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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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73 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 3/25/10.

Firemen perform storybook rescue

Firefighters recall how routine becomes miracle

Story and Photo by
BRENDA NAKI
U.S. Army Garrison-Hawaii Public Affairs

SCHOFIELD BARRACKS — Just this past week, I had the opportunity to meet a group of heroes.

Schofield Federal Fire Department personnel became first responders when a baby was delivered in a car, here.

I decided to scoop out the nitty-gritty on a great human interest story.

After a few phone calls, my ace detective skills led me to Schofield Station #15, where I discovered the "B" watch crew consisting of Capt. Ron Wong; Ron Yuen, driver; and firefighters Jeff Kuret and Ian Perry.

I could tell right away that they had a great working relationship because they squabbled like siblings, teasing each other with a familiarity that puts anyone at ease, almost instantly. But, I could sense the dedication and professionalism that makes men like these great guardians.

According to Wong, the call in question came in as an eminent birth. They suited up and jumped into their fire truck and away they went.

Arriving on scene, they found the mother-to-be inside the car on the street. The mother's intuition must have kicked in because mom said the baby was going to be delivered soon, and from there, things progressed rapidly. Donned in their response suits, the



"B" Watch Capt. Ron Wong (right), firefighter Jeff Kuret and driver Ron Yuen alongside their engine at Schofield Barracks Fire Station.

firefighters set up and started monitoring vital signs and offering support to the about-to-be parents while all waited for an ambulance.

Before an ambulance could arrive, however, everything broke loose — including mom's water.

The ambulance and baby arrived simultaneously.

There wasn't any time to transfer mom to the ambulance for delivery, so nature took its course and the baby was born in the family car.

As soon as possible, mother and son were moved from the car into the ambulance and sped off to the hospital.

The team said that it was a good day since they mostly deal with sad situations such as fires, accidents and unknown-situation calls.



Hectic lives, busyness can cause alienation

CHAPLAIN (CAPT.) CHARLES PAUL
325th Brigade Support Battalion, 3rd Infantry Brigade Combat Team, 25th Infantry Division

Everyone seems to be busy these days. I guess it's the sign of the times.

We live in a busy, fast-paced and stressful world. Too many places, people and things compete for our attention.

And, every day is filled with going to meetings, attending various activities and scheduling future events in our appointment books.

Lee Iacocca was a busy man when he was running the Chrysler Corporation. Yet, even he knew the value of taking time off.

"I'm constantly amazed by the number of people who can't seem to control their own schedules," he said, in his autobiography. "Over the years, I've had many executives come to me and say with pride, 'Boy, last year, I worked so hard that I didn't take any vacation.' And I always say, 'That's nothing to be proud of!'"

"Iacocca continued, 'You mean to tell me that you can take responsibility for an \$80 million project, and you can't plan two weeks out of a year to go off with your family and have some fun? You can't plan any time to take care of yourself?'"

Iacocca is right. We don't take time off, and we're constantly busy trying to impress others.

Recently, a CNN poll asked, "Do you wish to slow down from the busyness of life?" Fifty-nine percent of all Americans answered, "Yes."

The pace of life is fast and relentless. Sometimes we're



Paul

running as fast as we can go. There are so many things in our lives that are designed to save time — cars, computers, cell phones, and fast food. Yet, instead of taking the time saved and using it in other more meaningful ways, we fill it with more things to do — all of which proves that we value multitasking and busyness more than anything.

Busyness is a status symbol of our culture. We tell ourselves, "If I'm really busy, I'm somebody important and successful." But deep down inside, there is a desire for a slower and meaningful life.

Unfortunately, it's the busyness that keeps our lives in alienation and emptiness.

For example, in the virtual world, we e-mail or phone people instead of talking to them face to face. I sometimes find myself e-mailing somebody half way around the world, and I don't realize that my wife and kids are sitting right next to me, waiting for a moment of my time. How does that happen?

How does busyness take over our lives so quickly? Is that how we want to live? I don't think so.

When our lives are filled with busyness, our relationships with others are the first things to suffer. We don't have time to sit down and talk with our family and, more importantly, we do not take time to talk to God. We are so wrapped up in what we're doing, that we miss our time with God. We need time for spiritual growth, to reflect on our lives and hear God talk to us.

More importantly, I believe we need to remember who we are and not let others tell us who or what we should be.

So, slow down. Learn to say "no" and take time to spend with the people you love. Above all, find a bit of quiet, reflective time and commune with God in this beautiful place we call paradise.

ID: New system will accommodate demand

CONTINUED FROM A-1

official at the facility confirming current wait-time unpredictability. Meekins is looking forward to working with the new system, and she hopes the appointments will alleviate customer stress in the waiting area, which she feels will make her job less stressful as well.

ID card transactions vary but generally take between five to 20 minutes per customer. The eight ID card workstations between the two facilities process more than 3,100 transactions per week, including issuing 380 ID cards, said Karamath.

The new system is expected to ac-

commodate our current volume," he added.

USAG-HI facilities have seen wait-times increase in the past year due to a variety of factors. Factors include a Department of Homeland Security initiative, which now requires customers to present two forms of photo ID to be scanned into the system; fielding of a new version of the ID/DEERS card equipment and program in Hawaii; increased traffic from redeployments; and customer overflow from other service branch ID card facilities.

The Directorate of Human Resources began looking at changing the strictly walk-in system after a recent assessment visit by the Defense

Manpower Data Center in December 2009. The online ID card appointment system the DMDC recommended is already being used by the Navy, Air Force and Marine facilities on the island of Oahu, and at mainland and overseas locations with favorable results.

"The appointment system creates less chaos and waiting," said Noreen Demers, site security manager, DEERS/ID Cards Department at Personnel Support Detachment, Pearl Harbor, where the online appointment system has been in use since 2005. "We rarely have complaints about the wait here at all."

Walk-in ID card facilities at USAG-

DES Straight Talk DES to enforce the vehicle decal policy

LT. COL. DAN HULSEBOSCH
Director, Directorate of Emergency Services, U.S. Army Garrison-Hawaii

WHEELER ARMY AIRFIELD — Starting May 1, all vehicles entering Army installations in Hawaii will be required to have a Department of Defense decal. Drivers without decals will be immediately redirected to the nearest Visitor Control Point to obtain a one-day pass.

It's important to remember that those who operate motor vehicles on U.S. Army installations are required to use DoD decals not only because it's policy, but also because the decals assist in keeping our installation secure.

Visible decals help law enforcement officers immediately identify those vehicles that are authorized access to post. The decals also assist in keeping cars moving on- and off-post, particularly in the early morning and late afternoon hours when traffic appears heaviest.

In addition, proper use of the DoD stickers allows police officers the means to quickly look up the registered owner of the vehicle.

According to both DoD policy and to Army Regulation 190-5 ("Motor Vehicle Traffic Supervision"), "a person who lives or works on an Army, Defense Logistics Agency, Air Force, Navy, or Marine Corps installation or Army National Guard/Army National Guard of the United States facility, or often uses the facilities, is required to register his or her vehicle."

Furthermore, "individuals who access the installation for regular activities, such as use of medical facilities and regular recurring activities on the installation, should register their vehicles according to a standard operating procedure established by the installation commander."

So, if you don't already have a DoD decal on your car, go out and get one — not because it's required, but because it's the right thing to do.



Hulsebosch

IMCOM to transition from NSPS to GS in August

INSTALLATION MANAGEMENT COMMAND
News Release

The National Defense Authorization Act for Fiscal Year 10 recently repealed the authority for the National Security Personnel System.

All employees currently assigned to NSPS will convert to the General Schedule Pay System.



Visit www.cpms.osd.mil/nsps/ to learn more about the transition to the National Security Personnel system.

All Army employees must transition from NSPS not later than Jan. 1, 2012, according to a Manpower and Reserve Affairs memorandum.

Installation Management Command employees will transition out of NSPS Aug. 15, 2010.

