

INSIDE

Army expands Battlemind emphasis

1ST LT. JAMES WILLIAMS III
Army News Service

WASHINGTON — Due to its success preparing Soldiers for deployment, the Army has decided to transition Battlemind training from a deployment cycle requirement to standard training Armywide. “Although Battlemind is in its infancy, it is proving to be effective in theater,” said Maj. Todd Yosick, chief of the Battlemind training office at the Army Medical

Department Center and School. “Modules are already being developed for basic training.” The Army Medical Department created the Battlemind concept with the specific goals of addressing problems associated with the mental health of Soldiers affected by combat. One of the Battlemind tools the Army developed is a Web site containing audiovisual training aids and other materials to allow units to conduct their own mental

health training. The site also provides training for leaders, health care providers, individual Soldiers and family members.

RELATED STORY

• How can you help someone with PTSD? See page B-5.

The new Web site features a module that addresses the stigma associated with post traumatic stress disorder, the testimonial of

a suicide survivor, and scenario-based animations for younger members of the family. “A lot of effort has been put into this site,” said Ann Ham, a public affairs official for the Office of the Surgeon General and Medical Command. “It’s a training and teaching guide, and now the training aids are concise and complete.”

The stigma associated with mental health

SEE BATTLEMIND, A-8



Leading from the front

In the second article of a two-part series, Col. Margotta discusses key factors in making continuous improvement at all levels.

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233 candles

Join the celebration as USARPAC hosts the 233rd Army Birthday Ball, June 14, 6 p.m., at the Hillton Hawaiian Village.

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Sticky fingers

Shoplifters who help themselves to items at the PX are really stealing from their own quality of life.

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In the driver’s seat

All aboard the free Schofield-Wheeler lunchtime shuttle



Aiko Brum | U.S. Army Garrison, Hawaii, Public Affairs



Jeremy S. Buddemeier | U.S. Army Garrison, Hawaii, Public Affairs

Bus driver Kalani Kane stops to pick up some passengers along the shuttle route from Wheeler to Schofield Barracks, Wednesday afternoon.

Spurred by congestion and high gas prices, the free lunchtime shuttle could be stopped before it gets started

AIKO BRUM
Chief, Command Information

WHEELER ARMY AIR FIELD — “All gassed up and finding no one wants to ride” aptly describes the Garrison Shuttle Bus that started running May 19. Yet, the lunchtime shuttle service began “for traffic relief, gasoline savings and ‘greener’ living,” according to Kelly Andrews, Directorate of Family and Morale, Welfare and Recreation.

The lack of riders could eventually bring the service to an abrupt halt.

“We’ve been talking about downsizing to a van or smaller bus,” said Al Joe, bus driver. “We handed out flyers everywhere, and we’ve got

Preliminary shuttle results

- 60.6%, best for 11 a.m.-1:30 p.m.
- 59.8%, will wait only 10-minutes
- 51.2%, will take a 10-minute ride
- 72.7%, favor riding the bus
- 65.4%, favor more routes
- 54.3%, favor a small fee

all the signs posted at the bus stops.

“I don’t know why we don’t have more riders, he said, shaking his head. During his last loop, Friday, Joe told riders, “You’re my first three passengers this whole route.”

Currently, the shuttle bus makes runs to popular destinations on Wheeler and Schofield Barracks from 11:15 a.m. to 1:15 p.m. Daily, two full-sized, comfortable, air-conditioned busses travel a loop about both installations and pick up passengers at designated bus stops every 20 minutes.

At Schofield, the stops include Burger King, the Post Office, Martinez Physical Fitness Center, the Bowling Center, the Schofield Inn, the 25th Infantry Division Headquarters, and the Post Exchange.

At Wheeler, major pick-up points include Headquarters, 25th Combat Aviation Brigade and the Wheeler Bowling Center, though other stops are made about the airfield.

“It takes us about 30 to 35 minutes to run the whole loop,” explained Kalani Kane, bus driver. “I can’t stop for too long or the other guy might catch up with me.”

A fortunate Sandy Hazard happened upon the shuttle bus, Wednesday. She was walking along Wright Avenue, from her daughter’s home on Wheeler, enroute to the Schofield post exchange. She noticed the stopped bus and asked Kane if anyone could ride.

Kane happily invited Hazard aboard and

SEE SHUTTLE, A-6

New 25th ID CG takes soars high above PTA

Soldiers designate Caslen Jr. as “crew chief-qualified” after impressive flights

STAFF SGT. TYRONE C. MARSHALL JR.
25th Combat Aviation Brigade Public Affairs

POHAKULOA TRAINING AREA, Hawaii — The 25th Infantry Division commander became intimately familiar with aviation equipment for which he is responsible during a visit here, May 24.

Maj. Gen. Robert L. Caslen Jr., who recently assumed command of the Tropic Lightning Division, visited PTA, received the opportunity to briefly take the controls of an OH-58D Kiowa helicopter and provide air gunnery for a UH-60L Black Hawk helicopter.

The commanding general was accompanied by Col. Michael Lundy, commander, 25th Combat Aviation Brigade (CAB); Col. Walter Piatt, commander, 3rd Infantry Brigade Combat Team (3IBCT); and other senior leaders from both brigades.

“It’s good to see a commander get out there and be seen by his Soldiers,” said Chief Warrant Officer 4 Peter Mansoor, 25th CAB tactical officer.

Other Soldiers involved in the visit agreed.

“I thought it was a great opportunity for the Soldiers to see their new commander and for the commander to see the capabilities of the Soldiers in his division,” said Maj. T. Christopher Petty, battalion operations officer, 2nd Battalion, 6th Cavalry Regiment, 25th CAB.

The visit, requiring intensive planning and careful coordination from the 25th CAB and 3IBCT, due to weather and time constraints, allowed Caslen to reacquaint himself with the training area.

“It did take a lot of synchronization, because there were a lot of players at two different brigades that had a role within the

SEE CASLEN, A-6

Historic P-40 aircraft returns to ‘action’ near Kawamura Gate



Soldiers from B Company, 209th Aviation Support Battalion push the World War II-era P-40 aircraft into place near Wheeler’s Kawamura Gate. The restoration took two months and \$3,000.

Story and Photo by
LORAN DOANE

U.S. Army Garrison, Hawaii, Public Affairs

WHEELER ARMY AIR FIELD — A World War II-era fighter returned to action here, recently. Well, sort of.

From a distance, the Curtiss P-40 Warhawk at Wheeler’s Kawamura Gate looks as though it just rolled off the assembly line and is ready to scream down the runway looking for a fight.

However, upon closer examination, one might notice this is no normal aircraft. It was designed for a different type of mission. This P-40 is an actual-sized movie prop

used in the 1970 movie “Tora, Tora, Tora,” which relived the events that led to America’s entry into World War II following the sneak attack on Oahu.

Made of wood, fiberglass, epoxy, and a few real aircraft parts, thrown in for a touch of realism, the aircraft is simply a static model.

However, some of the mock-ups in the movie had working engines and spinning propellers. They were strafed or blown up during filming. Luckily, this aircraft was spared destruction, and was called into service on Wheeler Army Air Field.

Weather and time had taken its

toll on the display, but thanks to the Soldiers of B Company, 209th Aviation Support Battalion, 25th Combat Aviation Brigade, the P-40 has received a much needed face-lift.

It took Soldiers two months and \$3,000, but the aircraft has been returned to its former glory.

“The aircraft is now historically accurate,” said Staff Sgt. Jason Ryan, who was in charge of the restoration.

Although in the movie the paint scheme and markings were accurate for some P-40s of the time, they

SEE P-40, A-6

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We want to hear from you...

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

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

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

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

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80 days since last fatal accident

Number represents fatal accidents as defined by Army Regulation 385-10, which is inclusive of all active component U.S. Army units and personnel. Current as of 6/4/08.

In the spotlight

Margotta's philosophy is all about improving

In Part Two of the series, the garrison commander shares his likes & dislikes

KYLE FORD
News Editor

Everyone has a personal philosophy and Col. Matthew Margotta's philosophy is well suited to his position as commander, U.S. Army Garrison, Hawaii.

For the last 15 years or so, Margotta has taken inspiration from an ancient Athenian oath that reads in part, "I will hand down my country not lessened but larger and better than I received it."

"I've kind of taken that philosophy in every job I've had over the years and continued it here in Hawaii," the colonel said. "All I want to do is leave the Garrison a little better off than when I received it in all areas. I think that really is all you can ask for in a leader.

"It's a philosophy based on constant improvement — leave your area a little bit better than when you received it," he added.

