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High-speed vessel shows off

Army vessel may play part in 25th transformation

Sgt. Sean Kimmons
Editor

FORD ISLAND — The sleek wave-piercing body of the Theater Support Vessel-IX Spearhead sat motionless on top of the ocean water while docked here, Aug. 12.

Suddenly, Spearhead's ramp swung out and lowered to the pier. One after another, tactical vehicles paraded up the ramp into the vessel's belly. In about seven minutes, 20 vehicles — mostly light medium tactical vehicles and humvees — were uploaded and ready for movement.

Military leaders from U.S. Army, Pacific and 25th Infantry Division (Light) witnessed the swift upload, which demonstrated Spearhead's capability to support rapid deployments.

Next year, the Spearhead vessel is expected to support the 25th ID (L) combat brigades as they transform into Stryker and modular infantry brigades.

"I think it's another asset to transformation, and we certainly shouldn't shut it out. [First,] we have to test it and make sure it's something that we can use," said Brig. Gen. Francis J. Wiercinski, assistant division commander of support for the 25th ID (L).

Spearhead's 14,300 square foot cargo area and ability to quickly load

vehicles are just a few of its specialties. It also has room for hundreds of passengers.

And with a top speed of 40 knots and a fuel range of 3,500 nautical miles, the Spearhead can be an effective tool for any unit that wants to reach out and touch somebody ... fast.

"Our biggest asset is our speed and maneuverability. [We can also] roll on and roll off cargo onto a fixed pier in a rapid movement,"

See "vessel," page A-11

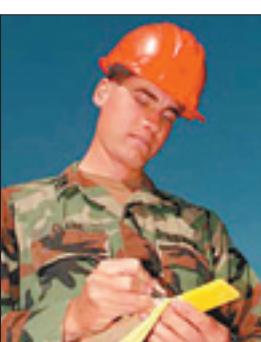


1-25 Aviation

1st Battalion, 25th Aviation Regiment conducts convoy live fire training on the Big Island. It was the first battalion-level exercise for a unit returning from Iraq or Afghanistan. A-3

'Flying V' Ceremony

A "Flying V" ceremony for Command Sgt. Maj. Jerry Taylor, the incoming division command sergeant major, will be held Tuesday at 10:15 a.m. on Sills Field, Schofield Barracks.



Alaskan Road

A Soldier from the 29th Engineer Battalion from Fort Shafter deploys to Alaska to help construct a road linking a remote village to a harbor. A-7

COLA Survey

All military personnel in Hawaii are reminded to complete the military Cost of Living Allowance survey sponsored by U.S. Pacific Command and available through Sept. 30 via the Internet.

Log onto <http://www.pe.rdiem.osd.mil/oscola/lps/hawaii>.

Accuracy in completing the survey is critical to the COLA determination process, and it's in everyone's best interest to participate to ensure accurate results.



Dragon boats

A team from 2nd Battalion, 11th Field Artillery Regiment captures 2nd place in a dragon boat race in Honolulu. B-1

Army helps battle Nanakuli brush fire

Staff Sgt. Bradley Rhen
Staff Writer

As a brush fire raged on the Leeward side of Oahu Monday and Tuesday, closing down Farrington Highway and threatening homes, Army helicopters scrambled to help battle the blaze.

Three UH-60 Blackhawk helicopters and a CH-47 Chinook helicopter from 2nd Battalion, 25th Aviation Regiment at Wheeler Army Airfield participated in the effort to extinguish the fire.

On Monday, the Blackhawks flew a cumulative 24.7 hours and dropped 92 buckets of water, and the Chinook flew 7.5 hours and dropped 132 buckets of water.

The helicopters flew an additional 21 hours Tuesday and dropped 165 buckets of water.

Each UH-60 water bucket holds 600 gallons of water, and each CH-47 water bucket holds 2,000 gallons of water.

All told, the Army helicopters dumped more than 418,200 gallons of water on the fire.

Lt. Col. Frank W. Tate, commander of 2nd Bn., 25th Aviation Rgt., said the Army is a big part of the community team here on Oahu and throughout the Hawaiian Islands.

"We maintain a level of readiness to respond to local natural disasters and emergencies like this," he said. "We are members of the community as well, and if there is a fire we want to be part of the solution if local assets are overwhelmed."

Because pilots are only permitted to fly eight hours at a time, several aircraft and several air crews took part in the mission.

"It was a significant effort on the

See "Battle," page A-11



Richard Ambo / Honolulu Advertiser

A CH-47 Chinook helicopter from 2nd Bn., 25th Avn. Rgt. drops 2,000 gallons of water over a brushfire on Palehua Ridge, Tuesday.

Ready to ship out 163rd Trans. Det. Soldiers deploy to Persian Gulf

Pfc. Nicole R. Montoya
17th Public Affairs Detachment

HICKAM AIR FORCE BASE — With the morning sun glistening off crystal blue water behind a rigid group of warriors, the National Anthem, Tropic Lightning March and Army song played for more than 24 Soldiers awaiting their departure to the Middle East.

The melodies were part of a deployment ceremony conducted at Bishop's Point on Hickam Air Force Base Monday for Soldiers heading to the Persian Gulf Region in support of Operations Iraqi and Enduring Freedom.

The half-hour event was in commemoration for the yearlong deployment of the 163rd Transportation Detachment stationed at Bishop's Point.

Preparation for the deployment included weapons qualification and nuclear biological chemical training, said Spc. Christopher Davis, quartermaster in the 163rd Trans. Det.

Along with being highly trained in Warrior skills, the Soldiers also had to be qualified in their technical skills because their job is a technically demanding military occupational skill, explained Davis, who summarizes his MOS as being the enlisted navigation officer.

Not only are they proficient with their MOS, the Soldiers are also trained to work as a complete unit.

"The unit just got back from a week-long training exercise on the Big Island," said Chief Warrant Officer Kevin Stone, commander of the 163rd Trans. Det. "They were preparing for future missions."

Stone explained that the

See "163rd," page A-11

Troops urged to avoid 'knock-off' ACUs

25th ID (L) Public Affairs Office
News Release

Slowly but surely, the new Army Combat Uniforms are starting to appear around U.S. Army, Hawaii installations.

Some Soldiers are anxious to get the new ACUs and are exploring opportunities to purchase them from civilian vendors.

Troops should be warned, however, that Army Regulation 670-1, Wear and Appearance of the Military Uniform, does not authorize the wear of commercially-produced ACUs. Many commercial vendors have look-alike ACUs that do not meet the Army's specifications for quality and design, and therefore are not authorized.

AAFES military clothing sales stores are officially scheduled to get the ACUs in April 2006, although they may get the uniforms

as early as January 2006.

In accordance with AR 670-1, Soldiers and commanders are responsible for ensuring they are purchasing and wearing uniforms that are authorized for wear.

Uniforms must be produced by certified manufacturers and meet the specifications for quality and design.

According to the reg, Soldiers purchasing uniforms, uniform items, or heraldic items from establishments other than the Army military clothing sales store must ensure that the items are authorized for wear and that they conform to appropriate military specifications or are manufactured in accordance with the UQCP or the heraldic quality control system.

Army uniforms, uniform items, and heraldic items procured by the Defense Logistics Agency and sold

in the AMCSS are procured in accordance with appropriate military specifications and are authorized for wear.

Commercially-purchased items that are authorized for wear in lieu of military-issue items must conform to the basic specification of the military-issue item, unless otherwise specified in AR 670-1.

Optional uniforms and other uniform clothing items sold in the MCSS, in post exchanges, or by commercial sources will contain a label, stamp, or certificate issued by the textile technology team at the Natick Soldier Center.

AR 670-1 also states that commanders will conduct periodic inspections to ensure that all personnel under their command wear only uniform and heraldic items produced by certified manufacturers, and that they meet the specifications for quality and design.



Plc. Mike Pryor

An 82nd Airborne Division Soldier sports the new Army Combat Uniform in Afghanistan, Aug. 9.

What is Women's Equality Day all about?

Sgt. 1st Class Karen Vickers
500th Military Intelligence Battalion

Suffrage: The right to vote; a legal right guaranteed by the 15th amendment to the U.S. Constitution; guaranteed to women by the 19th amendment.

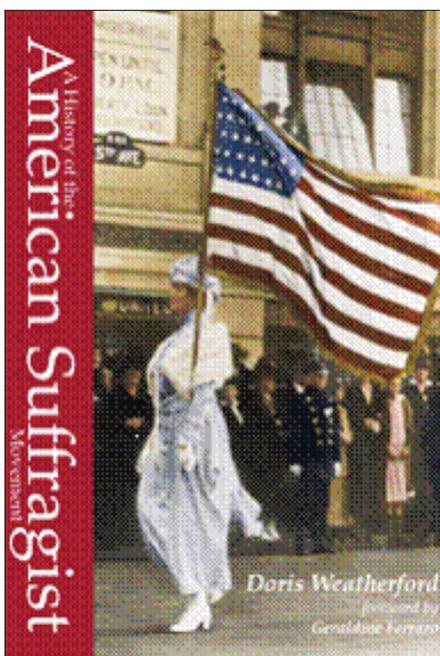
Imagine being educated, being fluent in different languages and being very acquainted with the judicial system — yet, not going to college because such aspirations aren't allowed, losing all your rights to property once married because you become the subject of your spouse, not having the right to vote and thereby influence policies because of your gender, and being legally subjected to physical punishment at the hand of your spouse to ensure "obedience" — all because you are a woman.

Those were the customs of society women endured in the late 1700s through the early 1900s. In an effort to correct all of this, in 1848, Elizabeth Cady Stanton and Lucretia Mott planned a women's convention to be held in Seneca Falls, New York.

Susan B. Anthony, did not attend the convention, but had heard about it. When Anthony attempted to speak at a different convention hosted by men, she was told that she was invited to listen, but not to speak. She was furious and, consequently, became more responsive to feminist causes.

In 1851, Anthony and Stanton began their historic friendship when they met at an anti-slavery meeting. Once they formed together to fight for women's rights, Anthony was described as the "Napoleon" of the suffragist movement. She was the front and center spokesperson, appearing before Congress on behalf of women's suffrage.

Stanton stayed in the background as the intellect behind the movement. As a team, they were unstoppable and very successful as the leaders of the suffrage movement. Although neither woman lived to see the consummation of their efforts to win the right to vote, they both showed strength and opti-



mism to the end of their lives. And for the nation, the leaders of the women's suffrage movement won for all women their right to vote, which eventually led to economic, educational, social and civil rights.

The 19th Amendment to the Constitution was passed on Aug. 26, 1920, finally enfranchising women in the United States. This year, the nation will commemorate the 85th anniversary celebrating the efforts of women like Stanton and Anthony, and countless many others, who led the fight for various women's rights.

At 7 a.m. on Aug. 27, 2005, the 500th Military Intelligence Battalion is hosting a 5K run, a one-mile keiki run, skits, booths and a guest speaker at Stoneman Field to celebrate and educate attendees about women's suffrage. This event is open to all.

Test Your Knowledge

The first five people who turn in the correct answers to this quiz on Aug. 27 at the Women's Equality Day events at Stoneman Field, Schofield Barracks, which begin at 7 a.m., will receive a prize.

1) August 26 is celebrated as Women's Equality Day to commemorate ____.

- a) the work women accomplished during World War II
- b) the anniversary of women winning the right to vote
- c) the flappers of the 1920's
- d) the contemporary women's rights movement

2) In what year did Congresswoman Bella Abzug introduced legislation to ensure that this important American anniversary would be celebrated?

- a) 1992
- b) 1984
- c) 1971
- d) 1965

3) In what year did women in the United States win the right to vote?

- a) 1776
- b) 1848
- c) 1920
- d) 1946

4) Who served as president of the National American Woman Suffrage Association in 1920, when Amendment 19 to the U.S. Constitution was passed?

- a) Susan B. Anthony
- b) Carrie Catt
- c) Anna Shaw
- d) Elizabeth Cady Stanton

5) Women in most of the western states won the right to vote years before the federal amendment was secured. August 26 is the 90th anniversary of women in Kansas and Oregon winning the right to vote. What other state is celebrating its 90th anniversary

of women winning the right to vote?