The following are key points about the transition:

- Employees will not suffer a loss or decrease in their current pay.
- NSPS is still our pay system until we transition, so we must continue to work according to that system. Specifically, offices must continue to use NSPS established performance objectives and conduct interim assessments until the transition.
- Employees that convert to the GS system will return to the Total Army Performance Evaluation System, or TAPES, upon the transition.
- More guidance about the transition is available at www.cpms.osd.mil/nsps/, including questions and answers about the transition and a GS 101, "Introduction to the GS System."

Voices of Ohana

What's so great about your job?



"When passengers or cargo arrived on time."

Edwin Ancheta
Traffic Management Specialist, 311th Signal Command



"Helping Soldiers and their families save money for a brighter financial future."

Josephine Maltzberger
Army Community Service, Schofield Barracks



"The pay helps me provide for my family."

Lance Martinez
Carpenter
Innovative Constructors, Fort Shafter



"Meeting different Soldiers and civilians, and assisting them with promotion packets."

Mike Phillips
DA Photographer, Schofield Barracks



"The freedom to be creative."

Eric Tagayuna
Audio Visual Production Specialist
TV2, Schofield Barracks

Story and Photo by
DARRELL AMES
Joint Task Force - Homeland Defense Public Affairs

PALAU — A small contingent of Joint Task Force Homeland Defense personnel traveled, here, recently to observe and provide requested expertise during the island nation's Strategic National Stockpile, or SNS, tabletop and full-scale exercise.

The drill, hosted by the Republic of Palau and dubbed "Operation Snow Storm," was an intentional anthrax contamination at several popular tourist accommodations and included the participation of the U.S. Department of Health and Human Services Center for Disease Control.

"Our mission was strictly observation," said Maj. John Parrish, JTF-HD executive officer. "The primary purpose of the exercise was to measure and validate performance during the deployment of SNS assets to ROP, receipt of the assets and, finally, dispensing of the assets."

"The scenario was mass distribution of medicine during an anthrax attack," said Pearl Marumoto, ROP Emergency Health Program, or EHP, administrator. "We're using the exercise to test the capabilities of the agencies and how they respond as a nation to an emergency or disaster."

"We focus on anthrax because it is one of the diseases that might require mass distribution of medicines," she added.

Anthrax is an acute disease caused by

Bacillus anthracis, affecting both humans and other animals. Most forms of the disease are lethal, although there are effective vaccines against anthrax, and some forms of the disease respond well to antibiotic treatment.

The first day of the visit saw JTF-HD members participate in a Ministry of Health and EHP-coordinated tour, in which they were able to visit the ROP ministry of justice, National Emergency Management Office Bureau of Aviation, president's chief of staff, vice president, ministry of finance, and ministry of health.

"Meeting with the leaders of Palau on that first day was very beneficial to all parties concerned," said Parrish. "We wanted to let them know we were here for them if needed and that we were very excited to build and nurture our relationship with them."

The second day started with a tabletop exercise and concluded on the fourth day with the actual functional drills. Drills were held at locations such as the airport — a designated receive, save and storage site — and the Palauan National Gymnasium, used as the point of dispensing site.

"The exercise also demonstrated how to coordinate the formulation and dissemination of clear, accurate and consistent information to the public and news media and to control the possible spread of rumors that could impact public safety," said Greg Hand, CDC field representative.



Joint Task Force Homeland Defense personnel review the day's agenda during Operation Snow Storm. The Republic of Palau hosted an anthrax contamination exercise with JTF-HD personnel serving as observers and evaluators.

The most exciting part of the visit for the JTF-HD staff members occurred on day five, as they were able to enjoy lunch with ROP President Johnson Toribiong.

"I want to thank the United States' government for their participation in this exercise," Toribiong said. "Palau and this region must indeed adopt a proactive emergency preparedness policy that will allow for the maximum protection

of the people and assets during any natural, man-made or technical disasters."

JTF-HD is based at Fort Shafter, and is designated as the Homeland Defense coordinating agency between the Department of Defense and civilian authorities in Hawaii, Guam, American Samoa, and the Commonwealth of Northern Mariana Islands, as well the Federated States of Micronesia, the Republic of Marshall Islands, and the Re-

public of Palau.

Working closely with Homeland Security, the Department of State and military organizations in the Pacific, JTF-HD maintains situational awareness, helps coordinate implementation of a comprehensive Critical Infrastructure Protection Program across the JOA, and when required, coordinates and provides DoD resources to help save lives and prevent great property damage.

8th TSC chefs serve-up recipes with gold, silver, bronze ingredients

SGT. RICARDO BRANCH
8th Theater Sustainment Command Public Affairs

FORT SHAFTER — Army chefs work long hours to prepare meals for Soldiers in their assignment. Often, the culinary dish is consumed without thought of necessary ingredients — long hours and work — that go into each savory creation.

But all that changed, earlier this month, when a group of Soldiers from Hawaii took part in the 35th Annual Army Culinary Competition at Fort Lee, Va.

"The culinary competition is one of the largest culinary competitions in the United States," said Sgt. 1st Class William Richter, a food service specialist from the 45th Sustainment Brigade. "Each year, hundreds of Army cooks meet at Fort Lee to showcase their talents in a wide variety of compe-

titions."

Richter, who served as team manager for the Hawaii contingent, was surprised when his Soldiers took home many of the competition's top honors.

"I always said from the start, I didn't care how we did as a team," he said. "In the back of your mind, you want to win, but as long as Soldiers learn from the experience, then the trip was worth it. However, when the awards were announced, I was extremely proud to be a part of the team."

From the Installation of the Year trophy to the Armed Forces Chef of the Year award, Team Hawaii walked off with a number of impressive honors.

"This competition really puts a food service specialist's skills to the test," Spc. Thomas Richberg, 58th Military Police Company, said. "It was my first

Awardees

- Spc. Thomas Richberg, 58th Military Police Company, received Gold in Desert Category, Bronze in Hot Food Challenge, and Bronze in Showpiece.
- Sgt. Cesar Sumauang, 45th Special Troops Battalion, received Silver, in Nutritional Hot Food Challenge and in Hot Food Challenge.
- Sgt. Christopher Bohn, 540th Quartermaster, received Bronze as Senior Chief of the Year.

time coming here and representing Hawaii, and I didn't imagine I would do so well."

Richberg was tasked with creating the dessert for the competition, but changed his idea the night pri-

or. "I thought I would do all right," he said. "I knew I would meet the standard, but leaving the competition, I'm honored to have had the opportunity to compete. Everyone in our line of work should get the chance to do this competition because it really lets you know how you stand."

Team Hawaii members are already looking forward to next year's competition.

"We're going for Installation of the Year," Richter said. "Doing this competition is a good career builder, and we really showed what Hawaii could do. Next time, we'll do even better, which will help Hawaii and the Soldiers' competition realize that the Army sees their talent and can help them grow further in their careers."



Patrick Buffett | Fort Lee Public Affairs

Sgt. Cesar Sumauang prepares a plate for Team Hawaii during the Nutritional Hot Food Challenge portion of the 35th Culinary Arts Competition at Fort Lee, Va., March 1. The Ewa Beach, Hawaii native is assigned to the 45th Special Troops Battalion, 8th Theater Sustainment Command.

Language training detachments prepare units for Afghanistan

Pilot program strives for at least one Dari language-enabled leader in each platoon

C. TODD LOPEZ
Army News Service

WASHINGTON — Soldiers at Fort Campbell, Ky., and Fort Carson, Colo., are now taking language courses that will better prepare them to meet the demands of operations in Afghanistan.

Since Feb. 1, more than 70 Soldiers at Fort Campbell have studied either Dari or Pashto in advance of their upcoming deployments to Afghanistan. At Fort Carson, 270 Soldiers began learning Dari, March 8. It's expected some 70 Soldiers will begin Dari instruction in early April at Fort Drum, N.Y.

The three installations now host "Campaign Continuity Language Training Detachments." The detachments are the result of a partnership between the operational Army and the Defense Language Institute.

The pilot program is a direct response to requirements put forth by Gen. Stanley McChrystal, commander, U.S. Forces Afghanistan, to put more "language-enabled" Soldiers on the ground there.