The philosophy is carrying the Garrison forward every day. Community members are seeing unprecedented improvement, not only in facilities, but in the services the Garrison provides.

The Army has made a commitment to provide funding and support to Garrisons and their mission: providing facilities, which include barracks, housing, administration

buildings, maintenance areas and more.

"I've told many of our folks that I think we're about at the halfway mark here in Hawaii in regard to many of these improvements," Margotta said. "Just a rough assessment, but if you come back to Schofield or Shafter in about five to seven years, you're probably going to see two of the premier installations in the Army — at least with regards to quality of life.

"Hawaii is paradise in itself, and if you add to that the new housing, new barracks, new motor pools, new CDCs [child development centers], and so many other new facilities that are going to be here," Margotta explained, "Hawaii will become an even nicer place to be stationed."

This continuous improvement extends to the colonel's leadership style as well.

"What I try to convey to the employees of the Garrison team is no matter how big or small your piece of the pie is in the overall Garrison mission, try to make your area just a little bit better than when you received it," he said.

"I'm a big believer in what I call 'little steps.' Sometimes — even with the biggest projects — as long as you just start off with little steps [that keep moving] forward, and continue with those little steps, you're going to get to something pretty special."

Margotta added, "What we're trying to do within the Garrison is continuous improvement. It may take a while. It may take longer than our community members would like in certain areas. But we've told folks,



Margotta

"Don't be satisfied with what you've got, always look for ways to make it a little bit better."

Though his job as a leader is to improve the Garrison and guide those below him, Margotta considers himself lucky to work with the people in the Garrison team.

"The folks within the garrison are enormously dedicated, committed and professional. They will do virtually anything; they'll bend over backwards for any community member or tenant organiza-

tion," he said.

Margotta also works hard to be known as the commander who listens and takes to heart what he is here for — to take care of Soldiers and their families.

Sometimes the Garrison and its people are viewed as a separate entity, Margotta explained, saying this belief is simply not the case.

"Just like everyone else on our installations, we also live, work and play on these installations, and these communities are our homes as well," he said. "We are just as committed to doing what is right and doing everything that we can to support our Soldiers, our families, and our community members."

People desiring to stay on Margotta's good side should be punctual.

"I don't like people who are late," Margotta explained. "It shows disrespect to the people you're supposed to meet, whether it be meetings, office calls or whatever."

Second, he doesn't favor people with egos. To him, who gets credit for a job is not as important as ensuring the mission of providing support and services to community members gets done.

"I've told everybody throughout my career, my job is no more important than anybody else's. I just have a little bit more responsibility and have a different job than you," Margotta explained. "Your job is just as important, no matter what position you're in."

"That gets to the heart of how I treat people, too."

Garrison may open Wheeler Gate in fall

Several surveys must be completed in order to determine the need for opening additional gate by start of school

WAYNE YOSHINO

School Liaison Office, U.S. Army Garrison, Hawaii

WHEELER ARMY AIR FIELD — Because of the traffic congestion and crowded gates during the morning peak and afternoon peak hours, a plan is underway to open an additional Wheeler Gate near the Hawaiian Electric Company (HECO) substation on Kunia Road.

The problem has been that many Soldiers' vehicles are on the same Schofield and Wheeler streets because morning physical training (PT) has just concluded.

As well, with the start of school around 7:45 a.m., parents are also trying to get their children to the school campuses at about the same time as Soldiers are done with PT.

The Wheeler Gate may open as early as the start of the 2008-2009 school year, however, other hurdles may need to be cleared for this to take place.

The State Department of Transportation easement, a preliminary environmental survey, and an Installation Management Command-Pacific site approval must occur first.

If the Wheeler Gate "passes" all requirements, it will be used for exiting from the base, only. Commuters using the gate will have to make a right turn onto Kunia Road.

U.S. Army Garrison, Hawaii, is working hard to help ease traffic difficulties. If the Wheeler Gate is opened, it will be the first time in many years that the gate has been opened to traffic.

USARPAC honors chiefs of staff at Shafter

Col. A.T. Ball assumes role as USARPAC's new chief of staff

Story and Photo by
SGT. 1ST CLASS JASON SHEPHERD
U.S. Army, Pacific, Public Affairs

FORT SHAFTER — Hundreds of well wishers gathered on Palm Circle, May 28, to say a final good-bye to the U.S. Army, Pacific (USARPAC), chief of staff and welcome the incoming chief during a "Flying V" ceremony, a tradition of bidding farewell or welcoming senior officials at an Army command.

Col. Jeffrey Jarkowsky leaves USARPAC after serving for two years as the deputy chief of staff for operations, plans and training, and chief of staff.

During the ceremony, Lt. Gen. Benjamin R. Mixon, commander, USARPAC, awarded Jarkowsky with the Legion of Merit for his efforts at USARPAC.

"His commitment and accomplishments to our team are numerous and made a valuable and lasting impact," Mixon said. "Thanks for your tireless effort, thanks for your dedicated service and thanks for your continued service as you move on to your next important assignment."

According to the awards citation, Jarkowsky was a key leader in the transformation of the USARPAC headquarters from a



Lt. Gen. Benjamin R. Mixon leads the audience in applause after pinning Col. Jeffrey Jarkowsky with the Legion of Merit during his departure ceremony on historic Palm Circle, May 28.

force-provider command to a theater Army headquarters with warfighting capabilities.

He also led the U.S. Pacific Command's

(USAPACOM) Joint Task Force-Homeland Defense, which coordinates military support for interagency, state and local responses to man-made and natural disasters throughout USAPACOM's area of responsibility.

"I'm sincerely honored and quite humble to be here and receive the recognition today," Jarkowsky said. "I'd like to thank General Mixon for his comments, but most importantly, for his support and his leadership. It's been a privilege to serve as your chief of staff, sir."

Jarkowsky will next take command of a joint task force in Afghanistan.

Col. A. T. Ball Jr. takes over as the new chief of staff. He recently commanded the 25th Infantry Division's Combat Aviation Brigade during its 15-month deployment to Iraq.

Ball said that he and his wife, Barbie, were humbled and come committed to serve the Soldiers and families of USARPAC, and to follow the example that Lt. Gen. Mixon and his wife, Rhonda, have set.

"Colonel Ball and Barbie are an outstanding team," Mixon added. "They care for Soldiers; they love families. We are fortunate to have them here to take over as the chief of staff and continue the great work that Colonel Jarkowsky has begun."

LIGHTNING SPIRIT

Selfless service is the new revolution

CHAPLAIN (CAPT.) KEVIN M. DAUL
45th Special Troops Battalion

Has your concern for self-absorbed career advancement overruled relationships at home and work? What about those decisions and actions that help your image or your career? Is that your preoccupation?

Bottom line, selfless service deserves your re-evaluation today. You live, love and work in community, and how you relate to that community depends on your success, domestically and at work.

Selfless service addresses your relationships, starting at home. Those who live with you know you best, so how do you relate to your spouse, children, other family members or roommates?

Are your home relations mostly competitive rather than cooperative? If you find yourself in argument more than agreement and cooperation with members in your home, those relationships need refining.

Are you selfless in service to your spouse? Do



Daul

you sacrifice for your children? What about your friends, do you concede to their needs? Your family and friends need to experience a self-denying, unselfish companion. You need to be willing to forgo some of your own needs and pleasures for the benefit of others.

Do you feel alone at home?

Do you feel friendless? Try some unselfish giving of your time, energy and emotion to your family and friends.

Selfless service also demands a look within the workplace. Mission effectiveness hinges upon how you interrelate, cooperate and collaborate with co-workers in a common focus and purpose to effectively accomplish an objective.

If you are a Lone Ranger, perhaps you are a good actor, but you can't be an effective

SEE SPIRIT, A-4

Prepared for a hurricane?

The season runs June 1-Nov. 30, so stay vigilant for turbulent shifts in weather.

If a hurricane is approaching Hawaii, you will learn about it from radio and TV news reports, collected from the National Weather Service in Honolulu.

Stay tuned to HACN TV2 in Army Hawaii Family Housing for specific guidance, respond to instructions on the AHFH CallMax automatic telephone system and comply with directives from Military Police via public address systems.

Emergency shelters are located on Oahu Army installations. You will be advised when to proceed to your assigned shelter. When you get this notice, take your family and your Emergency Readiness Kit to your assigned emergency shelter.

Review the 2008 AHFH Hurricane Readiness trifold pamphlet, now, which lists Oahu Army emergency shelters and items you should have in your readiness kit. Download the pamphlet at www.garrison.hawaii.army.mil - under the left side "Hazard Awareness" link.

Off-post military must determine their area shelter from their local phone book, visit www.oahucivildefense.com or call 523-4122.

