports coach? Call 836-1923 for Aliamanu Military Reservation, 438-9336 for Fort Shafter/Tripler, 655-6465 for Schofield, or 655-0883 for Helemano Military Reservation.

Schofield Barracks Bowling

— Stop by the newly renovated JAKS Pro Shop inside the Schofield Barracks Bowling Center for all your bowling supplies and services. JAKS offers custom-grip fitting, as well as an array of shoes and bags. Call 655-5301.

Karate Classes

— Children ages 5 and older can learn Do Shudokan karate at U.S. Army Garrison-Hawaii physical fitness centers: Aliamanu Military Reservation, Fort Shafter, Helemano or Schofield's Bennett Youth Center. Classes cost \$35 per month. A family discount is available.

Adults 18 and older can learn Do Shudokan karate at the AMR Physical Fitness Center, Mondays and Wednesdays, 7-8:30 p.m. Cost is \$40 per month.

Call 488-6372 or 265-5476.

Fitness Center Towels

— The U.S. Army Garrison-Hawaii physical fitness centers no longer provide towels. Guests are required to bring their own.

March 16 at Hickam Harbor, 9-11 a.m.

The class runs Thursdays, March 25-May 20, at Hickam Harbor and costs \$80.

Call 450-3729 or 772-4114.

Ongoing

Golfers Wanted

— Military or civilian golfers interested in playing golf on Sunday mornings at Leilehua Golf Course may call 347-8038 or 375-3322.

Tee off is before 8 a.m.

Mini Golf

— Jungle River Mini Golf is an outdoor, 18-hole, adventure-style golf course for family-oriented fun for all ages.