"His goal is to have one leader in every platoon or platoon-sized element that will interact with the Afghan population who is familiar enough with the Dari language to go beyond the 'hello' and 'thank you' and platitudes — but to, instead, have rudimentary conversations," said Lt. Col. Stephen Maranian, executive officer for the Army training directorate, G-3/5/7.

The three detachments were built with funding from the Joint Staff, from the overseas contingency operations budget. Maranian said money is allocated already for fiscal years 2011-2015 to expand the program to more installations.

Right now the DLI detachments are staffed with native-language speaking DLI contractors as the instructors, and Department of the Army civilians as local program managers.

The language-training capability won't be exclusive to just the Army either, he said, but will be available to other services.

The first iteration of the course at Fort Carson lasts seven weeks, because when the first day of class kicked off there, students didn't have as much time to train before their deployment. But the second iteration of classes there, along with the classes being taught now at Fort Campbell, and the classes to be taught at Fort Drum, are 16 weeks long.

Maranian said 16 weeks is based on data that suggests students — who take a course structured like the CCLTD — can achieve results in that amount of time, which will meet the theater commander's needs.



Courtesy Photo

Some 600 Soldiers are expected to attend language classes like this one at Fort Campbell, Ky., by the end of Fiscal Year 2010. The Army plans to add more such courses in order to meet the requirements put forth by Gen. Stanley McChrystal, commander, U.S. Forces Afghanistan, to put more "language-enabled" Soldiers on the ground in Afghanistan.

"We're comfortable that, at that duration, with chain of command emphasis and student commitment, we're going to get a really good product," he said.

McChrystal asked, in a November 2009 memorandum, that each "platoon, or like-sized organization," which will have regular contact with the population of Afghanistan, should have "at least one leader that speaks Dari at least O+ level, with a goal of level 1 in oral communications."

Most students in the past who have taken a 16-week language course ended up with a "O+/O+" level of language capability — a rating that refers both to speaking and listening capability — but many have achieved the higher 1/1 goal.

Clare Bugary, the director of operations at DLI, said the 16-week course will meet the O+ requirement set by McChrystal, but for Soldiers to exceed that and achieve the goal of a level 1 skill, they will need to push themselves.

"The key is motivation," she said. "If they want it, they can get there, and what we are seeing at Carson and Campbell now is a motivated group of Soldiers who are applying themselves."

Bugary said to guarantee higher levels of language proficiency, students will need to spend more time in class. The DLI's normal Pashto-basic course is 64 weeks long, for instance.

"There's no way the Army can send everybody through that," she said.

Tiger Team provides suggestions to improve USAG-HI

BRENDA NAKI
U.S. Army Garrison-Hawaii Public Affairs

SCHOFIELD BARRACKS – Outcomes and proposals of the Installation Management Command Tiger Team inspection were presented and discussed with Col. Matthew Margotta, commander, U.S. Army Garrison-Hawaii, and garrison directorates, here, March 16.

The IMCOM Tiger Team, led by deputy G-8 Laura Avery, arrived March 8 to assess USAG-HI.

Lt. Gen. Rick Lynch, commander,

IMCOM, offered Tiger Teams to any garrison interested in having “fresh eyes” look at its organization and make cost-saving recommendations in all operational areas.

The IMCOM Tiger Team was created to assess current capabilities in terms of



Margotta

infrastructure, organizations and command requirements to support continuous mobilization.

“Overall, the recent visit from the IMCOM HQ Financial Tiger Team was extremely valuable to the Garrison,” Margotta said. “Having ‘another set of eyes’ take a close look at how we provide services and support allowed us to gain new insights into potentially more effective, efficient and, ultimately, less expensive means to deliver those services.

“The Tiger Team offered some very

good observations, suggestions and possible ways in which we can gain efficiencies,” Margotta added. “However, from my perspective, the greatest benefit was in the cross talk as the Garrison team gained greater clarity on intent, policy and guidance from headquarters, while the Tiger Team gained new insights into the inner workings and challenges of the Garrison.”

After five days of evaluation, the Tiger Team out-briefed Margotta on its findings and suggestions.

Recommendations included a sug-

gestion requiring all vehicles assigned to garrison be properly registered, eliminating costly National Crime Information Center vehicle checks to identify the owner. The issue was already in the process of being implemented prior to the assessment.

Other areas assessed included civilian hiring, deployed Soldier vehicle storage, contracting, force protection, law enforcement, mobilization, property accountability, engineering services, utility rates and conservation, government cell phones, and barracks issues.

News Briefs

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

Today

Vehicle Inspection Area Closure – The Fort Shafter Buckner Gate vehicle inspection area will be closed March 26-28. Buckner Gate will remain open with no change to gate operations and traffic flow. Visitor passes will be issued at the gate. Call 656-6751 or 656-6750.

Resale Lot – The Schofield Barracks Vehicle Resale Lot is relocating to Wheeler Army Airfield, in the parking lot near the Kawamura Gate entrance, March 19-31. The WAAF site will be the only authorized location to position vehicles for resale, effective April 1. To register vehicles, call 655-0497.

29 / Monday

Road Closure – Devol Street, between Waianae

and Kolekole avenues on Schofield Barracks, will be closed for road surfacing, March 29-April 11.

Red Cross Office Closure – The Schofield Barracks Red Cross service center will close temporarily, March 29, until staff training can be completed. To send or receive an emergency Red Cross message 24/7, call 1-877-272-7337.

To request support for pre-deployment, rear detachment or family readiness group briefings and presentations, call 257-8848.

April 1 / Thursday

Sewer Lines Smoke Testing – Annual sewer main smoke testing will be conducted April 1-2, on Aliamanu, from the Post Exchange to the sewer pump station next to the skate park and baseball fields.

Although smoke testing will not be within neighborhoods, smoke may traverse to nearby ar-

eas. The smoke is non-toxic and non-staining, and it has no odor. The smoke is white to gray in color and creates no fire hazard. Call 621-3098.

Ongoing

Motorcycle Safety Program – Register for a U.S. Army Garrison-Hawaii one-day training class on creating and managing a unit motorcycle safety program. This class is open to any U.S. Army unit and will be held May 13, from 9 a.m.- 4 p.m.

Class is limited to 16 students, on a first-come basis. E-mail william.n.maxwell@us.army.mil or call 655-6746.

“Train as you Ride” – U.S. Army Garrison-Hawaii will host instructors from the California Superbike School for the advanced motorcycle course “Train as you Ride,” May 5-6.

Classes are limited to military personnel only, with priority going to Soldiers. Students must sign up online at <https://airs.lmi.org>, select “Pacific,” “Hawaii” and “Advanced Motorcycle

Course.” Slots are assigned on a first-come basis.

E-mail william.n.maxwell@us.army.mil or call 655-6746.

Personal Relationships Worries? – Tripler’s marriage and family therapists, as well as licensed clinical social workers, provide individual, couples and family counseling to help military personnel and family members.

Tripler medical personnel can help with communication, conflict resolution, parenting and deployment issues. No referrals are required. For more details, call the Social Work Outpatient Services Clinic at 433-6606.

Network Service interruption – During the upcoming network transformation over the next several months, the 311th Signal Command will make improvements to the classified and unclassified networks to improve network infrastructure for continued reliability, and increase the size and processing power of e-mail and data file servers.

Users may experience short-term interruption of services.

Covenant: Focuses on military families, quality of life issues

CONTINUED FROM A-1

“Most of you know what that covenant is,” Margotta said. “It’s a symbolic gesture of all Army leaders of our solemn pledge to do everything we can to give you a quality of life commensurate to the service that you provide our nation.”

Following the showing of the Army Strong video to, as Margotta put it, “get everyone in the mood” for the re-signing ceremony, Terry addressed audience members.

He paid tribute to those who serve, particularly those who do so downrange, adding that the Army prides itself in caring for those whose personal and familial sacrifices lend security to their country.

“What we owe to our families, we could never, ever repay,” said Terry, “but we’re trying to do our best ... thus, the Army Family Covenant.”

Introduced in the fall of 2007, the AFC promise provides active, Guard and Reserve service members, and their loved ones, with uniform family programs proportionate to their service and sacrifice.