Voices of Lightning: Other than winning \$1 million, what would make your day today?



"A nice dinner and movie with my girlfriend."

Capt. Kevin Arnett
Assistant S-3
84th Engineer Bn.



"Freedom for my family."

Sgt. Amanda Johnson
45th Sus. Bde.
Admin NCO



"If today was June 27, I'm PCSing to Tampa, Fla., that day."

Staff Sgt. Noel Perez
USARPAC
General's Driver



"To spend the day diving on the North Shore."

Maj. Alberto Rodriguez
45th Sus. Bde.
Deputy S-3



"Spending the whole day with my family and friends."

Maj. Magno Transfiguracion
45th Sus. Bde.
Training Officer

Gimlet Bloodhounds 'sniff out' weapons cache

OIF

Story and Photo by

SPC. DUSTIN WEIDMAN

1st Battalion, 21st Infantry Regiment

BAGHDAD — The thought, “No one will ever find it here,” may have crossed the minds of insurgents who buried a cache of weapons next to a farm wall outside a home in rural Abu Ghraib, here.

But they didn't count on the “Bloodhounds.”

The “Bloodhounds” are the Soldiers of 4th Platoon, C Company, 1st Battalion, 21st Infantry Regiment, “Gimlets,” 2nd Stryker Brigade Combat Team, and are known for their uncanny ability to “sniff out” weapons caches and other hidden contraband.

The Soldiers of the platoon lived up to their reputation, May 29, finding a large cache of weapons in the village of Ayasha, northwest of Baghdad. Armed with only their instincts and a metal detector, they successfully found the cache during a dismounted patrol through the village.

“I just had a feeling about this area,” said Cpl. Paul Roderick, Bloodhound team leader. “I knew something was here, and we had to find it.”



Staff Sgt. Charlie Fragozo, acting platoon leader for 4th Platoon, Company C, 1st Battalion, 21st Infantry Regiment, “Gimlets,” 2nd Stryker Brigade Combat Team, “Warrior,” 25th Infantry Division, Multi-National Division – Baghdad, photographs a weapons cache found in the Ayasha village, northwest of Baghdad, May 29.

Yells from a fellow team member confirmed Roderick's suspicions.

After a few seconds of digging, the

shovel stopped fast with the sound of metal on metal. The team quickly uncovered the first of 19 cans of .50 caliber

Dishka rounds.

“A few weeks ago, we found the

weapon that these rounds belong to

about 50 meters from here and ran out of time before we could search more of the area,” Roderick said. “But today, we made the time.”

By the time the Bloodhounds had finished scouring the area, they had uncovered more than 1,000 .50 caliber Dishka rounds, five 60 mm mortars, 100 7.62 mm rounds, two rocket-propelled grenades, and three Katusha rockets.

The suspected owner of the cache was taken into custody and held for further questioning.

Pfc. Ronald Lucier, Bloodhound grenadier, said he was just doing his part to help rid the area of weapons. His team echoed his thoughts.

The Bloodhounds said they love to search and find weapons caches and are proud to have taken this cache and many others out of the hands of insurgents.

Though they don't find weapons caches every day, the Bloodhounds will continue their search for dangerous weapons.

“Sometimes we are lucky and sometimes not,” Roderick said. “Today, we got lucky.”



Spc. Dustin Weidman | 1st Battalion, 21st Infantry Regiment

Children eagerly wait in line for toys and candy in Dehna Village, west of Baghdad, May 29. Iraqi Army soldiers from the 6th Company, 24th Brigade, 6th Iraqi Army Division, who partnered with the 1st Battalion, 21st Infantry Regiment, “Gimlets,” worked together to hand out humanitarian aid in the village.

Gimlets team up to bring hope

CAPT. BENJAMIN ROARK

1st Battalion, 21st Infantry Regiment

BAGHDAD — The line of people extended out the gate, around the corner and then disappeared up the narrow street. Residents of Dehna Village, west of Baghdad, had lined up to wait for aid, May 29.

The mood was the same at any point in the line — excitement, relief and gratitude. Whether it was a woman there for her family, or one of the scores of children waiting for a free toy and maybe some candy, all were very grateful to the American and Iraqi Soldiers who brought them hope and help.

Commando soldiers of the 6th Company, 24th Brigade, 6th Iraqi Army Division conducted a humanitarian assistance food distribution with Soldiers from their partnered unit, 1st Battalion, 21st Infantry Regiment “Gimlets,” 2nd Stryker Brigade Combat Team.

Since taking control of the area in January, Soldiers of 1-21st Inf. Regt. and 24th Bde. have made

great strides to secure the population of Abu Ghraib.

The recent humanitarian aid mission is one example of both units working together.

“I was surprised how quickly the resources came together and at the capabilities of the Commando company,” said Capt. David Uthlaut, commander, C Company, 1st Bn., 27th Inf. Regt., attached to the Gimlets.

The combined effort occurred after a sheik expressed his village's need for food. Uthlaut said he immediately turned to the 24th Bde. for help.

“They were eager to get the mission underway as soon as possible,” he said.

The Commandos have proven themselves in several past operations with Gimlet Soldiers, but this mission was the first joint effort of its kind. It proved to be a big success.

“They already have a reputation for being tactically proficient,” said Spc. Aaron Miller, an infantryman with Co. C. “Now the people also see a different side, one that cares and protects.”



Sgt. Paul Monroel | 2nd Brigade Combat Team, 101st Airborne Division

Preparing for war

BAGHDAD — Spc. Arron Gray gets ready for an Asian-Pacific American Heritage Month celebration, May 30. The event was hosted, in part, by the Soldiers of 2nd Stryker Brigade Combat Team (2SBCT), 25th Infantry Division.

Gray, assigned to Company A, 2nd Support Battalion, 2SBCT, served as the sound man for the Tao O Taji dancers, who performed traditional Asian-Pacific dance routines during the celebration at 2SBCT's Strike Inn dining facility at Camp Liberty.



Sgt. Brad Willeford | 1st Battalion, 27th Infantry Regiment

Building the future

CAMP TAJI, Iraq – With a child on his shoulders, 2nd Lt. Joshua Kordela, an infantry platoon leader with Company B, 52nd Infantry Regiment, 1st Battalion, 27th Infantry Regiment “Wolfhounds,” waits with neighborhood children outside a medical operation in Hatim Mutliq, northwest of Baghdad, May 22. Kordela said he enjoys working with the people of Iraq and doing his part to help build a better Iraq.

8th TSC takes poolside PT to the next level

SPC. KYNDAL HERNANDEZ

8th Theater Sustainment Command Public Affairs

TRIPLER ARMY MEDICAL CENTER – When Soldiers with the Headquarters and Headquarters Company, 8th Theater Sustainment Command (TSC), held swimming physical training here, they did more than just splash around in the pool.

Divers from the 7th Dive Detachment taught more than 100 Soldiers different drown-proofing techniques and important lifesaving tactics during a training session, May 27.

“Drown-proofing is extremely important,” said Sgt. Wesley Jameson, driver for Maj. Gen. Raymond V. Mason, 8th TSC commander, “especially here in Hawaii, where there is a large number of drowning incidents each year. It also gives Soldiers a good idea of what their swimming capabilities are.”

Another reason the training is pertinent, according to Soldiers in the 7th Dive Det., is because Soldiers have also died in Iraq due to drowning incidents in rivers.

During the first part of training,



Photo by Sgt. 1st Class William Young

Spc. Amber Stoddard, protocol noncommissioned officer in charge with the 8th TSC, practices how to use her ACU top as a floating device in the water during drown proofing training, Tuesday.

Soldiers had to prove they were strong swimmers by treading water for two minutes and doing a dead man’s float for five minutes. Soldiers who had having difficulties performing these two tasks worked with instructors to reinforce vital drown-proofing techniques.

“Swimming in ACUs [Army combat uniforms] is a lot harder than it looks,” Jameson said.

After that, Soldiers began learning lifesaving techniques, such as how to use different parts of their uniform as floatation devices.

“The Soldiers that were instructing this training were very

professional,” said Spc. William Miller, training room specialist, 8th TSC. “I know when we first get to the island, we have a class on drown-proofing while we are in Replacement (Detachment), but that was just a walk-through. It was nothing compared to this.”

Spirit: Selfless acts can change entire communities

CONTINUED FROM A-1

workplace team member when your operation is dimly deficient. Efficient operations include making your co-workers feel like they all are contributors.

How much do you sacrifice for your teammates at work? Devotion to mission and occupation is only effectual when you devote yourself to those in the team and the purpose for which that team exists.