- a) New York
- b) Florida
- c) Maine
- d) Arizona

6) Who was the daughter of an abolitionist and a leader of the women's rights movement, who also helped to organize the first suffrage parades in New York in the early 1900s. In 1907, she formed the Equality League of Self-Supporting Women, the first American suffrage group that included working class women.

- a) Abigail Adams
- b) Sojourner Truth
- c) Harriet E. Blatch
- d) Carrie Catt

7) Women who worked for their right to vote were often called ____.

- a) radical
- b) immoral
- c) suffragist
- d) all of the above

8) The term suffragist is derived from ____.

- a) who suffers
- b) a voting tablet in ancient times
- c) the Constitution
- d) the Bill of Rights

9) How many other countries had already guaranteed women's rights to vote before the campaign was won in the United States?

- a) 6
- b) 2
- c) 1
- d) 16

10) Which country was the first to grant women the right to vote?

- a) Canada
- b) Germany
- c) New Zealand
- d) United Kingdom

Hawaii-Pacific Area CFC ramps up for Sept. campaign

Staff Sgt. Bryan Beach
U.S. Pacific Command
Public Affairs Office

CAMP H.M. SMITH, Hawaii — A gentle breeze flowed into the open-windowed conference room as the sun shown down on the magnificent view of Pearl Harbor, Honolulu and the ancient, majestic Diamond Head in the distance.

The view from the Sunset Lanai conference room was breathtaking for everyone except Joy Muranaka who sat in darkness. Muranaka is blind.

Muranaka may be blind, but she is not helpless, thanks in part to the assistance of her guide dog, "Marianne," who is provided by "Eye of the Pacific Guide Dogs and Mobility Services." Without the assistance she receives from the EPGD canines, she "would not be able to lead the life she does," Muranaka said during her speech at the Combined Federal Campaign project officer briefing held at the Sunset Lanai here July 19.

Muranaka was the guest speaker for the event, which brought together the Hawaii-Pacific Area CFC organizers and volunteer project officers from a myriad of federal agencies including the military, Postal Service, U.S. Customs, and even U.S. Game and Wildlife.

The assistance Muranaka receives from Eye of the Pacific Guide Dogs and Mobility Services is just one of literally thousands of charitable organizations which takes part in the Federal Government's annual Combined Federal Campaign.

The U.S. Pacific Command is sponsoring this year's campaign. PACOM is the lead agency responsible for administrating and conducting the actual fund drive and organizing all the campaigns of all the federal government agencies in the Hawaii islands and Pacific Area. It's a large task, requiring a great deal of planning and organization. About 80 people attended the briefing.

"It is different this year for

PACOM because last year we were just a spoke in the wheel," said Air Force Maj. Clare Edelen, deputy, CFC Hawaii-Pacific Region. "This year we're the hub. We're actually running it this year and it's an eye-opening experience to a lot of folks here."

The mission of the CFC is to promote and support philanthropy through a program that is employee focused, cost-efficient, and effective in providing all federal employees the opportunity to improve the quality of life for all.

In the past, hundreds of non-profit organizations seeking donations from federal employees would swarm upon military bases, post offices and other federal workplaces in hopes of gaining access to employees and securing donations.

To make access to government employees easier and streamline the process, the federal government devised the CFC. Established in 1961, it is the largest workplace charity campaign in the country and the only campaign authorized

to solicit and collect contributions from federal employees in the workplace.

"Based on President Kennedy's direction in 1961, this is the only opportunity that a federal or military person has the opportunity to donate," said Edelen. "As a group of workers, this is the one single time that a [federal or military] person can be asked to donate."

The theme for 2005 is "Heroes of the Pacific," and the idea is to give credit and acknowledge the service of the war fighters and those who support them, said Edelen.

One of the primary goals of CFC is to make 100 percent contact with federal and military employees and give them the opportunity to donate. But the first challenge, points out Edelen, is making contact with everyone. With deployments and the geographic challenges of the islands, it makes it difficult to make 100 percent contact.

"From Admiral Fallon down, we're asking that leaders and proj-

ect officers find everyone first," Edelen. "Education [about CFC] will come later and is the main thrust of the campaign, but for now we have to find everybody first."

In 2004, the CFC campaign raised a record-setting \$14.9 million in pledges from Defense Department, and historically the military has always donated generously, according to the CFC website.

"If you look through the Donor Brochure, you're going to find an agency that has touched your life in one way or another at one point or another," said Edelen. "There are 1,700 agencies," she said. "From the Humane Society to the Cancer Society, it's in there, believe me, you just haven't thought to open up the book yet and realize it's there."

The 2005 CFC kicks off Sept. 19 and runs through Oct. 28. More details about specific "kick-off" events like fun runs, golf tournaments and other events will be publicized as the kick-off date approaches.

Voices of Lightning: Do you think women in the military are treated equally?



"...From what I see, yes. We are all Soldiers, there is no preference."

Staff Sgt. Kirk Joseph
Co. C, 25th Aviation Rgt.
Section Sergeant



"...No because there are certain things that we can't do. We can't go to combat, we can't go to certain units, etc."

Sgt. 1st Class Carmen Collazo
Replacement Detachment
Operations NCOIC



"... No because they can't be in combat."

Spc. Trevor K. Pease
HHC, 25th ID (L)
Intelligence Analyst



"...In some ways, not really. In basic, they were a lot harder on the males than the females."

Pvt. Tanya Rangemee
Replacement Detachment
Signal Specialist



"...Yes because in today's military environment, there is no tolerance not to be equal opportunity."

Lt. Col. Debra Miller
Tripler Army Medical Center
Inspector General

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Aviation Soldiers get convoy training

Story and photo by
Staff Sgt. Bradley Rhen
Staff Writer

POHAKULOA TRAINING AREA, Hawaii — In today's Army, support Soldiers never know when they might find themselves on the front lines.

In Iraq, particularly, convoys are one of the biggest targets for the enemy — putting combat support and combat service support Soldiers at risk of being attacked every time they leave base.

This threat also exists for Soldiers assigned to aviation units, who spend much of their time tending to helicopters or performing other support functions on base.

Just because the majority of their time is spent inside the wire, all Soldiers must be prepared for convoys and need to know what to do in the event their convoy is attacked.

For that reason, Soldiers from 1st Battalion, 25th Aviation Regiment, conducted convoy live-fire training here Aug. 8 and 9.

The exercise was the culmination of a three-week deployment to PTA. While here, the unit conducted small arms, crew-served weapons, and aerial gunnery qualifications, and squad and company situational training exercises.

The convoy live-fire exercise rolled everything the Soldiers performed during the three weeks into one event.

In typical crawl, walk, run fashion, the training began with a series



Spc. Justin Bowden, a fueller for HHC, 1st Bn., 25th Aviation Rgt., fires a .50 cal. machine gun during a convoy live-fire exercise Aug. 9 at Pohakuloa Training Area on the Big Island.

of briefings and explanations from trainers. Next, the Soldiers executed a dry run, where they learned what exactly they would be doing before actually doing the real thing.

That was followed by the actual live-fire training where the Soldiers dismounted their vehicles and returned fire. During this phase of the exercise, OH-58D Kiowa Warrior helicopters swooped in from above and fired live missiles at targets.

"The training today was excellent," said Spc. Joseph Fearon, a helicopter maintainer from Company

D, 1st Bn., 25th Avn. Rgt. "I learned a lot of different things — how to incorporate crew-served weapons with ground fire and also helicopter fire."

The Philadelphia native was with 1st Bn., 25th Avn. Rgt. in Iraq during its 13-month deployment there. Although he was only on a handful of convoys, he said he knows that this type of training is important for all Soldiers.

"You just got to keep your head on a swivel, get a target, keep on the target until you're out of range of fire," he said.

After the training, Fearon said he's much better prepared for convoys.

"I know exactly what to do and when to do it," he said. "It makes you aware of what's going on out there; because if you realize that there are actually people shooting at you, when you get into that situation, you're better prepared."

Sgt. 1st Class Jorge L. Cruz, shops platoon sergeant in Co. D, 1st Bn., 25th Avn. Rgt., was a safety on one of the trucks during the exercise.

"My job was to control the Sol-

diers on the back and the front to make sure, when they ran by each other or went to their positions, that no one shot each other," he said.

Cruz said the exercise was designed to replicate the situation in Iraq as realistically as possible, so the Soldiers could learn what their responsibilities are in a safe, controlled environment.

"With the live fire, it gave them a better idea of what to expect," Cruz said. "With the .50 cal. going behind them, and machine guns going and the M16s, they had a little more action there and the heart was pumping."

Cruz, who has been assigned to 1-25 Avn. since 1997, also deployed with the unit in Iraq. While there, he participated in four convoys, including a seven-day convoy from Kuwait to the unit's base near Baghdad.

He said this type of training is crucial for all military occupational specialties because Soldiers never know if or when they will have to convoy somewhere, even if the Soldier is in an Aviation unit.

"You never know if you will be on a convoy," he said. "You might be put in a position to be a driver or (truck commander) in a convoy going anywhere. You can never guarantee that you'll fly somewhere."

The exercise was the last event for the battalion on its deployment, and all the unit's Soldiers returned to Oahu by the end of last week.

1-25 Avn. completes first battalion-sized training rotation since redeployment

A small convoy drives down a dusty road; the crews are wary and alert for signs of the enemy. Suddenly, an explosion shatters the silence, and amidst the noise and smoke and confusion, gunfire erupts toward the convoy.

The Soldiers in the vehicles open up with their .50 caliber machine guns and individual weapons, but it's not enough to quell the enemy. A call for fire goes out and two AH-58D Kiowa Warrior helicopters from the Ghostriders of Bravo Company, 1st Battalion (ATK), 25th Aviation Regiment (Lightning Attack), swoop in and unleash volley after volley of 2.75-inch rockets onto the enemy position.

Their rockets expended and the enemy defeated, the Kiowa Warriors peel away and silence ensues. The convoy resumes and the Soldiers live to fight another day.

Story and photo by
Bob McElroy
Pohakuloa Training Area

POHAKULOA TRAINING AREA, Hawaii — The preceding event could easily have happened in combat, but instead, the training exercise was the final exam for the Soldiers of the Lightning Attack battalion, capping their three-week deployment here, which ended last week.

The convoy live-fire exercise brought together all of the training objectives that battalion commander Lt. Col. Jim Barker and his staff laid out months ago when they began planning for their rotation to PTA. The battalion returned from its yearlong



An OH-58D Kiowa Warrior helicopter from 1st Bn., 25th Avn. Rgt. fires hellfire missiles during aerial gunnery qualifications at Pohakuloa Training Area.

deployment to Iraq in February, and since then has seen a more than 50 percent turnover in its leadership and Soldiers.

Barker said that all of his

company commanders are new to their jobs, having taken command in May. He added that about half of his battalion staff officers are new to their jobs also.

Barker himself assumed command of the battalion in June.

Given the turnover, Barker and his senior officers — Executive Officer Maj. Jon Scott Logel and Operations Officer Maj. Paul Cravey — designed a training plan that would take the battalion through the "crawl, walk, run" stages at PTA.

Barker's goals for the training rotation were to qualify all of his combat crews in aerial gunnery, to qualify all of his Soldiers in their individual weapons and to qualify all of his crew-served weapons teams.

Cravey said, by the end of the rotation, the battalion had qualified 32 combat crews, plus avia-

See "1-25 AVN," page A-12

125th MI gets 'schooled' on upgraded equipment

Story and photo by
Spc. Cheryl Ransford
17th Public Affairs Detachment

As the 25th Infantry Division (Light) edges closer to transformation, Soldiers within units are getting trained on upgrades to current equipment.

One piece of equipment that is being upgraded to fill the needs of the 125th Military Intelligence Battalion is the Common Ground Station.

The CGS integrates imagery and signal intelligence data into a single visual presentation of the battlefield, providing commanders with near real-time situational awareness, enhanced battle management and targeting capabilities.

CGS is the only wide area surveillance system that has resolution and real-time capability to provide the commander the data necessary to be effective in the future sensor-oriented battle management process.