The agreement was signed in Hawaii, Nov. 1, 2007, with now-retired Gen. Richard Cody, then the 31st vice chief of staff of the Army, and Margotta, among

the senior leaders present at the ceremony.

Around the world, the AFC provides Soldiers and families with hundreds of programs, including those committed to health care, family housing, education and recreation issues.

Locally, 14 of the original 15 AFC initiatives are still in operation. The one initiative not in operation is the discontinuance of issuing free towels at all gymnasiums.

Current initiatives include free fitness classes; free registration and re-registration at Child, Youth and School Services; free pet care for spouses of deployed Soldiers; and extended hours at Sgt. Yano Library, here, and the Information, Ticketing and Reservation office.

In addition, new initiatives like the implementation of a shuttle service for children living in geographically dispersed areas, demonstrate the garrison’s willingness to keep military members of all ages involved in Army programs.

Given the sheer number of AFC programs offered, Terry indicated the Army would forever remain committed to its core unit — or that which the Hawaiians fondly refer to as “ohana.”

“We are a family-oriented organization,” Terry said. “There’s no doubt about it.”

AFAP: Recommendations to improve services

CONTINUED FROM A-1

which is expected to be disseminated by mail, as well as online, in the coming weeks. While not privy to the exact questions, Terry said he expects the survey — which will be extended to Army families, who reside both on- and off-post — to touch on current concerns regarding the state’s public school system, particularly due to the ongoing issue of furlough days.

“What we ask is that you don’t blow (the survey) off,” said Terry, who also serves as commanding general for the 8th Theater Sustainment Command, U.S. Army-Pacific. “Get the word out to friends and families.”

In its 26th year, the AFAP process allows community members to identify most valuable services and offer recommendations that would improve Army life for Soldiers and their family members.

Among those services the five workgroups identified as valuable were Army Community Service, deployment support programs such as Blue Star Card, physical fitness centers, and the Directorate of Family and Morale, Welfare and Recreation.

Issues raised at the conference will be tracked by a local steering committee until they are resolved, said Tracey Clark, ACS volunteer corps coordinator.

Teens group representative Sinead Gray cited the need for the local garrison to offer

more new movie releases on-post, additional midnight premiers and an increased number of show times. With a limited movie selection available, teenagers may be creating safety issues when venturing off-post to catch the latest releases, she said.

Gray also hoped for more teen-friendly jobs on-post, and lobbied for the development of a list of prospective employers.

Her request included a Web site, in which job resources, geared specifically toward teenagers, would be posted.

The base operations workgroup tackled the curfew issue, saying the current policy does not fall in line with Hawaii state law, which requires minors to be home by 10 p.m. Group representative Ryan Ziegler requested that the current policy of a 9 p.m. curfew for teens ages 13 and younger, and 11 p.m. for those between 14 and 17, be moved up by an hour.

He and fellow base operations’ delegates argued that minors having one less hour “to be outside unsupervised may create an environment that would lead to less crime.”

Force support representative Jennifer Wagner asked the garrison to offer a shuttle service that transports residents to various medical facilities. She said that many residents come from “one-car families” or don’t have a driver’s license, and that creating such a service might increase the no-show percentage of missed appointments.

Col. Matthew Margotta, commander, U.S. Army Garrison-Hawaii, said the garrison would look into the possibility of providing such a service — again.

“We tried to implement a service back in 2008,” he said, “but it would average only two or three passengers per shuttle.”

The single Soldier workgroup said there might be a financial hardship for Soldiers when the new blue Army Service Uniform is to be worn, beginning in 2014.

Representative Melinda Porter said the Army should offer a one-time stipend to include the purchase of the ASU, as well as reimburse those Soldiers who have already purchased the new uniform.

Finally, the community and family support workgroup called for dependents to be included on initial first-duty station orders from Advanced Individual Training/One Station Unit Training. Failure to provide this information, group members said, results in mental, physical and financial hardships for Soldiers and their dependents.

Representative Mike Wetzel said service members should be educated to understand their requirements when traveling from AIT/OSUT to their duty station.

He also said that all regulations should be updated to reflect all Defense Eligibility Enrollment Rapid System-authorized dependents on Permanent Change of Station orders to first-duty stations.

Warrior: Competition promotes rival camaraderie

CONTINUED FROM A-1

their support channels for encouragement, motivation and confidence.

“I think any one of these NCOs could have won this. It just happened to be my week,” said Sahlberg. “The camaraderie was incredible. We bonded and to our own disadvantage, because, without hesitation, we were helping each other throughout the competition.”

Sahlberg also thanked his wife and Jesus Christ, saying that with-

out them, accomplishments like this wouldn’t be possible.

Evans thanked Sahlberg for mentoring him.

“He’s a pretty good NCO and he’s given me a lot of training up to this point,” Evans said.

The two had different opinions, however, on which event was the most difficult. Sahlberg found all events to be equally difficult, while Evans found the road march the toughest to conquer.

Sahlberg and Evans will represent MEDCOM at Armywide NCO and Soldier of the Year competitions held later this year.

HAWAII ARMY WEEKLY

PAU HANA

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

“When work is finished!”

FRIDAY, MARCH 26, 2010



Kayla Overton | U.S. Army Garrison-Hawaii Public Affairs

Wicket, a 6-year-old Black Labrador Retriever mix, plays with her ball after locating an invasive Rosy wolfsnail.



Kayla Overton | U.S. Army Garrison-Hawaii Public Affairs

Wicket puts her nose to the ground sniffing for the Rosy wolfsnail. Wicket, on loan from Working Dogs for Conservation, helps researchers and conservation managers protect endangered species across the world.



Courtesy of the Oahu Army Natural Resource Program

The endangered *Achatina livida*, is commonly known as the Oahu, or kahuli, tree snail.



Loran Doane | U.S. Army Garrison-Hawaii Public Affairs

Rosy wolfsnails, a common predator of the endangered Oahu tree snail, are used to train the dogs to detect the snail in different environments.



Loran Doane | U.S. Army Garrison-Hawaii Public Affairs

Aimee Hurt, left, and Alice Whitelaw, from Working Dogs for Conservation, inspect a jar containing *Euglandina rosea* that are used to train dogs that will track the scents of endangered plants and animals.

and Wicket's handler, Working Dogs for Conservation.

“We search for possible working dogs that are high energy, reward- or toy-driven, and from a network of shelters from across the country,” Hurt said.

On The WEB

Visit www.workingdogsforconservation.org for more information on the Working Dogs for Conservation program.

“We knew conservation working dogs have been used on different types of endangered species projects, but to our knowledge, no one has ever tried to assess if dogs are feasible for tracking the Rosy wolfsnail,” said Vince Costello, a rare snail conservation specialist with OANRP.

With the pilot study now complete, researchers have confirmed that dogs can detect the Rosy wolfsnail, and will re-evaluate and consider utilizing dogs for future conservation work.

“The Army, as a federal agency, is required to protect threatened and endangered species found

on its installations,” Kawelo said. “On Oahu, the Army is required to stabilize the population of the endangered Oahu tree snail, in eight locations across the Waianae Mountains, each location includes around 300 snails per population.”

The Rosy wolfsnail is a cannibal snail that was first introduced to Hawaii in 1955 to eradicate the Giant African snail.

However, the Rosy wolfsnail traveled to higher elevations in the mountains of Oahu, where it discovered a new meal, the endangered Oahu tree snail, according to Costello.

“[This cannibal snail] feeds upon the Oahu tree snail, (eating) whole populations of the small snail,” Costello said. “We were finding fewer and fewer *Achatina*, and if we wouldn't have intervened by eradicating the Rosy wolfsnail in some of these areas, a whole population of *Achatina* would have been gone.”

In keeping up with efforts to protect the Oahu tree snail, OANRP builds snail enclosures, sets traps for rats that also graze on the Oahu tree snail, builds fences to keep out pigs and goats, and conducts invasive weed control.

The OANRP staff will continue to evaluate innovative methods of protecting the Oahu tree snail and Hawaii's natural resources, Kawelo said.