That dog-eat-dog, step-on-the-next-head rung, climb to the top of the King of the Hill will find you in a dung pile at the base, because that motivation is all wrong.

Taking one for the team must be brought up to yet a higher level; that’s where credit for a

job well done is best collected, rather than taking the credit for the job yourself. The team does the job!

Both home and workplace teams work best when all individuals sacrifice self-interest for the benefit of the team as a whole. Families, friends and co-workers find true success in self-sacrifice for a common goal of the group. True success is not measured by how distinctly independent you are, rather how contributive.

When you evaluate teammates you will find some with inadequacies, which only selfless acts of direction can cure. You must find a way to restore the inexperienced, gently discipline the erring, and forgive the offender.

Doing these things takes real humility and

real internal fortitude because you realize some of those same faults within yourself. Evaluation, in itself, opens you for scrutiny, and fortunately, change.

As you sacrifice for others, each sacrifice nets the next; they become a continual wheel of selfless members helping each other to do better and be better.

A transformation revolution avalanches as selfless service rolls from one person to the next: a friendship into a marriage, a family into a team, a platoon into the U.S. Army, and a nation into the world.

And that’s who makes this revolution reality. You.

You are the greatest when you are selfless, sacrificing for the benefit of others.

'Franchise' serves up more than food at Pohakuloa

Dining facility is go-to place for heapings and helpings of ono food, fun

Story and Photo by

STAFF SGT. TIM MEYER

3rd Infantry Brigade Combat Team Public Affairs

POHAKULOA TRAINING AREA, Hawaii — While training for their upcoming deployment to Iraq, Soldiers of the 3rd Infantry Brigade Combat Team (3IBCT), 25th Infantry Division (ID), are enjoying their dining experience here.

Although division units are only at PTA for several weeks, working in the dining facility (DFAC) is fun, more fun than previous assignments, according to one of the food service specialists. That feeling seems to carry over to the Soldiers dining at PTA.

The experience all starts with the greeting Soldiers receive when they come through the DFAC door.

"Welcome to the Franchise!" the staff says.

"Franchise" is the name the food service specialists came up with for the dining facility that serves 3rd Brigade. It's in one of the Quonset huts, a long, narrow building with curved roofs built at PTA in 1955. Modern-day Soldiers and Marines now stay in Quonset huts during their

training on the Big Island.

Three of the food service specialists painted a logo with "Franchise" on one of the walls near the entrance to the DFAC, and all 23 of them signed it. They write "Franchise" on the white paper hats they wear when preparing and serving food.

"I wanted to make this [training at] PTA our home, to come in and personalize it as much as we could, and bring the morale up, from the music to the atmosphere to the cooks' attitudes," said Sgt. 1st Class Mario Cochran, the 3IBCT PTA DFAC manager.

To do that, Cochran talked to the previous DFAC manager to find out what could be improved.

"It's about quality of food service and instilling that in these young Soldiers, making them better leaders," he said. "We want to show that food service is an organization and a service tied into one. Most of all, we want the Soldiers to have fun and learn something."

Food service specialists do have fun on the job. At dinner, May 25, servers competed for the title of "Most Motivated Server." Dining Soldiers cast their votes.

Cochran, a nine-year veteran, has experienced food service specialists on his team. Two of the Soldiers were certified chefs before they enlisted in the Army. Two others were on the 25th ID's 14-person culinary arts team that recently won



Spc. Juan Jara, a food service specialist assigned to the 325th Brigade Support Battalion, serves a tray of food with a smile to Maj. Scott Naumann, 3rd Squadron, 4th Cavalry Regiment operations officer at the Franchise.

the U.S. Army Culinary Arts Team competition.

Cochran wants all of his food service specialists to get to that level of expertise.

"I want to encourage the Soldiers to strive for that," he said.

The Franchise doesn't serve lunch. Soldiers training at PTA have the options of MREs or pizza, and sandwiches and chicken wings at a small food concession on base. But that doesn't mean the food service specialists don't have a busy day. They prepare approximately 1,350 dai-

ly meals for breakfast and dinner. About 700 to 800 of them are for Soldiers who are out training on one of the ranges and aren't available during breakfast and dinner hours.

"We ensure they get the same quality meal that we get here [in the dining facility], so they can conduct their training and stay focused on the command mission," said Cochran.

The mission starts at 3 a.m. The food service specialists prepare food and fill the "mermites" — containers for transporting hot food — for Soldiers training out on the ranges.

Next, they prepare and serve breakfast for Soldiers eating at the dining facility, clean up, and then conduct physical training together. Soon after, it's time to learn.

When they're not studying food preparation skills from each other, they conduct professional development and basic Soldier skills training. Subjects include promotion boards, the differences between officers and noncommissioned officers, weapons familiarization and combat life-saving first aid.

At 3 p.m., it's time to prepare dinner. The food service specialists cook food, fill mermits again for Soldiers on the ranges, and get the Franchise ready for hungry Soldiers coming in from 5-7 p.m.

After cleaning up, the day can end at 11 p.m.

Shuttle: Lunchtime commuters to decide fate of post shuttle service



The Schofield-Wheeler lunchtime shuttle makes a stop across from the Garrison Headquarters Building, Wednesday afternoon.

CONTINUED FROM A-1

explained that the shuttle is free to commuters on Schofield and Wheeler.

At first we started with three 46-passenger busses, explained Glenda Goodall, division chief, Transportation Motor Pool, East Range. We're going to keep running the full-sized busses because the troops will be returning from Pohakuloa Training Area soon, and we could get a surge in traffic.

The Directorate of Logistics will be posting more prominent signs at bus stops soon, she added.

Though traffic congestion initially inspired the shuttle service,

the garrison is finding that backed up traffic exiting the gates is intermittent. The random backups could be a reason more people are not taking the shuttle, but Goodall believes that enough people just don't know the service is available.

Still, why motorists who are aware of the shuttle choose to use up their own fuel rather than use free post public transportation during noontime trips is a question the garrison would like answered. Some civilian employees have already noted they don't have enough time to use the bus shuttle during their 30-minute lunch hours.

U.S. Army Garrison, Hawaii,

On The WEB
Help ensure the shuttle lives up to potential. Complete the survey at www.mwrarmyhawaii.com. Click on "Click Here to Take the Survey" on the DFMR homepage and provide your feedback.

wants more feedback. To help the Garrison improve and fine-tune the service, DFMR is collecting comments through June 30. The directorate has posted a survey on its Web site seeking answers to questions like what's the best time to

run the shuttle, how long will you wait for a bus, is a shuttle needed at other locations (like at Fort Shafter), and would you be willing to pay a nominal fee for the shuttle.

The survey is located at the DFMR homepage, www.mwrarmyhawaii.com. To date, more than 100 responses, all positive, have been received from service and family members.

Still, the survey results don't match ridership. According to James Jefferson, chief, Transportation Division, the shuttle bus will remain in service only the next several weeks if ridership does not increase.

Army Gulfstream pilots retire with combined 60 years

STAFF SGT. CRISTA YAZZIE
U.S. Army, Pacific, Public Affairs

HICKAM AIR FORCE BASE — With thousands of hours of flight time clocked between them and more than 60 years of combined Army service, when Chief Warrant Officers (CWOs)-5 James Leech and Bruce Blackstone retired here, May 22, they took with them a wealth of experiences.

Their military careers have stretched from Vietnam through Desert Storm and Desert Shield to present-day conflicts. The last of a handful of CWO5s left in the Army, the pair have seen many changes in the branch during the past several decades.

“Army aviation has developed so much over the last forty years,” Leech said. “The standards, the quality of the aircraft, the Army’s commitment to safety have been remarkable. Aviation now is a science.”

In his 37 years of service in aviation, Leech flew a total of 10,436 hours, with 1,596 hours of combat flights from Vietnam to Operations Enduring Freedom and Iraqi Freedom.

In his more than 23 years, Blackstone flew more than 8,000 hours, with almost 200 hours flown in combat duty during Desert Shield/Desert Storm.

Together, as co-pilots, they have flown the C20-F Gulfstream 4 with the U.S. Army Priority Air Transport (USAPAT), Pacific



Sgt. 1st Class Jason Shepherd | U.S. Army, Pacific, Public Affairs

Chief Warrant Officers-5 Bruce Blackstone, at left, and James Leech receive praise from Lt. Gen. Benjamin R. Mixon, commander, U.S. Army, Pacific, after receiving the Legion of Merit awards during their retirement ceremony, May 22.

Detachment. One of the unit’s missions is to support the U.S. Army, Pacific, commander in the Pacific theater, but the detachment supports senior military leaders throughout the world, as well.