"The intent of the training was to link the system to an off-station unit," said Sgt. Clint Bridenstine,



Soldiers from 125th MI Bn. work on the updated equipment inside the new Common Ground Station.

section sergeant in Co. C, 125th MI Bn. "We went over all the steps of how to use the software that had been upgraded on the system and perform operations."

The training opportunity arose

during the reset of the CGS equipment upon returning from Operations Iraqi and Enduring Freedom deployments. Operators were instructed in setup procedures such as powering up systems, establishing

signal connectivity on their Joint Tactical Terminals and connecting to other Intelligence Battlefield Operating Systems.

"Since I am new to the unit, it was good training for me," said Pfc. Makenzie Rennick, intelligence specialist in Co. B, 185th Military Intelligence Bn. "At AIT [advanced individual training] we don't have a chance to train on this equipment, so I was able to learn a lot about the capabilities and functions of the CGS. I had no idea it was capable of doing so much."

The training provided an opportunity for the Soldiers to renew their skills using the Common Ground Station.

"There aren't a lot of opportunities for the Soldiers to get training on this equipment here," said Bridenstine. "But I am hoping to be able to get the majority of the Soldiers to the training site in Florida in the next couple months for additional training on the system."

The existing CGS systems will be distributed across the division to support transformation.

Engineers improve Kolekole hiking trail

2nd Lt. Erin L. Kennedy
Co. B, 84th ECB (H)

Starting July 21, Soldiers of the Horizontal Construction Platoon of Company B, 84th Engineer Combat Battalion (Heavy), began improving the community hiking trail at the top of Kolekole Pass on Schofield Barracks.

Sgt. James Laughlin, a squad leader in the platoon, came up with the idea for the project after his son fell on a family hike on the trail.

"I thought of just the safety," said Laughlin. "After my son fell, it [the trail's steep condition] opened my eyes. And since the Army is big on safety, I thought improving the trail would be a great way to let people enjoy the hike safely."

Due to soil erosion and natural water drainage, the original trail needed several improvements. The platoon's main focus was to make the trail safer and less difficult to hike.

In a significantly steep and slippery part of the trail, hikers had been using a piece of cord to pull themselves



2nd Lt. Erin L. Kennedy

Above — A view of the improved Kolekole hiking trail. **Right** — Hikers take time to enjoy the new reconstructed Kolekole hiking trail on Schofield Barracks.

up. With the improvements, that portion now has stairs constructed of 6-by-6 timbers, as well as a handrail made of timbers and heavy duty rope.

Further up the trail, the platoon emplaced a barrier made of timbers and 2-by-4 boards, to prevent hikers from falling down a 100-foot drop-off.

The platoon also cleared the trail of overgrown foliage and debris.

Hikers should appreciate the improvements and find the trail a more enjoyable climb.

"At first, the Soldiers thought the project was out of

their league, but then they got into it and were really proud to do their part," Laughlin explained, after the platoon had finished its construction of the stairs.

The Regulators of Horizontal Platoon were more than happy to complete the two-week project. They said they were proud to make the contribution to Schofield Barracks.

To access the Kolekole Pass trail, take Kolekole Road to the top of Kolekole Pass on Schofield Barracks. The trailhead will be on the left.



Spc. Juan Jimenez

News Briefs

PWOC Fall Kick-off — The Protestant Women of the Chapel will hold their Fall Kick-off at 9 a.m. Sept. 6 in Room D-9 of the Schofield Barracks Main Post Chapel. The event will celebrate the group's 50th anniversary and will include a pot luck luncheon, guest speakers, bible study sign-up, praise and worship. Free pre-arranged STACC site child care is available. For more information, call Effie at 624-8251.

CIF Closure — The Schofield Barracks Central Issue Facility will be closed for customer service beginning noon, Sept. 1 through close of business Sept. 5. The closure is needed for an emergency change of accountable officer inventory.

In an effort to minimize the impact on Soldiers trying to clear and receive CTA 50-900 items of equipment, only one-half of a workday normally available to serve Soldiers will be lost. Service will resume Sept. 6. For more details, call 656-2236.

FRALS — Family Readiness administrative liaisons will be assisting family readiness groups in the creation of Web sites and virtual FRGs through the new Web site www.armyfrg.org. The Family Readiness Program has created a class, "The World of FRGs Online," to assist FRG leaders in these online capabilities available to them.

Contact the FRAL team at 655-2734 or the Family Readiness trainer, Jewel Csiszar at 655-2736, for more information.

Strong Marriages — Do you want to strengthen your marriage? Take a day off work? Spend some time alone without the kids? Stay overnight at a hotel at no cost to you?

If your answers are yes, see your unit chaplain about the "Building Strong and Ready Families" program, or contact the division chaplain's office at 655-9303.

Worship Wave — Sunday the Fort Shafter worship service entitled "WAVE" will host breakfast for all attendees at the 10 a.m. worship service. The Wave is held at the Building 503-B dining facility on Fort Shafter. For more information, call Chap. (Capt.) James Lester at 438-1816.

Military Police Brigade loses commander

25th ID (L) & USARHAW
Public Affairs Office
News Release

A senior Army commander collapsed Aug. 15 at approximately 4:30 a.m., while conducting morning gate checks and performing physical training here.

Col. Roderick G. Demps, 45, the 25th Infantry Division (Light) and U.S. Army, Hawaii, Military Police Brigade commander, was transported to Wahiawa General Hospital, where he was pronounced dead at 5:23 a.m.

"Today we lost a member of our family," said Maj. Gen. Benjamin R. Mixon, commanding general, 25th ID (L) & USARHAW. "Our deepest condolences go out to Rod's family at the untimely passing of a really great Soldier."

"He made a valuable contribution to our country and our Army, and he has left an impact on us here, especially those members of the Military Police Brigade," Mixon said. "He will be missed."

Demps built his 23-year career in the Military Police Corps, serving in almost every capacity with troops that a military police officer could serve. He was commissioned through the Army ROTC program at Tennessee Technological University and began his Army career in 1982.

His past assignments include the Pentagon, Egypt and two tours in the Republic of Korea.

Demps earned his master's degree from the National Defense University in Washington, D.C. In addition, he was selected among numerous Army officers to attend the Department of Defense Industrial College of the Armed Forces.

Demps assumed command of the Military Police Brigade here May 10, after serving as chief of the operations division in the Office of the Provost Marshal General at the Pentagon.

Demps was a native of Melbourne, Fla.



Demps

Town Hall meeting reaches Shafter, AMR communities

Dawn Torres-Gale
Contributing Writer

ALIAMANU MILITARY RESERVATION – A town hall meeting was held for the Fort Shafter and Aliamanu Military Reservation communities Aug. 10 at the AMR Chapel.

The meeting began with opening remarks from Lt. Col. Stephen Moniz, commander of Oahu Base Support Battalion. Moniz welcomed the attendees, who, in addition to military families, included representatives from Army Hawaii Family Housing, Army Community Services, Morale, Welfare and Recreation, as well as several

other Army Hawaii support staff.

Information for the community was provided through the following presentations:

Public Safety – Crime is down in the Fort Shafter Area of Responsibility. Noted that burglaries in particular are down by 50 percent. Residents were reminded that cooking fires are one of the leading causes of household fires in Hawaii, and were instructed to never leave cooking unattended, to keep kitchen surfaces clean and to wear short sleeved clothing whenever they are near an open flame.

Army Hawaii Family Hous-

ing - Updated information was provided on construction and maintenance issues in Fort Shafter area. Units in AMR West will have exterior painting work performed. Rehabilitation work is slated to begin soon on units at Point Welcome Place.

Residents were reminded that hurricane season is from June to September. If civil defense sirens are activated, residents should listen to radio or television for further instructions.

Residents were advised to become familiar with the site of the closest hurricane shelter, also reminded to keep drinking

water on hand and to make medical and pet arrangements in advance.

Directorate of Community Activities - Information given about various upcoming MWR events including Military Idol competition (currently underway), and parent-child basketball shootout.

The community was encouraged to attend upcoming performances at Richardson Community Theater at Fort Shafter. Special mention was made about Hale Ikena birthday celebrations on Sept. 29. Community referred to "Discovery Magazine" for more information on upcoming events.

Asia-Pacific Center announces new president

Mary Markovinic
Asia-Pacific Center for
Security Studies

HONOLULU — Retired Army Lt. Gen. E. P. Smith is the new president of the Asia-Pacific Center for Security Studies.

Smith served in the U.S. Army for 35 years. He is no stranger to the Pacific, having served as a colonel in the Operations Directorate at U.S. Pacific Command and

as a past commander of U.S. Army, Pacific, from 1998-2002.

A native of Allentown, Pa., Smith is a graduate of the U.S. Military Academy at West Point and also holds a Master's of Arts degree and a Master's of Business Administration.

"I'm honored and excited to be joining an organization focused on security cooperation among nations in the Asia-Pacific region," said Smith. "The valued-added of APCSS to this

region in leader development and long-term relationship building is very high. It is a privilege to be part of such an organization and effort."

The APCSS addresses regional and global security issues, inviting military and civilian representatives of the United States and 45 Asia-Pacific nations to its comprehensive program of courses and conferences, both in Hawaii and throughout the Asia-Pacific region.

The Center supports the U.S. Pacific Command's objective of developing professional and personal ties among national security establishments throughout the region. It focuses on a multilateral and multidimensional approach to defining and addressing regional security issues and concerns.

The most beneficial result is building relationships of trust and confidence among future leaders and decision-makers within the region.

We want to hear from you



The Hawaii Army Weekly welcomes letters and commentaries. To submit, call 655-4816 or e-mail editor@hawaiiarmyweekly.com. The editorial deadline for news articles is the Friday prior to the week of publication. Please send all articles in Microsoft Word or text format.

Death Gratuity and SGLI Increases

American Forces Press Service
News Release

The Department of Defense has announced a significant increase in the death gratuity for the survivors of service members killed in action and in the Servicemembers' Group Life Insurance (SGLI) coverage for service members deployed to designated combat zones.

The Emergency Supplemental Appropriations Act for Defense, the Global War on Terror and Tsunami Relief Act 2005 (Public Law 109-13) increases this immediate cash payment from \$12,420 to \$100,000 for survivors of those whose death is as a result of hostile actions and occurred in a designated combat operation or combat zone or while training for combat or performing hazardous duty.

The supplemental also increases the maximum amount of SGLI coverage from \$250,000 to \$400,000 for all service members effective Sept. 1, 2005, and provides that the department will pay or reimburse the premiums to service members, who are deployed in a designated combat zone for \$150,000 of SGLI coverage.

Until the effective date for the SGLI increase, the supplemental provides for a special death gratuity of \$150,000, retroactive to October 7, 2001, for survivors of those whose death is in a designated combat operation or combat zone or occurred while training for combat or performing hazardous duty.

The Secretary of Defense has designated all areas where service members are in receipt of the combat zone tax exclusion as qualifying combat zones, and all members deployed outside the United States on orders in support of Operation Enduring Freedom or Operation Iraqi Freedom as participating in qualifying combat operations.

Effective immediately, survivors of service members, who die in these quali-

See "Increase," page A-10

'Lightning Attack' hosts Indian officers for exchange program

Capt. Nathan Luecke
1st Battalion (Attack), 25th Aviation Regiment

Earlier this year, 1st Battalion (Attack), 25th Aviation Regiment, enjoyed the privilege of sending two of its aviators to India as part of an officer exchange program between the two nations.

Capt. Nathan Luecke and Chief Warrant Officer 5 Howard Fancher, both of Company C, 1-25 Avn. Regt., were attached to the 659th Indian Army Aviation Squadron, "Teesta Falcons," based at Sevoke Road Airfield in West Bengal.

While training with the Falcons, both officers took the opportunity to fly Cheetah helicopters with the 659th, which patrol along international borders with Nepal, Tibet (China), Bhutan and Bangladesh.

Reflecting on the time spent training with and observing our Indian allies, Luecke expressed admiration in the skill of the Indian pilots, who routinely operate in the rugged, high altitude environment of the Himalayan Mountains.

In a similar experience, Maj. Clarence Beecham stared intently at the target symbology on his OH-58D Kiowa Warrior's instrumentation, as multiple high-explosive rockets impacted downrange at Pohakuloa Training Area.