Courtesy of the Oahu Army Natural Resource Program

Alice Whitelaw, programs director, Working Dogs for Conservation, documents one of working dog Tia's finds, a *Euglandina rosea*. Tia has located 375 wild snails during her scent-detection training.



27 / Saturday
NOAA Whale Count – Enjoy one of most unique benefits of living in Hawaii. Help the National Oceanic and Atmospheric Administration count whales during the annual migration, March 27, 7 a.m.–1 p.m.
Cost is \$10 and includes round-trip transportation from Schofield Barracks. Call 655-0143.

28 / Sunday
Read to the Dogs – Sit. Stay. Read. Is your child a dog lover? If so, they can read to dogs, March 28, 3:30-4:45 p.m.
Children who are able to read on their own can sign up. Call 438-9521.

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 which is open to all ages. Call 655-8002.

April
2 / Friday
Eggs-traordinary Egg Hunt – Be the lucky one to find the Golden Egg at Piilaaau Army Recreation Center, April 2, from 4:30-7 p.m.

Send announcements to
community@hawaiiarmyweekly.com.

Today
Stations of the Cross – Service is at 5:30 p.m., at Wheeler Army Airfield Chapel. Call 656-1384.

27 / Saturday
Prince Kuhio Parade and Concert – The parade starts at 4 p.m. and runs from Saratoga to Kalakaua Avenue, with a Moonlight Concert from 6-9 p.m. at Kapiolani Park.

Auto Show Military Two-Fer Day – Buy one admission and get the second free, with valid military IDs, to the International Auto Show at the Hawaii Convention Center, March 27. Visit www.motortrendautoshow.com/honolulu/generalinfo.jsp.

Earth Hour – On March 27, 8:30 p.m., people around the world will come together to call for action on climate change by 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 games, crafts, visits with the Easter Bunny and access to exhibits and galleries.
A shuttle is available at the Waikiki Elementary School, 8 a.m.-12 p.m.
Admission is free for children of Friends of the Waikiki Aquarium families, family plus and grandparent memberships. The fee for individual, senior and non-members is \$10. Fish pond tickets are \$2. Registration is available at www.waquarium.org/news-events.asp.

Celebration of Differences – Come to Washington Middle School, 1633 South King Street, Honolulu, 9 a.m.-2 p.m., for Maile's Dream celebration, which raises awareness for Apert syndrome. Admission is free, and there will be entertainment, games and food. Proceeds go to Easter Seals Hawaii.

31 / Wednesday
Military Scholarship Night – Are you interested in becoming a military officer, or would you like more information on military scholarships? Attend Military Scholarship Night at Waipahu High School, March 31, 6-9 p.m.
Military service academies and Reserve Officers' Training Corps representatives will provide up-to-date informa-



Pageantry procession

HONOLULU — An antique car is featured in the 2007 Prince Jonah Kuhio Kalaniana'ole Commemorative Parade along Kalakaua Avenue. The 2010 parade is Saturday, 4 p.m. See the Community Calendar briefs for information.

Age groups are 1-3 years, 4-6 years and 7-11 years old. Call 696-4158.

Family Field Night – Enjoy the same great family fun at a new location. Bring the whole family for a night of great free food and games on Schofield Barracks at Stoneman Stadium, April 2, at 6 p.m. Call 655-5698.

6 / Tuesday
Homeschool PE Classes – Army Youth Services offers physical education

for the homeschooled child starting April 6, 10-11 a.m. at Aliamanu and Fort Shafter. Call 836-1923.

Schofield Barracks, Helemano and Wheeler classes are Wednesdays, 11 a.m.-12 p.m. To register, call 655-6465.
Classes are subject to change based on registration numbers.

9 / Friday
Right Arm Night – Join us at the Nehelani April 9, at 4:30 p.m., and your "Right Arm," the one who helps you ac-

9 / Friday
Military Kids Camp – Operation: Military Kids Camp-Hawaii, along with YMCA-Camp Erdman, is offering two family camps geared toward helping recently redeployed service members and their families reconnect.
The camp, April 9-11, is open for registration.
Visit www.ctahr.hawaii.edu/4h/omk, e-mail omk@ctahr.hawaii.edu or call 956-4125.

Earth Day at the Waikiki Aquarium – In celebration of Earth Day, the Waikiki Aquarium will host its annual Mauka to Makai environmental expo with free admission, 9 a.m.-2 p.m., March 9.
Earth Day showcases the efforts of more than 20 city, state and federal agencies to preserve and protect Hawaii's environment with an emphasis on the islands' unique water resources from mauka to makai.
Family-friendly and hands-on educational displays will include picture taking with Apoha the oopu, water pollution prevention games and activity books, natural resource arts and crafts, and a Kona Kampachi (fish) release.
The first 500 families in attendance will also receive a native plant in celebration of the aquarium's new Hawaiian Native Plant exhibit.

Taste of Scotland – The Hawaiian Scottish Association is hosting the 4th Annual Taste of Scotland, April 9, 5-9 p.m., at Willows Restaurant, 901 Hausten Street, Honolulu.
Be a part of the official Ceilidh, or Scottish social gathering, for the 2010 Hawaiian Scottish Festival & Highland Games, with a variety of traditional food, Scottish-style beers and whisky, and Scottish singers, pipe bands and other local and mainland entertainment.
Tickets start at \$25. Call 952-9200.

10 / Saturday
Scottish Festival – The Hawaiian Scottish Festival & Highland Games, April 10-11, 9 a.m.-6 p.m., at Kapiolani Park bandstand, showcases the rich culture of Scotland with music, dancing, entertainment, food and drink.
The two-day festival will also feature athletic contests, testing one's strength, stamina and agility, practiced in Scotland for centuries.
A great day of all-around family fun. Free to the public. Visit www.scotshawaii.org.

Share a Bear – Prevent Child Abuse Hawaii donates teddy bears for abused children.
More than 5,000 teddy bears and stuffed animals of all sizes, shapes, colors and textures will be collected during the 13th Annual Teddy Bear Round-Up and Family Resource Fair.
New or gently used teddy bears or stuffed animals will be collected April 10, 10 a.m.-2 p.m., Pearlridge Center Uptown Center Court.

complish your daily missions.
Advance sale tickets are available for \$7 at the Nehelani or the Information, Tickets and Registration Office; or \$8 at the door.
There will be live music and a pupu buffet. All active duty Soldiers and Department of Defense civilians are invited to attend.
This is an adult-only event as child care will not be available. Call 655-4466.

SEE BRIEFS, B-5

22 / Thursday
Volunteer Recognition – This year's U.S. Army Garrison-Hawaii theme is "Hawaii Volunteers Stars of the Pacific," and will be celebrating a week of activities to celebrate volunteerism.
The Annual Installation Volunteer Recognition Ceremony is 6:15-8:30 p.m. at the Nehelani Banquet Center on Schofield Barracks.

23 / Friday
Hawaii Prayer Breakfast – The Hawaii Prayer Breakfast is in the Coral Ballroom of the Hilton Hawaiian village, April 23, 7 a.m. Cost is \$27 per person. Call 486-8986.

Ongoing

Special Olympics Volunteers – Volunteers are needed to assist with the Special Olympics-Hawaii, Central Honolulu Competitions.
The track and field competition is April 17, 6:30 a.m., at Stoneman Field, Schofield Barracks. The softball competition is May 1, 6 a.m., at the Wheeler Army Airfield softball fields.
Lunch and a T-shirt will be provided. No experience is necessary.
E-mail carasohi@aol.com (include your name, T-shirt size and event preference), or call 943-8808, ext. 114.

AER Fund raising Campaign – The Army Emergency Relief fundraising campaign is conducted annually by the U.S. Army, through May 15. Contributions are tax deductible. Donors may contribute to the general assistance fund or target contributions. Call 655-7132 or visit www.aerhq.org/campaign.asp.

Playmorning – Playmorning is an interactive playgroup for children up to age 5, and their parent or caregivers.
Playmorning features a variety of age appropriate activities, crafts, songs and more. No pre-registration is required.
There is a \$1 fee per child, and Playmorning Punch cards are available at \$10 for 11 visits. Call 624-5645.