“On flights from our daily missions,

we’ve flown everybody from the chief of staff of the Army on down,” Leech said.

The two pilots have literally been working side-by-side for more than a decade, after both were officially fixed-wing qualified.

“Bruce and I have been following each other around assignments for about the last 13 years,” Leech said, explaining that the duo met in 1995, in Korea, served together in Japan, at Andrews Air Force Base in Maryland, and in Hawaii.

Both attributed their amount of time together mostly to the highly specialized field in which they work.

“The fixed-wing community is a very small community,” Leech said. “Inside of that community is the jet community, which is even smaller. There’s maybe 150 in the Army, and then inside of that are the Gulfstream pilots.”

“There’s only five Gulfstreams in the Army,” Leech added, “and there are only a few places in the world you can fly them.” Both Leech and Blackstone are quick to recognize the many crews they have worked with throughout their careers.

“I’ve trained pilots from different services, and Army pilots are the best,” Leech said. “Anybody that wants to go into aviation needs to give a hard look at the Army. You’ve got a very challenging mission, but what a rewarding mission it’s been.”

“[We] will be losing ... firsthand administrative, tactical and military historical experience,” said Sgt. 1st Class Angelo Villavicencio, USAPAT, Pacific, first sergeant. “Both officers have been my men-

tors, on duty and off duty, during peacetime and in combat, and I will sincerely miss them both.”

Despite all the accomplishments of their careers, both chief warrant officers maintain humble attitudes.

“We don’t think we’re any better than most,” said Leech. “The real heroes are the kids who are slugging it out overseas, and we have so much admiration and so much respect for them.”

Both were thankful for the time they have spent together and support from their spouses, noting that their families had become very close over the years.

“Our families are the best of friends, and we consider their kids like our kids,” said Leech.

Now that they’ve retired, Blackstone will move to New York, and Leech to Texas, but they plan to stay in contact.

They call themselves fortunate, blessed and thankful.

“I can’t imagine now, as I’m getting ready to retire, having done some other career,” said Blackstone. “I’ve had the greatest career serving my country and doing something that I love for the last twenty-three plus years.”

“It’s been so meaningful, so gratifying and rewarding,” he continued. “I just can’t imagine what my life would’ve been like had I not gone this route.”

Caslen: CG takes to the sky at PTA

CONTINUED FROM A-1

coordination of the visit,” Petty said. “We went through detailed planning on the aviation side to make sure we had all the proper procedures in place.”

After being greeted by the 25th CAB commander, known as “Wings of Lightning,” Caslen took the left cockpit seat of a Kiowa helicopter, and he and his co-pilot whisked away into the Big Island’s blue sky.

After several maneuvers, Caslen traded the Kiowa for one of three Black Hawks. Lundy and Piatt took gunnery positions in the other two birds, and the group flew away again.

The aircraft weapons systems proved to be potent as each of the commanders fired M-240B machine guns at targets on the dusty training ranges.

After several aerial displays of firepower, the Black Hawks landed just as neatly and coordi-

nated as they took off, leaving the commanders behind.

“He did extremely well [flying] ... seemed pretty natural with what he was doing,” said Petty. “The comments I received from the crew about his shooting in the Black Hawk [were] that he did extremely well. They qualified him on the aircraft systems as a crew chief.”

Caslen then joined the 3rd IBCT command team and convoyed away from the landing zone.

After viewing convoy training, the commanding general concluded his visit at Bradshaw Army Air Field.

With a final salute, the commanding general’s aviation experience climaxed with the departure of twin Black Hawks. The visit, although not quite perfect, was the result of careful planning and coordination.

“We have to choreograph our maneuvers to support their maneuvers,” said Mansoor.

P-40: WWII-era aircraft pays homage to Welch’s heroism at WAAF

CONTINUED FROM A-1

were not accurate for the flight squadrons stationed at Wheeler Army Air Field, December 7, 1941.

“The paint scheme and tail numbers on [this] aircraft are identical to those of 2nd Lt. George S. Welch,” said Adam Elia, historian for the 25th Infantry Division. Welch was a hero who distinguished himself the day of the infamous attack.

In the chaos, a few pilots were able to take off and engage the Japanese. Welch was one of them.

Having heard low-flying aircraft,

machine-gun fire and loud explosions, Welch, who had returned from a party and was still in his dress uniform, rushed to the air field to engage the enemy.

In what was the first of two attack waves, seven Japanese fighter aircraft and 25 dive bombers descended from the north on Wheeler Army Air Field. Achieving complete surprise, the Japanese destroyed 52 aircraft and rendered about the same number nonmission capable, while also killing or wounding nearly 100 Soldiers.

As the second wave of Japanese

Zeros reached the air field, Welch was preparing to take off. Without orders and in an aircraft that was not fully armed — not the least concerned about being greatly outnumbered — Welch entered the fight.

At day’s end, Welch had four confirmed kills, and was later recognized with the Distinguished Service Cross for his heroic actions that fateful day.

For this, Welch will be remembered through the restored P-40 aircraft that stands in silent vigil at Kawamura Gate on Wheeler Army Air Field.

AAFES security force takes steps to nab shoplifters

Shoplifters are really stealing resources from themselves, their family, friends & the community

Story and Photo by **MOLLY HAYDEN**
Staff Writer

SCHOFIELD BARRACKS – Whether the reason is need or greed, the rate of shoplifting on military installations has increased.

According to a recent news release by the Army and Air Force Exchange Service (AAFES), theft at base exchanges (BX) and post exchanges (PX) rose last year from 7,542 incidents in 2006 to 7,635 in 2007.

In addition, the average cost of products in detected cases went up, AAFES-wide, more than eight percent – from \$119 per incident in 2006 to \$129 in 2007.

Shoplifters focusing on designer purses and perfumes, name-brand electronics and other high-end items created increased costs for the military community as the amount of merchandise involved went up nearly 10 percent, from \$898,851 in 2006 to \$985,244 in 2007.

Theft on Oahu has increased, as well, from 221 shoplifters apprehended in 2006 to 243 in 2007. Schofield Barracks saw an increase of approximately \$4,000 in stolen merchandise from 2006 to 2007.

Islandwide, 69 shoplifters have been apprehended thus far in 2008; approxi-



Shoplifting, re-enacted above, is on the rise on military installations island-wide despite AAFES' attempts to deter theft by installing upgraded surveillance systems; however, the crime comes with serious consequences.

mately \$5,200 in stolen goods was recovered. Out of the 69 shoplifters, 54 were apprehended on Schofield Barracks.

The perpetrator. Shoplifters come in all shapes, sizes, ages and sexes. Also, ethnic background, education and economic status vary.

The artful dodger finds many crafty ways to take merchandise without paying, including stuffing items in bags, pockets and purses, and hiding goods in strollers or switching price tags, resulting in an inventory shortage and revenue shortfall.

“We don’t watch people or stereotype anyone shopping,” said Terry Tupai, area loss prevention manager for Alaska, Guam and Hawaii. “We watch the merchandise and protect the military consumer.”

Many imaginative excuses can be heard from all shoplifters. One of the most common is, “I forgot to pay,” according to Tupai.

Tupai explained many shoplifters have the money to pay but prefer the thrill of getting something for nothing. She shared a story of one Soldier who purchased

more than \$400 worth of electronic goods and then stole the cable needed to hook up the items.

AAFES invests a substantial amount of time, personnel and equipment to detect shoplifting and employee theft, including sophisticated camera systems, electronic article surveillance gates at entrances and exits of the facility, auditing programs, and well-trained loss prevention personnel.

Community outreach has proven a positive tool in deterring theft by providing education on shoplifting at elementary schools on military installations.

“We want to reach consumers when they are young and teach them what can and will happen if you shoplift,” said Tupai. “We want to make an impression, which in the long run will save everyone time and money.”

The process. When the suspect departs the store without rendering proper payment for merchandise, he or she is immediately detained by loss prevention personnel and escorted to the security office. Once there, a military police (MP) officer is notified and arrives at the store.

According to Miles Sharrock, deputy provost marshal, Schofield Barracks, the MP and MP investigators review and collect the evidence documented by loss prevention personnel. When probable cause exists to believe the suspect has committed a crime, the suspect will be apprehended and transported to the MP station.

Upon arrival, suspects are advised of their legal rights and afforded the oppor-

tunity to render a written sworn statement if they so choose.

Suspects are then photographed, fingerprinted and further processed in preparation for their release.

It is mandatory for all military suspects apprehended by an MP to be released to a senior member of his or her chain of command. For family member suspects, it is mandatory to be released to the sponsor or sponsor’s unit representative.