Beecham is not a Kiowa Warrior pilot from Wheeler Army Air Field, but a commissioned officer in the Indian Army, currently on exchange with the regiment's 1st Battalion (Attack), for its aerial gunnery training at PTA, on the Big Island of Hawaii.

Originally an artillery officer, Beecham transferred into Indian Army Aviation in 1999 and specializes in desert operations flying in the Cheetah helicopter. Lt. Col. R. Bajwa, an Indian Army flight instructor who previously taught flight students at the Indian Air Force Academy, joined Beecham in Hawaii.

Both officers are assigned to the 665th Reconnaissance and Observation Squadron in Punjab, India, which conducts reconnaissance, medical evacuation and supply operations along the India/Pakistan border.

While at PTA, they conducted high-altitude flight qualification and aerial gunnery, firing



Bob McElroy

Maj. Clarence Beecham, inside an OH-58D Kiowa Warrior, engages targets in the vicinity of an enemy tank with .50 cal. machine gun fire at Pohakuloa Training Area.

both 2.75-inch high-explosive rockets and .50 caliber machine gun rounds in support of 1-25 Aviation's aerial gunnery exercise.

Additionally, both officers participated fully in company-level operations, serving as members of C Company, under the command of Capt. Brant Kananen.

Afterwards, both exchange officers said they were impressed by the fact that U.S. Soldiers can execute with minimal guidance, and that each member of the company contributes during mission planning.

Prior to their departure from PTA, the 1-25 Aviation Regiment commander, Lt. Col. James T. Barker, hosted a luncheon in honor of the exchange officers. He presented Bajwa and Beecham with a plaque and battalion T-shirts to commemorate their professionalism and involvement as members of the Lightning Attack Battalion.

When the officers had the opportunity to meet the 25th Infantry Division (Light) Com-

mander, Maj. Gen. Benjamin Mixon, and the 25th Aviation Brigade Commander, Col. A. T. Ball, both noted key points they observed about their U.S. allies: the ability to conduct centralized mission planning and decentralized execution, while maintain high morale of the division's Soldiers.

The trip to the Hawaiian Islands marked the first time either of the officers had left the Indian subcontinent.

The exchange program is intended to bridge cultural barriers and improve military cooperation between these two important allies. The four exchange officers who participated said they considered it a tremendous success and unanimously support its continuance.

The ability to professionally immerse one's self into the operations and training of another organization, they explained, provides a wealth of insight and knowledge, resulting in a greater understanding of the capabilities of each ally force, and thereby increasing interoperability.

Shafter Soldier helps survey Alaskan Road



Spc. Robert Clark, a surveyor from the 29th Engineer Battalion at Fort Shafter, makes notes while surveying a road project in Annette Island, Alaska.

Story and photo by Maj. Richard Sater
U.S. Air Force Reserve

CAMP WY-WUH, Annette Island, Alaska – A Fort Shafter Soldier is currently deployed here in support of a road construction project that will connect a small town to a ferry dock.

Spc. Robert Clark, a surveyor assigned to the 29th Engineer Battalion at Fort Shafter is part of Joint Task Force Alaskan Road for the full season – for the second time.

“They liked me so much, they wanted me to come back,” he said, grinning. “Here I am.”

The project will connect the town of Metlakatla, Alaska, with a ferry dock on the northeastern side of the Annette Island making life easier for the residents there.

Back at his home unit, Clark said, he gets little opportunity to do real-world surveying of a construction

site, and that’s half the fun of the operation here.

“You can actually see something being built,” he said. “You get more satisfaction from seeing the progress.”

The terrain is one of the biggest challenges facing the surveyors, Clark said.

“The GPS [Global Positioning System] loses the signal in the deep cuts as the road slices through the mountains,” he said.

The Oklahoma City native said he appreciates being part of the project.

“It’s a good thing,” he says of the road, which will change the way of life for the members of the Indian community on Annette Island.

“I feel like we’re helping them out,” he said.

The 142nd Engineer Combat Battalion (Heavy), from the North Dakota Army National Guard, arrived in late May to begin the first of four two-week rotations in support of Operation Alaskan Road.

The third rotation, consisting of approximately 80 Soldiers from Company B, headquartered in Wahpeton, N.D., arrived July 23.

The deployment in support of Operation Alaskan Road is Co. B’s first annual training tour since returning from a deployment to Iraq in April 2004, and the Alaska tour came at a good time, according to commander Capt. Larry Klein.

“We lost some people after Iraq and gained a lot of new people,” he said. The tour offers a good opportunity to re-establish unit cohesion.

About half of the Soldiers are heavy-equipment operators, and the rest are assisting in supporting areas, including drilling and culvert installation. The unit also provided cooks, medics, and a safety NCO.

Clark will be deployed to help with the project for all four rotations.

Sergeant Audie Murphy Club inducts five NCOs

Story and photo by
Pvt. 2 Kyndal Brewer
Staff writer

Five noncommissioned officers were inducted into the Sergeant Audie Murphy Club during a ceremony Aug. 8 at the Nehelani on Schofield Barracks.

"The main qualities we're looking for, is a noncommissioned officer that exemplifies the NCO creed," said Maj. Gen. Benjamin R. Mixon, commanding general of the 25th Infantry Division (Light) and U.S. Army, Hawaii. "Dedication to duty and to their Soldiers, dedication to their families, and always placing the mission first in an even balance," he said.

The club was designed to recognize noncommissioned officers throughout the Army who have performed in their units in an above average manner, and have lived up to the NCO Creed.

"Being inducted made me feel really proud," said Staff Sgt. Austin Thomas, battalion S4 NCOIC for



Maj. Gen. Benjamin R. Mixon, 25th ID (L) and USARHAW commander, presents Command Sgt. Maj. David M. Clark with the SAMC medallion and certificate of achievement.

Headquarters and Headquarters Company, 29th Engineer Battalion. "It's something I've always wanted to [be part of]. It's something [my command] said was very challeng-

ing, but if you have the experience and trust in your leaders then it's not that difficult," he said.

The Sergeant Audie Murphy Club originally began in Fort Hood,

Texas, in 1986. It is named after Sergeant Audie Murphy, the most decorated Soldier in American history. Not only was he a war hero, he was also a movie actor, a songwriter and an accomplished poet.

Murphy joined the Army at the age of 18 and was sent overseas to fight in World War II. There he earned a battlefield commission for his courage and leadership ability, as well as citations and decorations including every medal for valor that America gives. In addition to those awards, he was also presented with three French and one Belgian medal.

The induction and membership in the SAMC is a reward for noncommissioned officers whose leadership achievements and performance earn special recognition and who have contributed to a combat ready Army. Members exemplify leadership characterized by the personal concern for the needs, training and development of other Soldiers as well as the needs and welfare of their families.

NCOs that are inducted must be nominated by one of the Soldiers they lead. After being nominated, he or she must participate in a selection board where they will be tested on their leadership skills as well as their basic soldiering skills. Based on how well they do, the SAMC board members decide if the NCO is deserving of being inducted.

When inducted, each Soldier receives a certificate of achievement, a medallion with the SAMC crest engraved in it, and a commanding general's coin.

The newest members that have been inducted into the SAMC are Staff Sgt. Thomas Austin, Staff Sgt. Christopher L. Holt, Staff Sgt. Jason M. Payne, Sgt. Jeremy M. Rice, and Sgt. James R. Mayberry. Command Sgt. Maj. David M. Clark was an honorary inductee.

Also at the ceremony, the Dr. Mary E. Walker award was presented to Rosana Troxler. The award is presented military spouses to honor their contribution to the quality of life for Soldiers.



Photos by Spc. Cheryl Ransford

Last fly in the sky

As part of the Final Flight ceremony held Aug. 15 at Wheeler Army Air Field, Chief Warrant Officer Tommy Tatrow, 2nd Battalion, 25th Aviation Regiment, was drenched by a fire truck and had a bottle of champagne poured over his head, following his final flight with the unit. Tatrow retired from the Army after 20 years of service as an aviator.

Hawaii Guard builds Kandahar infrastructure

Story and photos by
Sgt. 1st Class
Stephen M. Lum
117th Mobile Public
Affairs Detachment

KANDAHAR AIRFIELD, Afghanistan — This April, after flying more than 12,000 miles, 298th Engineer Detachment Soldiers were ready to hit the ground running.

Only a week removed from Hawaii, 50 Soldiers started upgrading the Kandahar Airfield infrastructure in April. Carpenters, electricians, plumbers, masons, heavy equipment operators and mechanics worked on improving existing facilities, preparing the surfaces for and expanding the motor pool and flight line, and providing personnel for the base force protection mission.

The tropical engineers, who started with the Fort Lewis-based 864th Engineer Battalion's Task Force Pacemaker team, accomplished their assigned missions over the first two months of the deployment without their own tools and heavy equipment.

Their missions are continuing under the direction of Combined Task Force Bayonet, the Vicenza, Italy-based 173rd Airborne Brigade.

"Our tools and equipment were in shipping containers," said Cpl. Howard H. Higa, a carpenter from Ewa Beach and a first line supervisor of the one of the building projects, "but we were still able to accomplish the missions on schedule."

Maj. Anthony Adams, executive officer from the 864th said, "Every project is important, but overcrowding in some facilities made the completion of some projects more critical."

"The logistics were the biggest challenge," added Staff Sgt. Gulstan K. Poepoe, also a carpenter from Ewa Beach. "Everything



Above — Sgt. Christopher R. Ocret, a 298th Eng. Det. carpenter from Mililani, saws a sheet of plywood for a shower being assembled at a forward operating base near Kandahar, Afghanistan.

Right — Spc. Corey A. Pabo, a 298th Eng. Det. Soldier from Kalihi, levels the frame of a latrine to be installed at a forward operating base in the Kandahar area of operations.

from ladders, tools and vehicles were scrounged from Soldiers with their bags packed ready to redeploy or the base contract staff.

"The logistics for construction was labor intensive; it included the physical movement and inventory of all the hardware and construction materials."

"The 173rd Support Battalion actively engaged the 298th Soldiers," said Sgt. Kirk K. Halemano of Kalihi, Hawaii. "We rebuilt their entry way from an open stairway to a roofed porch with benches. Other home improvements included putting finishing touches on the conference room and building work areas. We're kept busy, not waiting for our container to arrive; we're here to help rebuild Afghanistan."

"Our heavy equipment operators are already outside the

wire," said Staff Sgt. Dzuong K. Le, another carpenter from Ewa Beach. "They're helping build the Tarin Kowt Road in outskirts of Kandahar City."

"Our latest project comes on the heels of the arrival of our containers of tools and heavy equipment," said Staff Sgt. Kenneth K. Kaania, a carpenter from Aiea and the latest project coordinator. "We're now working on the infrastructure of the forward operating bases outside the wire, outside of Kandahar Airfield. "We've prefabricated, as much as possible -- guard towers, latrines, showers and decks."

"As with many of our jobs," Kaania continued, "non-carpenter engineers cross-train during our prefabrication phase, but they'll get their opportunity to do their specialty when we add electrical and plumbing to the various structures."



Increase From A-6

fying zones or operations, will receive the increased benefits.

The services will also identify eligible survivors of service members who died in these designated zones and operations since October 7, 2001, and begin making the retroactive payments within a few days.

The process of identifying all eligible beneficiaries and completing these retroactive payments will take several months.

Survivors of members who did not die in a designated combat operation or combat zone, but were training for combat or performing hazardous duty, will also qualify for the increased benefits.

Circumstances that qualify include aerial flight, parachute duty, demolition duty, diving duty, war games, practice alerts, tactical exercises, leadership reaction courses, grenade and live-fire exercises, hand-to-hand combat training, confidence and obstacle courses, accidents involving a military vehicle or military weapon, exposure to toxic fumes or gas and explosion of military ordnance.

No amount of monetary compensation or level of assistance can replace a human life. However, it is our country's duty to recognize the loss of a service member with dignified and appropriate support for the family members left behind.

These death benefit enhancements recognize

the direct sacrifice of life of those service members placed in harm's way and in service to the nation.