Welcome Baby & Me – This program is for babies under 12-months-old and their parents, Thursday mornings, 9-10:30 a.m.
There is a \$1 fee per child. Punch cards are available at \$10 for 11 visits. Call 624-5645.

Borders Reading Groups – Borders Waikale hosts three monthly reading groups:
• Bestsellers, second Wednesday, 7 p.m.
• Romance Readers Anonymous, second Thursday, 6:30 p.m.
• International Women's Writing Guide, first and third Wednesday, 7 p.m. Call 676-6699.

Civil Air Patrol – Civil Air Patrol's

SEE CALENDAR, B-5



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: Helemano 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.



Valentine's Day
(PG-13)
Fri., March 26, 7 p.m.
Wed., March 31, 7 p.m.

The Tooth Fairy
(PG)
Sat., March 27, 4 p.m.



Dear John
(PG-13)
Sat., March 27, 7 p.m.
Thu., April 1, 7 p.m.

The Spy Next Door
(PG)
Sun., March 28, 2 p.m.

No shows on Mondays or Tuesdays.

Army spends millions on local stimulus projects

Funds further the garrison's environmental, quality-of-life, sustainability goals

Story and Photo by
LORAN DOANE

U.S. Army Garrison-Hawaii Public Affairs

SCHOFIELD BARRACKS – The Army in Hawaii has wasted little time in putting federal stimulus money to work, with millions being poured into new construction projects, as well as facility and infrastructure improvements, at Army installations across the state.

Currently, the U.S. Army Corps of Engineers, Honolulu District, has contracted 26 projects through the Department of Defense's American Recovery and Reinvestment Act, with funded projects underway here and at Fort Shafter, Wheeler Army Airfield and Pohakuloa Training Area on the Big Island.

The projects, which total \$46.5 million, range from repairing roofs, installing energy-saving photovoltaic panels, maintaining bridges, installing emergency generators and renovating buildings – all in support of U.S. Army Garrison-Hawaii and Army Hawaii Soldiers and families.

"We are moving quickly to get this money into the hands of the people who will create jobs while simultaneously working to ensure the best use of these Recovery Act funds," said Brig.



Department of Defense American Recovery and Reinvestment funded projects, like this barracks construction on Schofield Barracks, can be seen throughout U.S. Army Garrison-Hawaii installations. ARRA projects help to stimulate local economies.

Gen. Mark Yenter, commanding general and division engineer, USACE Pacific Ocean Division.

The money became available when President Barack Obama signed the ARRA into law in 2009.

The act's primary purpose is to quickly, efficiently and responsibly put money back into local communities in

a bid to jump-start the national economy.

"We are committed to improving the quality of life for our Soldiers and their families," said Col. Matthew Margotta, commander, USAG-HI. "More than \$7 million alone will go into improving living quarters, renovations to the YMCA community center, education

centers, and to the libraries and child development centers on both Schofield and Fort Shafter.

"Sometimes it is difficult to measure the direct impact that a military installation has on the surrounding communities, but the ARRA funds are very easy to track," Margotta added. "All of the money is going directly to local

workers, and nearly all are considered small, disadvantaged businesses."

USAG-HI is also committing funds to projects designed to further its environmental and sustainability goals and initiatives.

"We are committed to improving the quality of life for our Soldiers and their families."

— **Col. Matthew Margotta**
U.S. Army Garrison-Hawaii
Commander

Building and maintaining sustainable installations continue to be challenging tasks for the Army today, according to Margotta.

"We are using ARRA stimulus funds as we continue to modernize and embrace advancing green technologies," explained David Lee, manager, Construction Management, Directorate of Public Works, USAG-HI.

"We are currently in the process of installing high-efficiency, low-energy consumption air conditioning systems in our facilities, as well as taking advantage of solar air and water heating units," he said.

USAG-HI's goal is to be one of the largest solar-powered communities in the United States by 2015, with the ultimate goal of providing energy back into the power grid.

4TROOPS set to release debut album

Story and Photo by
TIM HIPPS

Family and Morale, Welfare and Recreation Command Public Affairs

NEW YORK – Four former Soldiers from the Army Entertainment Division are poised to hit the charts this April, singing the stories and experiences of Army life.

In only three months, 4TROOPS recorded its self-titled debut album, which is scheduled for release April 28. The hit single, "For Freedom," will be released soon, and with the first concert already taped, military installations are booking concerts nationally.

The inaugural concert, which was taped Feb. 15, and drew a standing ovation aboard the USS Intrepid, will air in June on the Public Broadcasting Service.

"It has a historic feel to have these four combat veterans producing a product here on the USS Intrepid," said Victor Hurtado, U.S. Army Soldier Show production director.

Hurtado brought his protégés together to assemble 4TROOPS and served as associate producer for the album.

"Everyone on the production team who has heard the album says that it's easily the most believable, organic piece of work that they've done because (the album) comes from them," Hurtado said. "There's nothing strategic or put on about this record – it's them."

"They are incredible people, incredible former Soldiers, incredible veterans. That's who they are, and the album relates to their lives, the lives of those that they served with, and the lives of those who continue to serve," he added.

The singing group's mission is to share the sacrificial experiences of Soldiers and Army families with the world.

Their emotionally patriotic songs share down-to-earth military life tales that tug at the heartstrings and offer a glimpse into the lives of service members and their families.

"My hope through all of this is that we continue to touch the lives of Americans, of the Armed Forces, and of people across the world," said Staff Sgt. Ron Henry, who served 20 years on active duty status and was one of five finalists in the inaugural



4TROOPS vocalists, (from left, Daniel Jens, Ron Henry, David Clemo and Meredith Melcher), perform aboard the USS Intrepid in New York City during the taping of a PBS television special to be aired in June. The former Soldiers honed their craft in Army Entertainment Division programs run by the Army Family, Morale Welfare and Recreation Command. 4TROOPS self-entitled debut album is scheduled for release April 28.

Army Family and Morale, Welfare and Recreation Military Idol competition of 2005, since renamed "Operation Rising Star."

Sgt. Daniel Jens, 36, finished 11th in "America's Got Talent" during the summer of 2008. That autumn, he performed inside the Installation Management Command's booth at the Association of the U.S. Army's annual convention in Washington, and the 234th U.S. Army Birthday Ball in the nation's capital.

Capt. Meredith Melcher and Sgt. David Clemo performed in the 2004 U.S. Army Soldier Show, an "entertainment for the Soldier, by the Soldier" annual song-and-dance extravaganza that tours the world. Clemo also served as the show assistant director.

ACAP prepares families for military to civilian transition

CHARLENE SHELTON
Army Career and Alumni Program

SCHOFIELD BARRACKS – A Soldier's transition from military service to civilian life can be a stressful time for the Soldier and even more so for the family, as the transition is truly a family affair.

The Army Career and Alumni Program helps Soldiers and their families successfully navigate the seemingly overwhelming challenges with information and assistance throughout the transition process.

Soldiers who are transitioning should discuss the following considerations with their families to ensure a smooth and comfortable evolution:

- Research employment opportunities and unemployment rates, as many of the following considerations are usually impacted by employment.
- Develop a family budget and start saving money before the switch.
- Make sure benefits are a focal point of a discussion with a potential employer. This is particularly important if there are special family health concerns.
- Research the geographical location of potential job locations. Consider the school system, cost of living and other quality of life factors.
- Research health care facilities to ensure they can deliver the health care services the family

needs, particularly for special health care requirements.

- Understand education entitlements by researching the G.I. Bill and other educational opportunities in the geographic area, if relocating.
- Take advantage of Army education assistance prior to transition. It is free for military service members to take the ACT/SAT exams while on active duty.
- Make plans to secure adequate life insurance. Service members' Group Life Insurance will go away after service. Talk to the Department of Veterans Affairs about Veterans' Group Life Insurance or talk to civilian carriers.