An MP report is initiated and all documentation is forwarded to the adjudicating authority. Soldiers and personnel subject to the Uniform Code of Military Justice (UCMJ) are charged with “Larceny of AAFES Property” (Article 121, UCMJ). This report is then forwarded to the unit commander for appropriate action.

Civilians and personnel not subject to the UCMJ are charged with shoplifting under statutes of the U.S. Code. For adults, these reports are forwarded to the U.S. Magistrate for adjudication. Family members under the age of 18 are referred to the U.S. Army Garrison-Oahu’s Community Compliance Office for arbitration.

When juveniles not affiliated with the Department of Defense are caught shoplifting, the Honolulu Police Department is notified and have jurisdiction to pursue criminal charges under local and state laws.

Punishments and administrative actions range from community service and debarment from Army installations, to fines

SEE SECURITY, A-8

Screen Shot | Army News Service

On the Army's Battlemind Web site, "Sgt. Drew" narrates a video to help children deal with deployment separation stress. The site contains resources that assist Soldiers and family members cope with the stresses of a deployment.

Battlemind: Health taken seriously

CONTINUED FROM A-1

problems is one of the major hurdles the Army must overcome. By providing more training on mental health to Soldiers, the Army hopes to mitigate the stigma and identify personnel that may need assistance.

"The goal isn't to create a bunch of shrinks, but we want to empower squad leaders and bud-



On the Web Visit
www.battlemind.army.mil

dies to say, 'Hey, are you alright?'" Yosick said.

With the recent increase of suicides — a total of 115 in fiscal 2007 — Army medical officials

are taking the mental health of Soldiers very seriously. An atmosphere of excitement is among the Army's leadership, due to the hope of continued success with Battlemind training, said Sgt. Maj. of the Army Kenneth O. Preston

"Battlemind training helps Soldiers adjust their emotions and understand their inner feelings" Preston said.

Security: Stealing impacts community

CONTINUED FROM A-7

and, in some instances, confinement in federal institutions.

In addition, AAFES has the right to assess an administrative processing fee, which is collected from the suspect or his or her sponsor.

The effects. Shoplifting can negatively impact a person's career, security clearance, family and finances. A \$1 candy bar may end up costing several hundred dollars in administrative fees, court costs and fines imposed by the adjudicating authorities, according to Sharrock.

Additionally, the suspect, if found guilty, will have a permanent criminal record that can negatively affect future employment or career progression.

"The title 'shoplifting' is sometimes associated with a lesser or petty offense," said Sharrock. "Shoplifting is the crime of theft and will be dealt

with accordingly."

As with any crime, the funding for preventive measures eventually impacts the community — the overall cost of a single shoplifter, the required resources from the loss prevention officer monitoring the activity, the MP responding and processing a case, the money spent adjudicating a case, and the logistical support required for each of these steps.

If shoplifting wasn't a problem, the money used to fund prevention and deterrence could be used to improve an AAFES facility, lower prices, or go back into the community.

"People think they can't live without certain things, so they shoplift, but eventually they do get caught," said Tupai. "In the end, it just isn't worth it."

AAFES does not increase prices to compensate for shoplifting losses. When people shoplift from an AAFES facility, they are essentially stealing from themselves.

News Briefs

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

9 / Monday

Fire Warden Training — Army regulation mandates every unit to have an assigned fire warden. Unit fire wardens are responsible for all fire safety related topics specific to their unit.

Fire warden training will be held for north side unit representatives at the Sgt. Yano Library Conference Room, Building 650, Schofield Barracks, and at the Federal Fire Department Headquarters, 650 Center Drive, Building 284, Pearl Harbor, for south side unit representatives.

Upcoming northside training dates are June 9 and July 11. Classes will be held from 9:30-11:30

a.m., and seating is limited to 20 participants.

Upcoming southside training dates are June 9 and July 11. Classes will be held from 10 a.m.-noon and are limited to 20 participants.

To reserve your seat, contact Battalion Chief David Jimenez at david.d.jimenez@navy.mil or 471-3303, ext. 632.

10 / Tuesday

25th Infantry Division Flying V — Col. Jeffrey Eckstein, chief of staff, 25th ID, will relinquish command to Col. Thomas Guthrie at Schofield's Sills Field, June 10, 1 p.m., in a Flying V ceremony.

RIMPAC Exercise — Rim of Pacific Exercises 2008 will occur June 10-July 29. There are an expected 34 ships, 150 aircraft and 15,000 personnel participating.

Be aware there will be more air activity and military movement throughout the island during the

exercise. The military will do its best to mitigate the aircraft noise during this time.

14 / Saturday

Army Ball — You're invited to attend the USARPAC Army Ball at the Hilton Hawaiian Village commemorating the Army's 233rd birthday, June 14, 6 p.m.

During the ball, the USARPAC Noncommissioned Officer, Soldier and Community Leader of the Year will be honored.

Attire is formal; cost is \$80 per person. Call 438-9761 for more information.

17 / Tuesday

Signal Corps Regimental Association — The Hawaii Chapter of the Signal Corps Regimental Association will host a luncheon June 17, 11:30 a.m.-1 p.m., at the Nehelani, Schofield Barracks. Call 438-4221 or e-mail jan.norris@shafter.army.mil.

PAU HANA

Divers use a rope to guide them down 40 feet into the depths of the ocean during a scuba excursion. With proper gear and training many members of the military ohana are exploring the sea and experiencing the sport of scuba diving.

Molly Hayden | Pacific Media Publishing

Dive into scuba

MOLLY HAYDEN
Staff Writer

SCHOFIELD BARRACKS – Due to the geographical isolation of the island, life aquatic on Oahu is worth diving for.

Since Jacques Cousteau's invention of the aqualung, more commonly referred to as scuba (self-contained underwater breathing apparatus), explorers have sought out many adventures to discover the beauty of life under the sea.

Visitors far and near travel to Hawaii for the chance to swim among sharks and turtles, view amazing reef, and experience the unique aqua life of the Pacific Ocean.

Since opening its doors in the Outdoor Recreation building on Schofield Barracks in November 2007, Ocean Concepts, a Directorate of Family and Morale, Welfare, and Recreation (DFMWR) contracted scuba operator, has provided scuba opportunities to the military ohana.

Led by Bob Yee, manager of Ocean Concepts, Schofield Barracks, a small group met at Richardson Pool here, in May, for the free monthly Discover Scuba program. Yee began with a short briefing on the basics of scuba diving and explained in detail the equipment he uses.

As children splashed around and swimmers emerged from

For more information on Discover Scuba and other scuba programs, call Ocean Concepts at 853-4673 (Schofield Barracks), or visit www.oceanconcepts.com.

the water to catch a breath between laps, a handful of participants checked air tanks, dressed themselves in goggles, snorkel masks and fins. They added weights to their suits and slowly sank to the bottom of the pool.

The Discover Scuba program is designed to allow military personnel and family members to "test the waters" of scuba diving in a controlled environment.

"This gives people a chance to find out if scuba diving is for them," said Yee. "It dispels any misconceptions people may have about diving by allowing them to try it here first."

While underwater, Yee communicated with the group using hand signals he had discussed in the briefing. Divers practiced clearing their masks and breathing through regulators, a life support device designed to give the diver air on demand.

"I've been living on the island for almost two years, and I'm finally making time for this," said Maj. Steve Kananaugh, 8th Theater Sustainment Command. "There are so many opportunities for exploring on this island; I want to take those opportunities."

Kananaugh has set out to become a certified diver by learning the fundamentals and gaining confidence in using scuba equipment.

On the other side of the Waianae Mountains, a week prior, a group of divers who were preparing to complete the course and gain certification piled onto a 38-foot delta custom dive boat at the Pihilaau Army Recreation Center in Waianae.

Staff Sgt. Andrew Cornwallis, Headquarters and Headquarters Company, 25th Combat Aviation Brigade, listened attentively as master scuba diver trainer Caz Nowakowski went over last-minute instructions.

"I feel a lot more comfortable in the water now," said Cornwallis. "As Soldiers, we learn how to remain calm in stressful or intimidating situations. That skill has helped in learning how to scuba."

The boat traveled approximately one mile off shore. One by one divers jumped into the water and maneuvered their way along a rope 40 feet into the depths of the ocean for their fourth and final open-water dive.

Sea turtles curiously swam by the divers as they delved into marine life and practiced techniques they had learned with the help of the diving instructors to obtain certification.

Shana Plant and her husband Pfc. Cory Plant, 2nd Battalion, 11th Field Artillery Regiment, became certified prior to his deploying to Iraq.

"This was a way for both of us to explore the island and the water surrounding it," said Shana. "And now it's a great way to pass the time and relieve some of the stress of him being gone."