All beneficiaries for retroactive payments will be contacted by mail or telephone. If someone is not contacted, but thinks he or she may be entitled to added benefits, he or she may inquire at casualty numbers or addresses.

For Army Personnel
Department of the Army
Casualty Operations, toll
free at 1-800-626-3317

Navy
Navy Personnel Com-
mand (PERS-62), 5720
Integrity Drive, Milling-
ton, TN 38055-6200; toll
free, 1-800-368-3202

Air Force
Air Force Personnel
Center Casualty Ser-
vices Branch at
AFPC/DPFCS, 550 C
Street West, Suite 14,
Randolph AFB TX
78150-4216; toll free, 1-
800-433-0048

USMC
HQMC Casualty Office,
3280 Russell Road,
Attn: MRPC, Quantico,
VA 22134; toll free, 1-
800-847-1597

USCG
Coast Guard Personnel
Services Center, 444
SE Quincy St., Topeka
KS 66683-3591; toll call,
1-785-339-3570

The FAQs of SGLI

Why will SGLI coverage automatically be increased for all service personnel to \$400,000 on Sept. 1 without the member's written consent?

Section 1012 of the Emergency Supplemental Appropriations Act for Defense; the Global War on Terror; and Tsunami Relief, 2005 (Public Law 109-13, 11 May 05) increases the Servicemembers' Group Life Insurance maximum coverage to \$400,000 effective Sept. 1, 2005. By law, all service personnel are automatically insured for \$400,000 and may decline or reduce coverage in increments of \$50,000.

How much will SGLI increase?

The maximum SGLI coverage will be increased from \$250,000 to \$400,000 effective Sept. 1. The 6.5 cents per \$1,000 coverage remains the same, and coverage election increments will change from the current \$10,000 to \$50,000.

Who will be affected?

By law, anyone in the service on Sept. 1 will have their coverage increased to \$400,000, even if they previously declined or elected lesser coverage. If they still desire no coverage or less than the maximum, they will have to make a new election.

What coverage amount will be available?

Members can only elect coverage in increments of \$50,000. Previously, members could elect coverage in increments of \$10,000. Therefore, the only SGLI coverage amounts available will be: \$50,000; \$100,000; \$150,000; \$200,000; \$250,000; \$300,000; \$350,000; and \$400,000.

Will I need to fill out a new SGLI form?

You will need to fill out a new form if 1) You reduce your coverage, 2) You decline coverage, or 3) You want to update/change your beneficiary designation(s).

Your existing beneficiary designations remain effective in the same proportion to \$400,000 as the proportion of total benefits. Previous beneficiary designations remain effective until a new SGLV 8286 (September 2005) is properly completed on or after Sept. 1.

What if I don't want the maximum coverage of \$400,000?

Any member who wishes to decline or elects less coverage should go to their MPF (or to the Commander Support Staff) and complete a new SGLV 8286 (September 2005 version). If he or she completes and submits the new form

before Sept. 30, he or she will not be liable for the September 2005 premium associated with the reduced or declined portion of coverage.

These members have 30 days beginning Sept. 1 to reduce or decline unwanted coverage without charge.

What if I complete the SGLV 8286 on or after 1 Oct 05?

If you do not make an election to reduce or decline coverage from the \$400,000 level before Oct. 1, you will be charged for the full \$400,000 coverage for September as well as for any other month in which the level of coverage remains in effect.

You are liable for the full premium through the end of the month in which the election was filed.

When will the new SGLV 8286 be available? And where I can I get one?

The new SGLV 8286 will not be available until Sept. 1. You can obtain the SGLV 8286 from your local MPF, CSS or on the DVA Web site (www.insurance.va.gov). Entries can be made on the page and then downloaded.

As a married member, can I designate a primary beneficiary other than my spouse?

Recent casualty events, along with the upcoming automatic increase in SGLI coverage for all to \$400,000 effective Sept. 1, warrant re-emphasis of the importance of current SGLI beneficiary designations.

While most recognize how important this insurance is to their surviving family, there have been instances where the beneficiary was not changed to reflect the spouse following a marriage. Members may choose who they want to receive their SGLI, but they have a continuing responsibility to provide for their family members' welfare by ensuring their SGLI beneficiary designation is up to date. All need to make timely and informed decisions during critical decision points.

If a married member designates a primary beneficiary for SGLI coverage other than the current lawful spouse, the spouse will be informed that the member has made such a designation. Such advisory should be made as quickly as possible (objectively within 30 days of the date such election is submitted by the member), but such notice shall not include the name(s) of the actual designated beneficiary(ies).

MPFs are responsible for ensuring advisory notification letters are sent to the spouse's current address of official record (DEERS) by first class postal service.

Battle

From A-1

part of Task Force Diamondhead to maintain a level of support sufficient to quickly put out the fire," Tate said.

Even though the battalion had to cancel training to help with the fire, those involved in the mission were proud to help, Tate said.

"The crews that took part in this effort are proud to be part of the local Hawaii community and to come to the aid of the local community in a time of need," he said. "We're always proud to help in a time of crisis."

Although he didn't personally participate in the mission, Tate said he has seen the fire damage, and it was extensive.

"Had it not been for the assistance of the Army and the Marine Corps coming together as one team to put the fire out, I'm sure it could have been a lot worse," Tate said.

In addition to helicopter

support, a crew from the Army's Wildland Fire Management office assisted in the fire effort, contacting residents in the area and providing advice and support to area homeowners.

Additionally, Schofield Barracks officials, in conjunction with Navy officials, opened Kolekole Pass as a detour route for the public Monday and Tuesday to help ease congestion caused by the closing of Farrington Highway.

"We are committed not only to our partnership with island fire departments, but also to providing for the safety of our neighbors on the Waianae Coast," said Col. Howard J. Killian, commander, U.S. Army Garrison Hawaii.

By Wednesday morning, the blaze, which burned more than 2,000 acres of land, was almost completely extinguished.

An additional Blackhawk and Chinook were launched to help ensure the fire did not flare back up.



Video still by Sgt. Chad Brennan

Soldiers of the 163rd Trans. Det. salute the American flag while the National Anthem is played during their deployment ceremony Aug. 15 at Bishop's Point at Hickam Air Force Base.

163rd

From A-1

unit's primary mission is to take over as crew of the Logistics Support Vessel 4, Lt. Gen. William B. Bunker.

The vessel can hold a maximum of 29 personnel and carry up to 1,815 tons of vehicular and general cargo. It can also travel a maximum range of 8,350 nautical miles.

Once the unit is in place as the crew of the LSV 4, their mission will consist of transporting damaged vehicles from one port to another for repairs in the Persian Gulf Region, so

they can be returned to the units for future missions.

"I am looking forward to the year-long deployment," said Stone. "This will be my second deployment to the Persian Gulf and last before I retire."

At the close of the ceremony the Soldiers took time with loved ones who will be staying behind while they fulfill their service to their country.

"My family is sad to see me go," said Davis, "But they support my decision and support what this country is doing."

Vessel

From A-1

said Staff Sgt. Troy Frankenberger, a navigator with the 469th Transportation Detachment assigned to the Spearhead.

"We can take up to 292 passengers and their cargo as well. Where as a lot of times in theater, cargo arrives prior to the personnel or vice versa," Frankenberger added.

The 98-foot catamaran vessel belongs to the Joint High Speed Vessel Program, which is part of the Army's watercraft modernization plan. The Army is projected to procure 12 of these high-speed vessels by 2010.

Spearhead's battle command center impressed Wiercinski during his tour of the vessel.

The command center has multiple C4ISR capabilities, which include a variety of command, control, communications, computers, intelligence, surveillance and reconnaissance systems, essential for units as they prepare for operations while en route.

"The capability to command and control from this vessel is something that we can def-



The TVS-1X Spearhead prepares to dock at Ford Island, Aug. 12. The Spearhead is projected to support 25th ID (L) transformation.

initely have great application for," Wiercinski said.

One thing that division leaders are looking for the Spearhead to do is transport Soldiers and Strykers when they conduct training at Pohakuloa Training Area on the

Big Island. The Spearhead will also be used for real-world operations as they arise.

"It looks like the options are limitless," Wiercinski said. "Again, you have to test it and get it into a configuration that can work for us."

163rd adds to replete history

Capt. Audrey Woo
163rd Transportation Detachment

The 163rd Transportation Detachment is rich in history. Originally activated on Dec. 4, 1944, and inactivated in January 1946, the 163rd earned credit for the Japan Air War.

The unit was then reactivated in Vietnam in August 1967 as a Light Truck Company in Chu Lai until its inactivation in June 1970.

The detachment again reformed on Dec. 10, 1990, from the 5th Transportation Company (Heavy Boat), and the LSV-5 Major General Charles P. Gross arrived on July 11, 1990. The detachment operated out of Ford Island, Pearl Harbor, and the crew became known as the 163rd Transportation Detachment.

Since its reactivation in 1990, the 163rd has provided interisland sealift support to the 25th Infantry Division (Light); the U.S. Pacific Fleet; U.S. Marine Forces, Pacific; and the U.S. Coast Guard. The unit also took part in Foal Eagle in Pusan, Republic of South Korea.

Since 2004, the 163rd, along with its sister detachments (605th Transportation Detachment, 544th Transportation Detachment and 545th Harbormaster Detachment) and parent unit, the 545th Transportation Detachment, has been assigned to the 29th Engineer Battalion.

The 163rd Transportation Company, consisting of 32 mariners, again adds to its lineage since departing Wednesday for a one-year rotation to Kuwaiti Naval Base, Kuwait, in support of Operation Iraqi Freedom.

The crew will assume its duties in theater onboard LSV-4, the Lieutenant General William Bunker from the 1099th Transportation Company, based out of Fort Eustis, Va. Its duties will include providing intra-theater sealift support to the U.S. Army, Navy, Air Force and Marine Corps, moving both equipment and supplies to Djibouti, Oman, Qatar, Bahrain, and around Kuwait.

DoD launches deployment health, family readiness library

American Forces
Press Service
News Release

LOUISVILLE, Ky. — Service members, their families and their health care providers have a new online Defense Department resource for deployment health issues.

The DoD Deployment Health Risk Communication Working Group and the Joint Task Force for Family Readiness Education on Deploy-

ments have joined together to create the Deployment Health and Family Readiness Library.

Ellen P. Embrey, deputy assistant secretary of defense for force health protection and readiness, announced the new online library Aug. 9. It is intended to provide service members, families and health care providers a quick and easy way to find the deployment health and family readiness information they value, she said.

“Information is a powerful tool. We must remain proactive in providing deployment-related health information to better safeguard our service members,” she said. “Most people fear the unknown. Through accurate, timely information, we are able to ensure that our service members are better equipped to prepare for, cope with, and recover from the myriad health risks faced during deployments.”

The online library includes

fact sheets, guides and other products on a wide variety of topics. The topic listing was based on feedback from service members, their families and health care providers, Embrey said. New information will be added to the site as new topics and areas of concern emerge, she added.

In focus group meetings, Embrey explained, service members and their families have said their need for information varies before, during and after deployments. Lead-

ers, in particular, look for accurate information before the deployment.

While service members are deployed, their families are especially interested in getting deployment health-related information, she noted, and following deployments, both service members and families look for this information.

Embrey said many information sources are available online, but noted that too often it's difficult to tell if the

information source is accurate.

“We are absolutely committed to providing the best information found in sound science and based on medical evidence,” Embrey said. “We want this site to be the authoritative source for deployment health and family readiness information. This is another step we are taking to ensure that those who protect our country and our freedom are also protected.”

1-25 Avn.

From A-3

tors on the staff, on the .50 caliber machine gun, the Hellfire Missile and aerial rockets.

All told, Lightning Attack Soldiers and combat crews fired 80,000 rounds of crew-served and small-arms ammunition, Cravey said. The combat crews fired 3,389 aerial rockets and 91 Hellfires.

“Everyone got to shoot,” Cravey said. “The combat crews shot their full qualification tables. Each combat crew got to fire three Hellfires.”

Barker's other objectives during the rotation were to give his company commanders the opportunity to develop and execute their own live-fire training exercise and to train his battalion staff.