- Take care of legal needs, such as establishing a will prior to separation. Unless retiring, legal service support will not continue after separation.
- Attend a VA benefits briefing, as a family, before leaving active duty. Learn what the VA can do for prior service members. Information on disability, benefits and claims, home loans, health care, education and other items is available in these briefings.
- Work together as a family and realize that stress is normal. Prepare and seek help to make the transition smooth. Communicate as a family. Armed with the right information, Soldiers and families can transition with confidence.

History comes alive at Tropic Lightning Museum

Story and Photo by
S.P.C. JESUS ARANDA

25th Infantry Division Public Affairs

SCHOFIELD BARRACKS – All "taro leaf" veterans have stories to tell, and so do the relics on display at the Tropic Lightning Museum, here.

The museum has recounted the 25th Infantry Division's history through the memories of its Soldiers and families since 1984, when it was known as the Tropic Lightning Historical Center.

While technical manuals and military accounts of past wars and conflicts tell stories of the meaning of each exhibit on display, the personal stories – recounted by the Tropic Lightning veterans who lived, sacrificed and triumphed through these difficult times – draw visitors into a more personal tale.

"We cover the history of the division, and Wheeler Army Air Field and Schofield Barracks," said Kathleen Ramsden, the museum's curator.

"Depending on deployments, we get anywhere between 10 to 12,000 visitors a year, which is pretty good for a small museum," she added.

First-hand accounts of the environment, challenges and strife of the 25th Inf. Div. campaigns accompany a majority of the exhibits depicting the World War II, Korea and Vietnam timeframes.

These accounts are retold in the pages of the Tropic Lightning Museum's "The Way it Was: Memoirs and Recollections," a collection of stories and tales penned by division veterans throughout the Pacific.

"We ask visiting veterans, should they wish to do so, to display a first-person ac-



The Tropic Lightning Museum showcases authentic 25th Infantry Division weapons and supplies, as well as enemy memorabilia like this Japanese captain's saber. The museum, which is located on Schofield Barracks, offers visitors an opportunity to learn about the post's humble beginning during the early 1900s. The island of Oahu was evaluated as strategically significant by Gen. John Schofield in April 1909, and the U.S. Army began construction on a camp at Schofield soon afterward.

count and send a photograph of themselves during the time that they served so that we can chronicle their experiences in the exhibits for other visitors," she said.

"The displays allow veterans to connect with certain pieces on a personal level at times," Ramsden said. "They spark memories for (the veterans)."

Authentic weapons, artifacts and memorabilia from each of the division's combat campaigns are displayed, to include a myriad of firearms, weaponry and communication devices used by Soldiers.

According to Ramsden, a number of items, such as uniforms, were donated by veterans and family members many years after their service. Other items and unit

lore are from recent deployments.

"One item we have on display is a Mauser (a pistol) given to Col. Walter Piatt and the 3rd Brigade, 25th Inf. Div., in appreciation for their partnership and friendship with the Iraqi people during their deployment," Ramsden said.

The story behind these kinds of gifts adds to the importance of what the object represents, according to Ramsden.

In addition to seeing these donated items, visitors can see the visual history of Schofield Barracks. Schofield's timeline, told through photos, displays and documented stories, illustrates life on the post from its formation as a temporary camp in December 1908 to the present.

Planning nutritious meals brings families together

LT. COL. KAREN E. HAWKINS
Defense Commissary Agency

FORT LEE, Va. — Do you find yourself struggling to decide what to have for dinner 30 minutes before it needs to be on the table?

To help make life a little easier when it comes to eating, try using a meal planner.

An all-too-familiar sound in many homes around dinnertime is the kids saying, “I’m hungry — what’s for dinner?”

Many families find themselves peering into the refrigerator, or stopping off

at the closest fast-food restaurant to grab something to eat.

A planner can be as simple as a weekly calendar with a shopping list attached to it.

To help make that shopping list a little easier to fill in, keep a list of foods used almost every day beside the planner on the refrigerator.

Pick a day to fill out the weekly menu, and involve the family.

Let children help plan the menu; have each child plan a dinner along with adding necessary items to the shopping list.

This is a great time for children to

share what they may be learning about nutrition in school, depending on their age, or time to talk about choosing foods that help children grow.

Using planning tools can help menu planning go smoothly, along with saving money and time.

With a little organization, using these tools to help create a menu can greatly reduce the stress level around dinnertime for everyone.

Tools include finding out what is on sale for the week at the commissary and using coupons.

Also, keeping coupons in the car helps to not forget them when in a hurry.

For more information about making healthy choices, visit “Ask the Dietitian” at www.commissaries.com or visit www.MyPyramid.gov.

Checking the pantry and refrigerator to see what foods are already on hand, and making sure to include these foods in the weekly menu, helps save even more money.

Take planning a step further and decide who is going to prepare different foods for different dinners. Of course, this depends on children’s ages, skill levels and after-school activities.

Involving children in the smallest tasks to the most advanced food preparation tasks can be a learning experience that begins at a young age and advances as they grow.

With a little help, very young children can wash vegetables; set the table; and pour, measure and stir ingredients.

Older children can prepare simple foods and help guide younger children too.

Learning how to cook can be fun and educational for everyone, while providing many opportunities to share and appreciate real food, made and enjoyed together as a family.



26 / Friday
Kualoa Ranch Movie Set and Jungle Tour — Enjoy all your favorite things about Hawaii in one afternoon, March 26, 6 a.m.-3:30 p.m.

Experience a North Shore tour and enjoy the thrilling Kualoa Ranch movie set and jungle tour for \$74 per person. Round-trip transportation is available. Call 655-0143.

April 1 / Thursday
Walk off the Wait — Register by April 1 for the latest Blue Star Card hike up Diamond Head Crater.

The hike up the crater provides good exercise and a spectacular 360-degree view of the island, April 6.

Transportation will depart from the Schofield Barracks Bowling Center parking lot at 8 a.m. and return around 1:30 p.m. The trail is not stroller accessible. Bring a sack lunch for a picnic at Kapiolani Park.

Call 655-0002 or 655-0112/3.

3 / Saturday
Learn to Swim — Registration for

adult or child swim lessons is April 3-4. Classes are April 12-22 on Schofield Barracks. Children ages 3 and above are welcome. Call 653-0716.

6 / Tuesday
PT in the Park — Soldiers and families are invited to join Mickey Mouse and Friends, April 6, 6:30-7:30 a.m., at Bennett Youth Center Field on Schofield Barracks, for 30 minutes of aerobic exercise followed by a continental breakfast. Participants should bring a towel. Call 655-6465.

Ongoing
Sprinters Challenge — Will you be the one to set the record? Active duty Army, Reservists and National Guard Soldiers are eligible for the challenge. All entries must be received by the Fort Shafter Physical Fitness Center, April 16, 4 p.m. Call 438-9572 or visit www.mwrarmyhawaii.com.

Slow-Pitch Softball Program — Company, battery, troop and detachment level active duty Army, Reserve and National Guard Soldiers are eligible to play softball.

Applications are due to the Fort Shafter Physical Fitness Center by April 21, 4 p.m. Call 438-9572 or visit www.mwrarmyhawaii.com.

Tropics Closed — Tropics Recreation Center is closed for renovations through May 21. Call 655-5698.



Send sports announcements to community@hawaiiarmyweekly.com.

Today
Commander's Classic — Registration for the quarterly golf tournament at Kaneohe Klipper Golf Course, Marine Corps Base Hawaii, is due March 26. Tournament is held April 2. Visit www.mccshawaii.com/golf.htm.

April 1 / Thursday
Golf Scramble — Registration is due April 1, for Soldiers and families looking to join the 45th Schofield Barracks Golf Scramble, April 5, at the Leilehua Golf Course. Teams of four will compete. Registration begins at 10:30 a.m., and the tournament is at 12 p.m. Prizes will be awarded. The cost is \$30 for E-5s and below, \$40 for all other military, \$45 for civilians.

Contact cheryl.myers@us.army.mil or michael.channon.love@us.army.mil.

Ongoing
Charity Golf Tournament — Registration is open until April 15, for

Moanalua Football Team’s golf tournament, May 14.