Hawaii's weather and minimal seasonal changes provide island residents with a year-round opportunity to participate in a plethora of underwater adventures and explore the depths of the sea with scuba diving. "We believe diving is transformational and our sport enables divers to experience the exhilaration of observing marine wildlife-free swimming in its natural habitat," said Jim Byrem, owner of Ocean Concepts, adding we are "delighted to be part of the fabric of Schofield Barracks and U.S. Army Hawaii."

Ocean Concepts also offers special recognition programs for Soldiers and Noncommissioned Officers of the Quarter. To recognize superior performance, Ocean Concepts awards an Open Water

Diver Course at no charge. The program is administered through the chain of command directly to Ocean Concepts.



Bob Yee, manager of Ocean Concepts on Schofield Barracks (right) explains the function of a regulator to Maj. Steve Kananaugh, 8TH TSC, during the Discover Scuba Program at Richardson Pool, Saturday. Potential divers practiced skills and learned the basics of scuba diving during the free course.

Molly Hayden | Pacific Media Publishing



Rich Robinson practices scuba diving at Richardson Pool, Saturday. The Discover Scuba program is a way for members of the military ohana to try the art of scuba diving prior to enrolling in a scuba course.

Molly Hayden | Pacific Media Publishing



Courtesy Photo | Ocean Concepts

Master scuba diver trainer Patrick Price, Ocean Concepts, communicates with a group of divers using hand signals 40 feet underwater. Scuba diving offers Soldiers and family members a chance to observe marine wildlife in its natural habitat.

Ocean Concepts offers many programs to suit the busy schedule of the military ohana, including the opportunity to review and study material at one's own pace prior to diving. Participants read the manual, complete the exercises and knowledge reviews within the manual, watch DVDs, and mail the course materials ahead of time.

Another option includes a weekly one-week group Open Water Diver Course that features a set schedule. The course takes place Mondays, Tuesdays, Wednesdays and Fridays, from 6-9:30 p.m., Saturdays from 8 a.m.-3 p.m., and Sundays from 11:30 a.m.-6 p.m. at Schofield Barracks Ocean Concepts, Building 556, as well as at the Pihilaau Army Recreation Center in Waianae.

Throughout the course, potential divers learn fundamentals of scuba diving, including dive equipment and techniques. To become certified, divers must complete five pool dives and knowledge development sessions, as well as four open water dives.



6/Today

Fourth of July Picnic Area Reservations – Picnic area reservations are available now for purchase by Family and Morale, Welfare and Recreation (MWR)-eligible patrons.

The 20-foot x 25-foot reserved areas are the only place inside the Fourth of July Spectacular event where canopies, barbecues and other picnic gear will be allowed. Non-MWR-eligible patrons can begin making reservations June 16. Each area costs \$60, and cash and checks will be accepted. Call 655-0111/0112.

Friday Night Scrappers – Schofield Barracks Arts and Crafts is holding a new program every Friday night for scrapbooking fun and festivities. The sessions run 6-10 p.m.

The cost is \$10, which includes snacks, prizes and demos. Supplies are available for an extra fee.

Join the Arts and Crafts Center for fun projects, refreshments and prizes. Call 655-4202.

11/Wednesday

Scrapbooking Open Studio – Have a ton of photos you'd like to scrapbook and just can't seem to find the time? Carve out a couple of hours, so you and your friends can enjoy a special program designed just for you, June 11, 10 a.m.-12 noon, Schofield Barracks' Arts & Crafts Center.

A nominal \$3 table fee will be charged, but die cutters and tools are included. Call 655-4202.

12/Thursday

Active Parenting Class – Army Community Service's (ACS) New Parent Support Program will hold a one-day parenting class for parents of children ages 1-4 years old.

The class will teach parenting skills to enrich the parenting experience, teaching parents how to recognize developmental milestones and respond to difficult behavior.

The class will be held June 12, 9-11 a.m., at the Aliamanu Military Reservation (AMR) Chapel and June 16, 9-11 a.m., at ACS, Building 2091 at Schofield Barracks. Call 655-4227.

17/Tuesday

Summer Reading Programs – Reading is "dino-mite" with the summer reading program scheduled to start June 17 and run until July 17. Read at least one book per week, record it in your log and get a prize.

This program is open to children ages 3-



Staff Sgt. Crista Yazzie | U.S. Army, Pacific, Public Affairs

'Vroom, vroom'

HONOLULU — "Safety first," said Capt. Christopher Dickinson, company commander for the 311th Theater Signal Command, as he handed a hard-hat and safety goggles to Kelly Sur, athletic director for Radford High School, during an official presentation of a riding lawnmower for the school's athletic fields.

12. Weekly story times are available at all libraries and other events.

The reading program for teenagers, Stuck on Reading, is for middle and high school students, ages 12 and up. It runs the same time as the youth program, and the grand prize for the teenager program is an iPod Shuffle.

Pick up a summer reading program packet beginning June 9. Registration is required. Visit your local Army library for scheduled events or to pick up a reading program packet.

20/Friday

Fourth of July Essay Contest – Submit an entry in the Fourth of July Spectacular Patriotic Essay Contest by June 20. Prizes include meet and greet passes to meet Billy Ray Cyrus, July 4.

For first-sixth graders, the essay question is "What does the fourth of July mean to me?" and for seventh-twelfth graders and adults, the essay question is "What does Army Strong mean to me as a Soldier or family member?"

Soldiers and their family members are eligible to participate and essays should be dropped off at Army libraries by close of business, June 20.

Visit your local Army library or www.mwrrarmyhawaii.com to obtain an entry form.

July

1/Tuesday

Recreation Storage – Beginning July 1, a new Recreation Vehicle (RV) and boat storage area will be available for use at Fort Shafter's Auto Skills. Boats, jet skis and other RVs can be stored for \$30 a month. Call 438-9402.

Ongoing

Summer Camp Registration – Register now for youth summer camps at local youth and teen centers. Most camps begin June 9 and run for up to six or seven weeks.

•School Age Day Camp: June 9-July 25, at AMR, Fort Shafter, Schofield Barracks and Helemano Military Reservation (HMR) Child Youth Centers (CYS), Monday-Friday, 5:30 a.m.-6 p.m.

Children must have completed kindergarten through fifth grade to participate. Fees are paid on a weekly basis and determined by Department of Defense total family income categories. Fees include breakfast, lunch, snacks, entry fees and transportation on field trips and program supplies and staff costs.

Parents may enroll their children in one

or more weekly camp sessions. Current CYS patrons can register at their nearest youth center. New CYS patrons can register at Schofield Barracks or AMR CYS Registration Offices. Call 655-5314 (Schofield Barracks) or 833-5393 (AMR).

•Teen Center Camp: June 9-July 18, at AMR and Schofield Barracks teen centers, Monday-Friday, 10 a.m.-6 p.m.

Youth must have completed sixth grade through twelfth grade to participate. Cost is \$30 per week per youth and includes all entry fees and transportation on field trips. Participants need to bring their own sack lunch and money for snacks.

Camps focus on water sports, adventure activities, sports, cultural awareness, leadership and character building. Register at Schofield Barracks or AMR CYS Registration Offices. Youth from HMR and Fort Shafter are welcome to participate in camp.

Flat Stanley Project – Pick up your "Flat Stanley," a flattened paper cutout of the title character from Jeff Brown's Flat Stanley books, at any Army library. Take him on an adventure and bring him back to the library by Aug. 11.

Be creative, dress him up and take a photo of his travels. Prizes will be awarded for the furthest traveled and other creative entries. Grand prize for most creative

SEE MWR BRIEFS, B-4

Fourth of July celebrations.

All 48 locations of American Savings Bank will accept donations and games. Prizes and a live radio remote will be featured at the Pearlridge Shopping Center, Uptown, location, June 7, 10 a.m.-2 p.m. Call 348-2603.

9/Monday

Casino Night Volunteers – Better Opportunities for Single Soldiers (BOSS) is looking for 10 volunteers to help out with the Muscular Dystrophy Association (MDA) Summer Camp Casino Night, scheduled for June 9, 5-9 p.m. at the H.R. Erdman YMCA, Waialua.

Volunteers are needed to help set up and work as casino workers for more than 100 children living with neuromuscular diseases.

BOSS is also accepting donations on MDA's behalf for various summer camp programs.

Items needed include snacks, arts and crafts supplies, medical supplies, gift certificates, toys and prizes.

All donations need to be dropped off by June 1 at the BOSS office, the Tropics, Building 589, Schofield Barracks. Call Pfc. Daniel Stott at 655-1130.