To that end the battalion gave each company commander 100 aerial rockets for their aerial gunnery, live-fire exercise, Cravey said.

The battalion staff trained by supporting the company live-fire exercises as well as the rest of training, Barker said.

Cravey said that the battalion also took the opportunity to do some cross training with infantry leaders from 2nd Battalion, 27th Infantry Regiment. The goal was to train the trainers in calling for fire support from the Kiowa Warriors. The leaders could then train their Soldiers, he said.

Barker praised his staff for the work it completed preparing, planning and coordinating the training rotation.

“This was the most professionally-rewarding experience of my career,” Barker said. “I had so much fun. The staff did such a great job of setting up and coordinating that there were very few things for me to worry about.”

Barker also praised PTA's Range Division for its support and helpfulness.

“We owe a debt of gratitude to [PTA Range Chief] Robert Misajon and his staff for being so flexible and allowing us to do this. It gave us the opportunity to stretch our wings and do exercises that were close to real combat.”

But, perhaps most important for the battalion, Barker said, was that the training rotation to PTA “...gave us an opportunity to do a self-assessment. We found out what our limitations were down to the individual aviator and fixed them. We came out of it a much more capable battalion than when we started.”

Honolulu DRAGON Boat Race

1st Lt Lindsey Dane
Contributing Writer

HONOLULU – What do Vikings helmets, a 4th century Chinese poet and evilfaced boats have in common? Together, they make for an exciting annual Hawaiian festival offering observers and participants a glimpse of the rich Chinese cultural heritage.

Although the event's roots were an occasion for driving off evil spirits and disease, Dragon Boat racing has turned into an international family fair for all ages and cultures.

The Dragon Boat Festival is also known as the Double Fifth Festival which is celebrated on the fifth day of the fifth moon (month) of the Chinese lunar calendar. In traditional China, the Double Fifth was a day of misfortune: the fifth month was considered an evil month and the fifth day of the month was particularly evil. On this day, the mystical river dragons, who had sovereignty over water, needed to be appeased so that the dragons would bless the community with an optimal amount of rainfall.

Rituals surrounding the theme of dragon were then developed. Today the Dragon Boat Festival is celebrated all over the world, yet not necessarily together with the Double Fifth Day observance.

Closely tied to the festival is the commemoration of the life and death of Chinese patriot and poet Qu Yuan, who lived from 340 to 278 B.C. As the legend goes, Qu Yuan found himself out of the good graces of the king, who refused to listen to Qu Yuan's advice on reforms in his home state of Chu. Banished from his home, he wandered the countryside, writing poetry about his home and its people. Upon learning that his home had been invaded, he threw himself into the Mi Lo River in despair.

His devoted followers and local fishermen rushed to the river to search for him. Although they were unable to save him, they splashed wildly to scare the fish and keep them from devouring his body, and

threw rice wrapped in reed leaves into the water to distract the fish and to act as a sacrifice to his spirit.

Dragon boat racing is an indispensable part of the festival with races held yearly all over the world. The Honolulu course is 500 meters long at Ala Moana Beach Park with three lanes. The boats used in Honolulu are shorter than the traditional Hong Kong-style boat of 44 feet but the colorful, fierce-looking dragon heads on the bow and stern are the same.

A modern dragon boat is usually 10 to 12 meters (about 40 feet) long. In the Honolulu races, teams were comprised of 16 paddlers sitting side-by-side, a drummer (caller), a steersman (sweep) in the back and a flag catcher that grabs the flag on the finish-line buoy while riding atop the dragon's head.

The drummer controls the stroke pace and makes sure that all of the paddlers synchronize with each other while the steersman navigates the boat.

Teams are a brought together to compete in open categories involving local dragon boating clubs and corporate sponsored teams as well as camaraderie of a military team or nationally comprised teams such as this year's competitors from areas like Canada and Taiwan.

For this year's event, the Army was represented by teams "Tropic Lightning" comprised of members from all over

the 25th Infantry Division and the "OnTimers" from the 2nd Battalion, 11th Field Artillery Regiment.

Both teams ironically beat the Navy's Seabees team in an aquatic event, and the "On Timer's" moved on to the final heat of the military category, coming in second overall to the "Dragon Bytes" team from the U.S. Coast Guard.

about the Honolulu Dragon boat race, visit the Honolulu Chinatown Web site at www.chinatownhi.com/index.asp.

For more information



A Soldier from 2nd Bn., 11th Field Artillery Rgt. triumphantly raises the battalion colors while his teammates celebrate another victory during the Honolulu Dragon boat race Saturday at Ala Moana Beach Park in Honolulu.

Julia Myers



Julia Myers



Beverly Tate



1st Lt. Lindsey Dane

Top Left — The "On Timers" from 2nd Bn., 11th Field Artillery Rgt. prepare to do battle with another opponent during the Honolulu Dragon boat race Saturday at Ala Moana Beach Park in Honolulu.

Above — The "On Timers" flag catcher prepares to snare the flag at the end of one of Saturday's races.

Left — The "On Timers" return to shore after a race.

MWR Briefs

Serving America's Army in Hawaii

AUGUST

19 / Today

Hip-Hop/R&B Night — Cinnamon Red presents Hip-Hop/R&B Night at the Tropics, a night filled with the sounds of old school rhythm and blues, hip-hop, reggaeton and Latin music.

The groovin' will begin tonight from 9 p.m. to 1 a.m. Cost is \$8 and limited to patrons 18 and older. Call 655-0002 for more information.

24 / Wednesday

Wine and Dine — Enjoy a gourmet four-course dinner including soup and salad, appetizer, entrée and dessert. Each course will feature Pacific Rim cuisine and a selected wine.

This special occasion will take place at the Nehalani on Schofield Barracks, Aug. 24 with reservations accepted through Aug. 19. Adult pricing is \$29. For more information or to reserve your space, call 655-0660.



25 / Thursday

Military Idol — Performances continue at the Tropics tonight at 7 p.m. Come and be a part of the audience to support and select your favorite idol. Cast your vote and have an impact on who wins and advances to the national Army-wide competition.

Performances will be held every Thursday until the grand finale on Sept. 15. Call 655-8522 for more information.

26 / Friday

Hawaiian Luau — Taste a traditional Hawaii style feast today from 11 a.m. to 1 p.m. at the Hale Ikena on Fort Shafter, or from 11 a.m. to 2 p.m. at the Nehalani on Schofield Barracks. Cost is \$9.95 per person.

Call Hale Ikena at 438-1947 or the Nehalani at 655-4466 for lunch buffet reservations or information.

27 / Saturday

Latin Night — Relax and dance the night away to the rhythm of Latin music at the Tropics. DJ Richie Sanchez will be spinning the tunes and doors will open at 8 p.m.

Admission is free and open to individuals 18 and older. Call 655-0002 for more details.

Youth Welcome Party — Children and teens, new to Hawaii, are invited to attend this party and participate in a walking tour and team-building games. Participants will enjoy snacks, meet new friends and win prizes.

This event will be held at the



Plc. Nicole R. Montoya

Superstar!

Sgt. Catrina Dorsey dazzles the audience with her acapella performance Aug. 11 at Tropics on Schofield Barracks. Dorsey is one the 21 finalists competing in the next round of the Military Idol competition, Aug. 25.

Tropics, Schofield Barracks, on Aug. 27. Youth, ages 5 to 18, are welcome to join the fun from 11:30 a.m. to 1 p.m.

Registration deadline is Aug. 24; call 655-2263 to reserve your space today.

29 / Monday

Seafood Bucket for Two — Back by popular demand, seafood lovers can dig into a variety of seafood including shrimp, crab, clams and mussels, complete with selected side dishes and a pitcher of beverage at Reggie's.

Stop by between 5 and 8 p.m. to enjoy this delicious dinner for two for only \$19.95.

30 / Tuesday

Preschool Story Time — Give your child an opportunity to love books. The preschool story time program will be held Aug. 30 at the Fort Shafter Library. Sessions will also be held Wednesday, Aug. 31, at the Sgt Yano Library and on Thursday, Sept. 1, at the Aliamanu Military Reservation Library.

Start time for all sessions is 10 a.m. Call your nearest library for more information.

ONGOING

Family Child Care — Individuals interested in caring for children in their home should inquire with the Child and Youth Service's Family

Child Care program. Benefits include free training, additional income and flexible hours.

For more information, call either the Aliamanu Military Reservation FCC office at 837-0236 or the Schofield Barracks FCC at 655-8373.



RecTrac Registration — The Department of the Army has instituted a tracking system for Morale, Welfare and Recreation to better serve its customers, monitor usage and assist in obtaining funding to support programs.

To participate in MWR programs, you will be required to complete a simple registration process. No fees are charged, and the process takes less than five minutes.

In lieu of using sign-in sheets, customers will only need to scan their ID cards each time they visit a facility or program. Scanners are designed to read the bar codes located on the back of the ID card of eligible patrons.

Programs affected include physical fitness centers; swimming pools; craft shops; recreation centers; outdoor recreation equipment check-out; Information, Ticketing and Registration; and access theater productions.

Support your MWR programs by registering today. For more information, call 656-0086.

Army Community Theater — Tickets are now available for Richardson Theater's 63rd season featuring "Guys & Dolls," "Kismet," "Cats," and "Damn Yankees." Ticket prices range from \$12 to \$20.

Get season subscriptions and individual tickets from the box office open Monday through Friday, 10 a.m. to 2 p.m. or at the ACT Web site at <http://www.squareone.org/ACT/tickets.html>. Call 438-4480 for more information.



Sunday Brunch — Experience a delightful meal featuring brunch favorites along with numerous other choices at Reggie's on Schofield Barracks from 10 a.m. to 2 p.m., or at Fort Shafter's Hale Ikena from 10 a.m. to 1 p.m.

Cost varies by location and children's pricing is available. Call Hale Ikena at 438-1947 or the Nehalani at 655-4466 for reservations or information.

Pau Hana Friday — Enjoy cool refreshments and the chef's choice, a \$2 pupu platter, every Friday, beginning at 4:30 p.m. at Mulligans and Hale Ikena on Fort Shafter. Call 438-1974 for more information.

Karaoke at Waianae Beach — Sing along to popular music at this activity held Mondays through Thursdays from 7 to 11:30 p.m., and Fridays from 9 p.m. to 1 a.m. Call 696-4778 for more information.

Tropic Lightning — Enjoy a fast and hot lunch buffet, Monday through Friday, from 11 a.m. to 2 p.m. at Reggie's. Cost is \$8.95 per person. Call 655-4466 for more details.

Tropics and Starbucks — Visit the Ono Isle at the Tropics and enjoy hot and cold Starbucks specialties such as lattes, cappuccinos, mochas, hot chocolate and much more. The Ono Isle serves delicious pastries, desserts and smoothies.

Visit the Tropics in Building 589 on Schofield Barracks. Call 655-0002 for more information.

Framing and Matting — The Schofield Barracks Arts and Crafts Center offers framing and matting techniques in this weekly class. Participants cut and assemble 8 by 10-inch frames with double mats.

Classes are held every Sunday from 9:30 a.m. to 12:30 p.m. Cost is \$45 per session and includes artwork used for the course project. Call 655-4202 for more information or to register.

Homeschool Support — Homeschool students are invited to join biweekly group meetings where activities include arts and crafts, field trips, science experiments, computer classes and more.

Call 655-2263 to obtain a copy of the current calendar or learn more about registration.