The 4-person scramble format tournament offers 18 holes at The Hawaii Country Club, “Lunch at the Turn,” a delicious dinner buffet, a gift bag and chances to win trophies, awards and prizes — all for a \$100 tax-deductible donation.

Call 368-2393, e-mail MoanaluaFootball@gmail.com or register at <http://moanaluafootball.com/golf/golf.html>.

Honolulu AIDS Walk — Registration is now open for the 19th annual Honolulu AIDS Walk, April 18, at Kapiolani Park Bandstand.

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

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

Pineapple Run — Register for the 35th Annual 10K Pineapple Run by April 27. The 6.2 mile scenic course will start and finish at Kaala Elementary School, running through Wahiawa and area pineapple fields, May 1, 7 a.m.

Don’t forget to pick up your free pineapple at the finish.

Register at www.active.com, call 471-4774 or 473-2142, or e-mail PineappleRun2010@gmail.com.

Outdoor Excursions — Outward Bound, an international nonprofit out-

door education program, is offering fully funded outdoor adventure excursions to all Operation Iraqi Freedom and Operation Enduring Freedom veterans.

Anyone who has deployed in support of OIF/OEF combat operations is eligible to apply.

The five-day excursions offer adventure activities in Maine, Texas, Colorado, California and Minnesota.

All expedition costs, including round-trip transportation, lodging, equipment, food and instruction, are funded by a Sierra Club grant.

Call 866-669-2362, ext. 8387, or e-mail obvets@outwardbound.org.

Infant Swimming Resource — Registration is now open for self rescue swim lessons for babies and children, from six months old. Children develop the skills necessary to survive, safely enjoy and build their confidence in the water. Visit www.infantswim.com, or for lessons in Honolulu, Aiea or North Shore, call 737-0703; in Kailua, call 542-7074; in Waipahu, call 630-1462.

Bike Hawaii — Join Bike Hawaii’s professional nature guides and explore Oahu from the rainforest to the reef. Packages include downhill biking, sailing off Waikiki and more. Meals are included. Visit www.bikehawaii.com or call 734-4214.

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

Tricare meets health care bill's standards, Gates says

AMERICAN FORCES PRESS SERVICE
News Release

WASHINGTON — The Tricare military health plan meets the standards set by the health care reform bill the House of Representatives passed Sunday night, Defense Secretary Robert Gates said in a statement issued Sunday.

Calling their health and well-being his highest priority, Gates reassured service members and their families that the legis-

lation won't have a negative effect on Tricare, which "already meets the bill's quality and minimum benefit standards."

"This was clarified by a vote in the U.S. House of Representatives [March 20], and is expected to be re-affirmed by the Senate," Gates said in the statement.

"The president and I are committed to seeing that our troops, retirees and their families will continue to receive the best quality health care," Gates said.

Upcoming TV2 Schedule

Catch the latest in local news and entertainment programming on Hawaii Army Cable News, or HACN TV2.



- Sesame Street's "Talk, Listen, Connect" series, daily, at 8 a.m. and 3 p.m.
- Comprehensive Soldier Fitness brief, daily, at 10:30 a.m. and 1:30 p.m.
- The "Warriors" History Channel series, profiling Hawaii's ancient warrior culture, "Islands of Blood" episode plays at 7 p.m., nightly.

TV2 is the commander's access channel for U.S. Army Garrison-Hawaii and is available in all homes on post with cable on channel two.

Don't live on post? Most videos can be found on the Web at www.garrison.hawaii.army.mil or www.vimeo.com/usaghi.

If you'd like a copy of any of the videos broadcast on TV2 or have questions about the schedule, call 655-1565 or 295-0205.

Tricare, VA partnership benefits veterans

TRICARE
New Release

FALLS CHURCH, Va. — Service members who became ill or injured while serving on active duty and are were medically retired have health benefits available to them through both the Department of Defense and Department of Veterans Affairs.

Almost all VA health care facilities are part of the Tricare network, however treatment of Tricare beneficiaries is provided on a space and resource available basis only.

When choosing to use Tricare benefit, retirees may be authorized to receive non-service related care at participating VA medical centers, a military treatment facility or a Tricare network provider.

Representatives are available at VA



Visit www.warriorcare.mil, call the Veterans Affairs Health Benefits at 877-222-VETS, or contact www.tricare.mil/contactus.

facilities to assist veterans who are eligible for Tricare and VA health care.

VA liaisons and benefit counselors are available at many MTFs to assist veterans transferring from DoD to VA care.

Retirees with a service-connected disability rated at 50 percent or higher; are unemployable due to the service-connected disability; or are seeking care for the service-connected

disability are automatically eligible but must request care from the VA.

Like all retirees, medically-retired veterans and their families can choose Tricare Prime where it's available, or Tricare Standard and Extra if they are not eligible for Medicare.

Veterans who are eligible for Medicare because of disability must maintain Medicare Parts A and B to keep their Tricare coverage.

Veterans can learn about the different financial responsibilities for Tricare-covered services and VA benefits by contacting their Tricare regional contractor, or VA Health Benefits Service Center.

Tricare and the VA also have many programs available to support veterans who became ill or were injured serving on active duty.



CONTINUED FROM B-2

12 / Monday
Library Lingo — Come play bingo, with a library twist, to celebrate

National Library Week and win cool prizes, April 12, at Aliamanu Military Reservation Library, and April 13 at Fort Shafter Library, 5:30-6:30 p.m. Call 833-4851 or 438-9521.

19 / Monday
Theater of War — A dramatic reading of two Sophocles plays, "Ajax" and "Philoctetes" will increase awareness of post-deployment psychological health issues, disseminate information regarding resources, and foster greater family and troop resilience.

Actors perform readings from a

modern translation followed by a moderated discussion, and is are open to all U.S. Army Hawaii units, Soldiers and families.

Sessions are April 19, 9 a.m., at Sgt. Smith Theater, Schofield Barracks; April 21, 1 p.m., at Sgt. Smith Theater (female warrior session); April 22, 9 a.m., at Kaiser Auditorium, Tripler Army Medical Center; or April 23, 1 p.m., at Sgt. Smith Theater, Schofield Barracks (Wounded Warrior session).

Call 655-0110/4778/0968/7158, 330-9458, 673-3506, 258-3752, or 398-4543.



CONTINUED FROM B-2

Wheeler Composite Squadron meets every Tuesday, 5:30-8:30 p.m., Wheeler Army Airfield. The squadron regularly accepts new members, ages 12-18, who are interested in aerospace education, leadership training, physical fitness and character development.

Call 386-1374 or e-mail tony4atmos@aol.com.

Club Beyond — Middle school and high school youth in grades 6-12 are invited to participate in the Club Beyond youth ministry group.

The group meets Wednesdays, 6-7:30 p.m., at the Main Post Chapel, Schofield Barracks, and Tuesdays, 6-7:30 p.m., at the Aliamanu Military Reservation community center.

Free dinners are available 30 minutes prior to the meeting. E-mail kschmidt@clubbeyond.org or call 372-1567.

Twitter — Follow the U.S. Army Garrison-Hawaii at www.twitter.com/usaghi.

Sexual Assault Prevention — Visit the Army's new sexual assault prevention program Web site as part of its "I. A.M. Strong" campaign at www.preventsexualassault.army.mil.

Recycling — Keep unwanted metals and plastics out of landfills by recycling old cellular phones.

Proceeds generated from this initiative will help fund environmental projects and Family and Morale, Welfare and Recreation events for the community.

Call 656-5411 or 864-1048 for a pick up, or drop off recyclables at the Environmental Division offices, Building 105, 3rd floor, Wheeler Army Airfield.

All items will be collected when customers request a regular pick up. To learn more about post recycling efforts, go to www.garrison.hawaii.army.mil, and click on "Sustainability."

The center also accepts glossy paper products for recycling.

Troops to Teachers — This is a federally-funded program that directly supports military members who have chosen teaching as a career. The program provides direct resource support, including hiring, and allows up to a \$10,000 bonus for teaching in high-needs schools. Find out what it takes to become a teacher and the benefits of the program.

Call 586-4054, ext. 409, or visit the Education Center, Schofield Barracks, on the first Tuesday of every month.