HACN TV Schedule

| Morning | |
|-----------|-------------------------------------|
| 6:00 | Sign On |
| 6:30 | Welcome Home Redeployment Montage 6 |
| 6:35 | Coqui Frog Invasion in Hawaii |
| 6:55 | Welcome Home Redeployment Montage 3 |
| 7:00 | Bulletin Board |
| 7:30 | What's Down the Drain |
| 7:38 | White Face |
| 7:53 | Welcome Home Redeployment Montage 3 |
| 8:00 | Hawaii Army Report |
| 8:36 | Army News Watch |
| 9:00 | Pentagon Channel |
| 10:00 | White Face |
| 10:20 | Welcome Home Redeployment Montage 6 |
| 10:26 | Bulletin Board |
| 11:00 | Coqui Frog Invasion in Hawaii |
| 11:21 | Jake Shimabukuro |
| 11:34 | Maui |
| 12:00 | Hawaii Army Report |
| 12:33 | Pentagon Channel |
| Afternoon | |
| 2:00 | After the Storm |
| 2:23 | Bulletin Board |
| 2:53 | Welcome Home Redeployment Montage 6 |
| 3:00 | Shamu: The Sea Turtle Story |
| 3:33 | Coqui Frog Invasion in Hawaii |
| 3:57 | Welcome Home Redeployment Montage 2 |
| 4:00 | Pentagon Channel |
| Evening | |
| 6:00 | Hawaii Army Report |
| 6:30 | What's Down the Drain |
| 6:38 | Community Focus |
| 6:53 | Welcome Home Redeployment Montage 6 |
| 7:00 | NFL: Turf Talk |
| 7:53 | Welcome Home Redeployment Montage 6 |
| 8:00 | What's Down the Drain |
| 8:09 | Welcome Home Redeployment Montage 4 |
| 8:14 | Welcome Home Redeployment Montage 5 |
| 8:24 | Coqui Frog Invasion in Hawaii |
| 8:50 | Welcome Home Redeployment Montage 6 |
| 8:56 | Welcome Home Redeployment Montage 1 |
| 9:03 | White Face |
| 9:32 | Bulletin Board |
| 10:03 | Welcome Home Redeployment Montage 5 |
| 10:11 | NFL: Throwbacks |
| 11:01 | Welcome Home Redeployment Montage 6 |
| 11:06 | White Face |
| 11:20 | Welcome Home Redeployment Montage 5 |
| 11:27 | Welcome Home Redeployment Montage 4 |
| 11:32 | Coqui Frog Invasion in Hawaii |
| 11:52 | Welcome Home Redeployment Montage 3 |
| Overnight | |
| | Pentagon Channel |

Community Calendar

AUGUST

19 / Today

The American Legion National Job Fair — The American Legion will sponsor a national job fair for active duty, reservists, National Guard, military spouses and America's veterans during their 87th National Convention. This event runs today through Aug. 25 at the Hawaii Convention Center, Hall III, 1801 Kalakaua Ave., Honolulu, Hawaii.

Many employers from the region and mainland will attend, and many have current job openings or expect to have openings in the near future. Come prepared by dressing appropriately for a job interview, by bringing copies of your updated resume, and by allowing time for completing applications.

The registration desk will be located in the main lobby of the convention center and registration is free to job seekers who have a valid military ID card or DD 214, report of separation. This event is cosponsored with the U.S. Department of

Labor in cooperation with the Department of Defense Transition Assistance Program.

Dates and times to attend the fair are as follows:

- Today, 10 a.m. to 3:30 p.m.;
- Saturday, 8 a.m. to 3:30 p.m.;
- Sunday, 8 a.m. to 2 p.m.;
- Monday, 8 a.m. to 3:30 p.m.; and
- Tuesday, 8 a.m. to 3:30 p.m.

For more information, job seekers can contact Jennifer Zellers at 792-8371.

20 / Saturday

"Hula on the Beach" — Military volunteers and hula dancers (no experience necessary) are needed in an attempt to create the longest, continuous hula line in history to celebrate Honolulu's Centennial on Aug. 20, at Waikiki Beach. Event sponsors are hoping to have the event recognized as a world's record in the "Guinness Book of World Records." Dancing starts at 4:30 p.m. This event takes place on Waikiki Beach, from Kuhio Beach stretching ewa down the entire continuous shoreline crest of Waikiki Beach. Dancers must be in place by 4 p.m.

For more information, e-mail Mona Wood at ikaikacomm@hawaii.rr.com.

Society of Military Widows — Come join the Society's Aloha Chap-

ter 25 for a luncheon at the Kapiolani Community College dining hall on Aug. 20 at 10:30 a.m. Attendees will enjoy an excellent buffet and informative program.

A national organization, SMW's main purpose is to benefit widows and widowers of members representing all branches of the uniformed services of the United States; give moral support and advice; provide a referral service; and in general, help the widows of career military members return to the mainstream of normal living.

For more information and reservations, contact Virginia Frizell at 595-7600. Luncheon payments must be made no later than Monday.



22 / Monday

ACS Exceptional Family Member Program — Army Community Service's EFMP is sponsoring "A Parent's Guide to Special Education in Hawaii Schools," an important workshop series for all parents of special needs children in our local schools. Learn how to become an advocate for

your special needs child, regardless of where you live.

Learning Disabilities Association of Hawaii (LDAH) will present a free three-day workshop at the Schofield Barracks ACS, Building 2091, on Monday, Tuesday and Thursday from 8 a.m. to noon and on Sept. 26, 27, and 28 from 6 to 9 p.m. At the Fort Shafter ACS, Building S330, workshops will run Sept. 6, 7, and 8 from 6 to 9 p.m.

Registration is required. Call ACS at 655-2400 or 655-2303, or LDAH at 536-9684, ext. 26 to register.

23 / Tuesday

IDEA Workshops — The North and South Military Community Children's Councils (CCC) will be sponsoring workshops on the 2004 amendments to the Individuals with Disabilities Education Act (IDEA) 2004 — the applicable law for special education — that went into effect July 1. Parents of special needs keiki can learn about the changes to the evaluation process, the IEP, and much more.

Join the South CCC on Tuesday from 6 to 8 p.m. or the North CCC on Wednesday at Leilehua High School Library from 6:30 to 8:30 p.m. Reservations are requested; call 586-5363 at least three days prior to the workshop to ensure adequate training materials are available for everyone.



Sgt. Smith Theater

| | | |
|-----------|------------|----------------|
| Today | Dark Water | 7 p.m. (PG-13) |
| Saturday | Rebound | 7 p.m. (PG) |
| Sunday | Dark Water | 7 p.m. (PG-13) |
| Wednesday | Rebound | 7 p.m. (PG) |
| Thursday | Dark Water | 7 p.m. (PG-13) |

The theater is closed Monday & Tuesday.

Part One of Two

Simple 'to dos' ensure a smooth PCS move

Capt. Irene D.A. Hanks
Chief of Claims

A successful permanent change of station move is the result of planning and hard work. Unfortunately, the possibility always exists that some items will be lost or damaged during a shipment. In Part One of a two-part series looking at what it takes to make a smooth PCS move, we take a look at tips that help Soldiers in planning a successful move. The following tips also help ensure Soldiers receive fair compensation through the Army claims system for any loss or damage that occurs.

What are things I should accomplish before my household goods shipment?

- Document what you own. Make a detailed inventory of all items that you are shipping. Save receipts, bills, appraisals and other proof of ownership. Take photos or videotape of your items immediately before the move to document not only what you own, but the condition of your items.
- For instance, if movers scratch your dining room table, you will have a much easier time proving that the scratch occurred during the move if you have a picture of the table as it looked immediately before the move.
- Keep ownership documentation with you.
- This important information should never be shipped with your items. It is best to hand-carry it during the move. Then, if items are lost, your proof of ownership will not be lost as well.
- Hand-carry valuables.
- If an item is extremely valuable, you may want to obtain an appraisal in order to prove both ownership and value. If possible, hand-carry your valuables such as jewelry.
- If you decide to have the movers pack your valuables, ensure that each item is listed separately on the inventory list. Cash, stock, bonds, coin collections and similar items should never be packed; you will not be paid for these items if they are lost or damaged.
- Ensure that your insurance coverage is adequate.

The Army claims system is not meant to provide total insurance coverage. The claims office can only pay the current market value of



Sgt. Sean Kimmons

George Smith IV, a packer helper with Covan Moving Co., opens the side of a moving truck before delivering household goods to a barracks room on Schofield Barracks.

your lost or damaged item, which is the depreciated replacement or repair cost of the item.

In addition, there are limitations on the maximum amounts the claims office may pay for specific items; for example, the maximum amount payable for all computer equipment, including software, is \$4,000; the maximum amount payable for stereo equipment is \$1,000 per item, and \$4,000 per shipment. The law limits the maximum amount payable on any single household claim to \$40,000.

Also, the Army does not provide additional protection for shipments from Hawaii. With that said, you may want to obtain private insurance coverage for your personal property.

Be sure to learn the details of your insurance coverage prior to your move. Most private insurance contracts will only reimburse you for items lost or destroyed during shipment; they normally do not cover damaged items.

Some insurance companies provide "full replacement" cost protection; this coverage means that if your 10-year-old computer is destroyed, the insurance company will pay to replace it with a comparable new computer.

Each insurance policy is different, so it is important to find out whether the coverage satisfies your needs prior to your move.

• Monitor packing.

Make sure everything is wrapped individually and adequately. Make sure heavy items are not packed on top of light items. Make sure that each carton and loose items (ladders, rakes and the like) have an inventory tag that appears on the inventory.

Further, identify contents left in drawers, and be sure the inventory reflects the contents.

• Review the packing inventory list before signing.

The inventory will not list every single item in your boxes, but be sure that all boxes and loose items are listed, and that descriptions of major items are complete and accurate. Make sure the packers put down the exact number of CDs, movies, model and serial numbers of stereo and computer equipment.

Also ensure that the packers indicate the true condition of your items. If the packers insist on writing pre-existing damage, and you do not agree, write a statement on the inventory that you do not agree with the notations and specify which item.

Make sure you write your disagreement statement before you sign the inventory because once you sign the inventory, you have agreed with the packers' assessment of the condition of your goods.

Do not argue with movers; simply

list your disagreements in the space provided on the form.

Call your transportation office if you have a problem, and keep this form with you, so you can refer to it when your items are delivered.

What are things I should accomplish after my household goods shipment?

• Check that the movers have delivered all your items.

When the movers deliver your household goods, make sure that they have delivered everything. Have a copy of the inventory handy and check off the numbers of items as the movers bring them into your new home.

If you notice that any items are missing or damaged, note this on the pink form (DD Form 1840) that the movers give you because if you fail to note obvious loss or damage at the time of delivery, you may forfeit your chance to recover for loss or damage.

Still, there is no need to unpack all of your items at this time; you can note additional missing and damaged items later on the reverse side of the pink form.

• If any item is lost or damaged, file a claim within 70 days of delivery.

Unlike most civilian moves, where loss and damage must be noted immediately after delivery,

ON THE WEB

Get "Its Your Move" online at ftp://pubs.army.mil/pub/epubs/pdf/p55_2.pdf.

Soldiers have 70 days to notify the local claims office of loss and damage to their items. This fact means that after your household goods have been delivered, you have 70 days to unpack and note any loss and damage on the reverse side of the pink form.

Thoroughly inspect your items: Turn on electrical items to ensure they still operate; open the jewel covers of CDs to ensure the discs are still there; check glasses and crystal to ensure that they are not chipped.

If there is damage, it is sufficient at this point to state the general nature of the damage such as "stereo does not work." There is no need to get a repair estimate at this stage.

If you have lost or damaged items, it is imperative that you turn in the completed pink form to your nearest Army claims office within 70 days of delivery of your household goods delivery.

Failure to do so will result in the loss of your entire claim.

• File a claim within two years from the date of delivery.

When you are ready to file a claim, contact the nearest Army claims office for assistance. You have two years from the date of the original delivery — not from the date you turned in the pink form — to file a claim. If you are late in filing your claim, the government will not be able to pay you anything.

Army claims office personnel will provide you with the necessary forms and information in order to file your claim. You must allow for inspection of the property by both the Army and the carrier.

Do not dispose of any items until the damage has been inspected or you have been instructed to do so by the Army claims office. At this stage, you may need to get repair estimates and other documentation to substantiate the amount of your loss.

For more information, check out the Army's "It's Your Move" informative pamphlet.

(Editor's Note: Next week in Part Two, discover what you need to know about shipping vehicles.)



AUGUST

21 / Sunday

"5 Game, No Tap"— Individuals are invited to participate in the "5 Game, No Tap" Tournament at the Schofield Bowling Center. Check-in will be at 1 p.m. and the cost is \$20. Call 655-0573 for more information.

Hawaii TV Bowling — Join the finest local bowlers in today's Doubles Event. This event is a Modified Doubles Event, which requires teams of either a regular bowler and a senior bowler or a regular bowler and a female bowler.

This event will be televised with a one-week delay on KWHE TV-14. Cost is \$65 for advance registration or \$75 on the day of event.

Individuals interested in participating can pick-up an application at Schofield Bowl or call 655-0573 for more information.

23 / Tuesday

Youth Mini-Sports Basketball— Youth can learn about basketball and basic skills in the Youth Mini-Sports Basketball program. All youth born in 2000 to 2001 are invited to participate in the program, which runs from Sept. 20 to Nov. 10.

Registration begins today and will run through Sept. 13. Cost is \$10 and includes a T-shirt for the participant. For more details, call your nearest Army Youth Sports Center.

26 / Friday

Company Level Flag Football— Applications are now being accepted for this intramural sports program. Deadline to register is Friday, Aug. 26.

The season will run from Sept. 6 to Dec. 2. Visit your nearest fitness center for more details or call 655-0856/0101.

27 / Saturday

Hawaii Championship Wrestling — The action is back at the Tropics. Pro wrestlers will face-off live from 7 to 10 p.m. Doors open at 6 p.m.

Cost is \$5 for general admission, \$3 for 11 years and under, and free for age 5 and under. Call 655-0002 for more information.

30 / Tuesday

Basketball Shootout — Parents and children can team up in this unique basketball shootout event. The event format positions parents as rebounding and then passing the basketball to children.

The shootout is open to children in ages 5 to 14 and will be held at both the Fort Shafter Youth Gym and the

Schofield Barracks Bennett Youth Center Gym.

The shootout for youth, ages 9 to 14, will go Friday, Sept. 30, while youth ages 5 to 8 will shoot it out on Friday, Oct. 7.

Registration begins Aug. 30 and will continue through Sept. 21. Cost is \$10 and includes a T-shirt for the youth participant. For more information, call 438-9336.

SEPTEMBER

4 / Sunday

Ladies Golf Clinic — A free golf clinic will be held today at the Leilehua Golf Course located right outside the gate of Wheeler Army Air Field. The clinic will last for one hour and will begin promptly at 3:30 p.m.

All required equipment will be provided to participants and advance reservations are recommended. For more details or to reserve your space, call 655-4653.

7 / Wednesday

Fantasy Football— Individuals are invited to put on their coaching hat and draft their team of players for the first game of the NFL season being held on Sept. 8 at Reggie's. An all-you-can-eat taco bar will be available to enjoy for only \$9.95, and it comes with a pitcher of a selected beverage.

Participants who draft a winning team have an opportunity to win great prizes. Visit Reggie's today from 4 to 7 p.m. to partake in the fun.

Fantasy Football Draft Night starts this week and continues every Wednesday throughout the NFL season. For more information, call 655-0660.

Pick-Up Sports — Army youth, ages 10 to 18, can be active in sports without league rules or practices. Various activities such as volleyball, basketball, badminton and kickball will be conducted weekly at both the Bennett Youth Center on Schofield Barracks and at Aliamanu Military Reservation Youth Center every Wednesday from 3 to 6 p.m. beginning Sept. 7.

This program is free and no registration is required. For more information, contact your local area Youth Sports director.

8 / Thursday

NFL Season Kick-Off — Visit Reggie's today to watch the first NFL game of the season and cheer your favorite team on. Individuals participating in the Fantasy Football Draft Night promotion held on Wednesdays have an opportunity to receive a prize if their team wins. Stop by and enjoy contests, games, prizes and food specials beginning at 5 p.m. Call 655-0660 for more details.

ONGOING

Personal Trainers — Personal trainers are avail-

able to help individuals develop a specialized program to improve their fitness level. These experts can assist with building muscle, losing body fat, and increasing flexibility and nutrition.

Cost is \$30 per hour. Call 655-8007 for more information.

Muscle Moves — Tone your muscles using a variety of equipment, including bands, dumbbells, exercise balls and more. Classes are offered every Friday at the Schofield Barracks Health and Fitness Center at 11:45 a.m. Call 655-8007 for more details.

Step Classes — A variety of step classes are offered at the Schofield Barracks Health and Fitness Center, including the dynamic Multistep Class held Mondays at 8:30 a.m., the Step and Ab Class held Mondays at 5 p.m., and the Step and Pump Class held Thursdays at 5 p.m. and Fridays at 8:30 a.m.

Classes are available to fit any individual's exercise regimen and goals, and they are held from Monday through Saturday. Call 655-8007 for more information.

Hatha Yoga — Relish the traditional approach to yoga that aids relaxation, and strengthening and lengthening muscles. Techniques can be modified based upon an individual's skill level.

Sessions will be held Wednesday at 5 p.m. and Saturdays at 8 a.m. at the Schofield Barracks Health and Fitness Center. Call 655-8007 for more details.

Group Cycling — Participants can use stationary bikes and drills to work out during group cycling. With tension and resistance, individuals can simulate up and downhill climbs to provide challenging experiences.

Classes are every Thursday, as well as Tuesday and Wednesday at various times. Call the Schofield Barracks Health and Fitness Center at 655-8007 for more details.

Cardio Kickboxing — Classes are on Tuesday and Thursday from 4:30 to 5:30 p.m. at the Fort Shafter Gym. Cost is \$2 per class or \$11 for a 12-class punch card. Call 438-1152 for more information.

Scuba Classes — Scuba class provides individuals with an opportunity to earn their PADI certification during two weekends for \$175.

Instruction is held on Saturday and Sunday at various locations depending on class content and skills being taught. Call 655-0143 for more information.

Cosmic Bowling — Experience bowling with a twist.

See "MWR Sports," page B-5



Spc. Juan Jimenez

'Get in the hole!'

LEILEHUA GOLF COURSE — Maj. Gen. Benjamin R. Mixon, commander of the 25th Infantry Division (Light) and U.S. Army, Hawaii, warms up on his putting before the Na Koa Aina Golf tournament, Aug. 12. The tournament raised money for the Na Koa Aina organization, which helps make a difference in the lives of young Soldiers and their families.

Local Sports

AUGUST

20 / Saturday

Schofield Junior Bowling League — The fall season begins tomorrow at the Schofield Bowling Center. The league will last 30 weeks and costs \$7 each session.

This league is open to bowlers under 22 years of age. All skill levels are welcome.

Costs include coaching for all levels, trophies and Young American Bowling Alliance membership.

Contact Phil Weyl at 623-3009 for registration information.

27 / Saturday

Women's Equality Day Run — This event will be held on Aug. 27 at Stoneman Field on Schofield Barracks.

Events include a 5K run, a one-mile children's run, a vendor fair and children's activities including the ever-popular bouncy castle, face painting, and coloring bubbles.

Participants may preregister with Sgt. 1st Class Finholm at 655-3631, or register the day of the race from 6 to 7 a.m.

For more information, contact Sgt. 1st Class Vickers at 655-6111.

1 / Thursday

Sergeant Audie Murphy Club Run — The Sergeant Audie Murphy

Club is sponsoring a 5K Charity run on Sept. 1 at Sills Field, Schofield Barracks.

Its purpose is to give back to the local community for all the help and support provided to the club over the years.

Registration will run from Wednesday to Aug. 19, and Aug. 24 to 26 at the Tropics, from 10 a.m. to 1 p.m. Register with your unit Sgt. Audie Murphy brigade representative or brigade command sergeant major, immediately.

The check-in time for this run is 5 to 6 a.m. Each team can have a minimum of five runners, and all runners in the group must complete the run to place. First through third place teams will receive a trophy, and trophies will be awarded to the top four individual finishers in male and female categories.

Runners can designate which charity they would like their proceeds to go to from the names listed on the registration or flyer. The registration fee is \$12 and includes a T-shirt.

For more information, call 782-9535 or 655-2879.

ONGOING

Local Sports Calendar

Briefs — Do you have sports announcements of upcoming events or activities you'd like to post in the Hawaii Army Weekly?

If so, e-mail your information to editor@hawaiiarmyweekly.com at least two weeks in advance of your event or activity.



Photos by Spc. Cheryl Ransford

PT with the boss

Above — Maj. Gen. Benjamin R. Mixon (far left), commander of the 25th Infantry Division (L) and U.S. Army, Hawaii, talks with unit leaders during a Green Tab Physical Training event, Aug. 12.

Right— Mixon (left), conducts a four-mile run with unit leaders from throughout the division on Schofield Barracks.



MWR Sports

From B-4

Lights are dimmed, upbeat music is turned on, and the room becomes illuminated in glowing lights.

Cosmic Bowling runs every Wednesday at Wheeler Bowl. Cost is \$1.50 per game and \$1 for shoe rental. Call 656-1745 for more information.

Golf for Food and Fun

— Get a team together any Tuesday from 2:30 to 4:30 p.m. at the Nagorski Golf Course on Fort Shafter, and play golf for only \$15 per person.

Cost includes a nine-hole green fee, a foursome platter of pupus, a pitcher of beverage, a lucky door prize entry and a chance to win other

prizes. Call 438-9587 for more information.

Mizuno Club Fitting

— Make an appointment with PGA professional Lou Merkle to schedule custom fitting of golf clubs or individual lessons to improve your game.

Call 438-9587 to make an appointment or obtain more information.

Run/Walk/Swim Club

— Record each mile you run, walk or swim and win incentive prizes in the 100-mile run/walk and 50-mile swim clubs. Runners receive a pair of Thorlo running socks, and swimmers receive goggles.

Stop by any Army Physical Fitness Center or swimming pool to pick up a log sheet. Call 655-9914 for more information.

Summer Learn to Swim Program

— "Learn to Swim" takes participants level by level from their first step into the water to relative ease and proficiency with standard swimming skills. Registration for all levels is ongoing at Richardson Pool, Schofield Barracks, from 10 a.m. to 5 p.m.

Cost is \$40 for nine, 45-minute classes, and registration is first-come, first-served. Call 655-9698 to confirm your spot.

The Tripler, Helemano, and AMR pools will also hold Level 1 and other courses. Call the pool nearest you for registration information.

Youth Sports Coaches

— Youth Sports is looking for volunteer coaches to help make the program a success.

If you would like to give back to the youth what you received as a child, see your local Youth Sports Director or call these numbers for more details: Aliamanu Military Reservation at 836-1923, Fort Shafter at 438-9336, or Schofield Barracks at 655-6465.

BMX Track

— Boys and girls of all ages and adults are invited to join the fun at the BMX track located at Wheeler Army Air Field. Practice hours run from 5 to 7 p.m., Monday through Thursday, and races take place every Saturday beginning at 5:30 p.m.

The yearly membership fee is \$45 and participation in competitions is only \$9. For more details, visit www.wheelerbmx.com.



Left — Bryan Longo sprints to the finish line Sunday at Wheeler Army Airfield. He won the USO 5K race with a time of 17:15.

Above — Sgt. Jorge Luis Deleon, an infantryman with Company B, 2nd Battalion, 5th Infantry Regiment, cruises to the finish line Sunday at Wheeler Army Airfield.

Right — 1st Lt. Michael Baskin, company executive officer with Co. A, 2nd Bn., 5th Inf., Rgt. takes a walk after winning the 10k run.

Ready set go!

USO Base Race held at Wheeler

The Hawaii chapter of the United Services Organization held its annual fund raiser race Sunday at Wheeler Army Airfield.

Money raised by the race will be used to fund USO's program that greets deploying and redeploying troops with drinks and pizza.

This year, 218 runners took part in the race.

Overall winners

Women

April Gasparri 43:01.9

Women's Wheelchair

Christine Greer 43:28.9

Men

Michael Baskin 35:41.5

Men's Wheelchair

Jorge Luis Deleon 33:51.6

Photos by Spc. Juan Jimenez



MPs win!

Far Left — Dawn Moore, a right-center fielder on the Tripler Army Medical Center team, swings at a pitch and connects with the ball to advance the runners at Stoneman Field on Schofield Barracks, Aug. 12.

Left — Johanna Fleming, a right fielder on the 58th Military Police Company team, looks at her coach, Alanna Gomez, for guidance. The 58th MP Co., beat Tripler 9-2 to cap a perfect record and a second straight championship.

Photos by Spc. Juan Jimenez