Vacation Bible School – Registration is now open for this summer's Vacation Bible School (VBS), entitled "Power Lab - Discovering Jesus' Miraculous Power."

The Schofield Barracks program will run June 9-13, 9 a.m.-noon, at the Main Chapel, Building 790. The Aliamanu Military Reservation (AMR) program will run July 14-18, 9 a.m.-noon, at the AMR Chapel, Building 1790.

VBS is an interactive, religious education program for children in fourth-sixth grades. The program features Bible stories, drama, crafts, songs and recreation.

Volunteer positions are still available for parents and college or high school students. Call 655-6645/4461 (Schofield Barracks) or 839-4319 or 833-8175 (AMR).

12/Thursday

Ke Kani O Ke Kai Summer Concert Series – The Waikiki Aquarium will continue its annual oceanside concert featuring some of the island's top performers. The

series will highlight singer-songwriters and feature live entertainment on the lawn, food by various restaurant partners and fun for the entire family.

Concert dates (and artists) are June 12, Kauhahi; June 26, HAPA; July 10, Jerry Santos and Jay Larrin; July 24, Eddie Kamae; and Aug. 7, Willie K.

Doors open at 5:30 p.m.; concerts begin at 7. Aquarium galleries and exhibits will remain open throughout the evening.

Each concert is \$25 for adults, \$10 for juniors (ages 7-12) and free for children ages 6 and younger. Admission for Friends of Waikiki Aquarium (FOWA) members is \$18 for adults and \$7 for children. Food will be sold separately.

Due to space limitations, only the first 500 reservations will be accepted. Call 440-9015 or visit www.waquarium.org.

13/Friday

Summer Performers' Camp – The deadline to register for Sunshine Generation's weeklong summer camp is June 13. The singing, dancing and showmanship summer camp is for boys and girl ages 3-16 and is held June 23-28.

Camp participants will perform July 3 and 4 at the Rainbow School, Mililani, and at the Hokuani Community Center, West Honolulu.

Cost is \$70 per child. Call 489-1998 or visit www.sunshinehawaii.net.

Successful Interviewing Skills Workshop – A key component to any job search is the ability to sell one's self to a potential employer. This workshop will prepare attendees for the interview process. Workshops will be held June 13, 9-10:30 a.m., at Army Community Service (ACS), Schofield Barracks, and June 19, 10-11:30 a.m., at the Outreach Center, Fort Shafter. Call ACS at 655-4227 (Schofield Barracks) or 438-9285 (Fort Shafter). Register online at www.acsclasses.com.

DEFY Summer Camp – The deadline to apply for the U.S. Pacific Command's Drug Education for Youth (DEFY) program is June 13. DEFY is open to 9-12 year old military and Department of Defense family members, July 8-18.

This weeklong summer camp takes place at Hickam Air Force Base's Air National Guard office, Building 3417. Cost is free and includes lunch, snacks, a backpack, T-shirt, hat and water bottle, for all participants.

Call 477-9327/9599 or visit the Web site, www.donhq.navy.mil/defy, for an application.

14/Saturday

University of Oklahoma Registration – The University of Oklahoma (OU) is now accepting applications and registration for the summer term. OU offers a non-thesis master's degree in managerial economics on Hickam Air Force Base, which can be completed in 18 months.

June 14 is the enrollment deadline. Call 449-6364, e-mail aphickam@ou.edu or visit www.goOU.ou.edu.

U.S. Army Band Performances – The U.S. Army Strolling Strings will perform free concerts at three public libraries: Hawaii Public Radio's Atherton Performing Arts Studio, Tripler Army Medical Center, and the USS Missouri Memorial, June 14-18.

The traveling ensemble will perform songs from their repertoire including Bluegrass, Broadway, classical and patriotic music.

•June 14: Kapolei Library, 10:30 a.m. Call 693-7050.

•June 15: Hawaii Public Radio Atherton Performing Arts Studio, Honolulu, 4 p.m. Call 955-8821 for reservations.

•June 16: USS Missouri Memorial Museum, Ford Island, 11 a.m. Call 455-1600. The performance is free, but admission to the museum is required.

•June 17: Aina Haina Public Library, Honolulu, 1 p.m. Call 371-2456.

Kaimuki Library, Honolulu, 5 p.m. Call 733-8422.

•June 18: Tripler Army Medical Center's front lobby, 9 a.m. Call 433-2809/5785.

Also on June 18, a broadcast of the June 15 concert on Gene Schiller's show, "Live from the Atherton," will air on KHPR 88.1 FM, 3 p.m. Call 955-8821.

SEE COMMUNITY CALENDAR, B-5

Worship Services

Aliamanu (AMR) Chapel 836-4599

- Catholic Sunday, 8:30 a.m. – Mass Sunday, 9:45 a.m. – Religious Edu.
- Gospel Sunday, 11 a.m. – Sunday School (Sept.-June only) Sunday, 12:30 p.m. – Worship service
- Protestant Sundays, 9:45 a.m. – Worship Service Sunday, 11 a.m. – Sunday School (Sept. – June only)

Fort DeRussy Chapel 836-4599

- Catholic Saturday, 5 p.m. – Mass in Chapel (May-Aug.) Saturday, 6 p.m. – Mass on Beach
- Protestant Sunday, 9 a.m. – Worship Service

Fort Shafter Chapel 836-4599

- Contemporary Protestant Sunday, 9 a.m. – "The Wave" Worship

Helemano (HMR) Chapel 653-0703

- Contemporary Protestant Sunday, 9 a.m. – Bible Study Sunday, 10 a.m. – Worship Service & Children's Church

Main Post Chapel 655-9307

- Catholic Sunday, 9 a.m. – CCD & RCIA Sunday, 10:30 a.m. – Mass
- Collective Protestant Sunday, 9 a.m. – Worship Sunday, 10:30 a.m. – Sunday School Sunday, noon – Worship Service

MPC Annex, Building 791

- Chalice Circle Sunday, 9 p.m. – Bible Study Friday, 1 p.m.
- Buddhist 4th Sunday, 1 p.m.

Soldiers Chapel

- Catholic Friday-Saturday, noon – Adoration
- Liturgical Sunday, 10:30 a.m. – Worship

Tripler AMC Chapel 433-5727

- Catholic Sunday, 11 a.m. – Mass Monday-Friday, 12 p.m. – Mass Saturday, 5 p.m. – Mass
- Protestant Sunday, 9 a.m. – Worship Service

Wheeler Chapel 656-4481

- Catholic Saturday, 5 p.m. – Mass
- Collective Protestant Sunday, 9 a.m. – Worship Sunday, 9 p.m. – Sunday School

Community Calendar

Send announcements to community@hawaiiarmyweekly.com.

6/Today

Employment Orientation – Prepare for the job you want. Attend an Army Community Service (ACS) Employment Orientation and get employment information on federal, state, private sector and staffing agencies.

Reference materials, job listings, computers, Web tour and more will be available for use.

Orientations will be held at Schofield Barracks, ACS, June 6, 20 and 27, 9-10:30 a.m. Child care vouchers are available if children are registered and space is reserved by a parent.

Call ACS at 655-4227 or register online at www.acsclasses.com.

Child Care "Amnesty" Month – The Schofield Barracks and Aliamanu Military Reservation (AMR) Child Care Offices will offer an "amnesty" month during the entire month of June.

Families who are currently providing unauthorized care in military leased housing can register and take the training to become certified to legally provide care for military families.

Call the Child Care Office at 655-8373 (Schofield Barracks) or 837-0236 (AMR).

7/Saturday

Operation Homefront Donation Drive – American Savings Bank will hold its monthly "First Saturday" community program, June 7, at each of its locations to collect local-style snacks for Hawaii-based troops serving overseas.

Hawaiian coffee, macadamia nuts, local cookies, dried fruits, seafood and crack seed are requested. All proceeds benefit troops from Hawaii and their families.

Donations will be distributed to troops deployed throughout the world during

This Week at the MOVIES Sgt. Smith Theater



Forgetting Sarah Marshall

(R) Friday, 7 p.m. Wednesday, 7 p.m.

Nim's Island

(PG) Saturday, 4 p.m. Wednesday, 4 p.m.



88 Minutes

(R) Saturday, 7 p.m.

The Forbidden Kingdom

(PG-13) Sunday, 2 p.m. Thursday, 7 p.m.

No shows on Mondays or Tuesdays.

AHFH neighborhoods take shape around the island

New construction makes AHFH communities shine

ANN WHARTON
Army Hawaii Family Housing

SCHOFIELD BARRACKS – Just three years into a 10-year new-home construction plan, the Army Hawaii Family Housing (AHFH) community is already taking significant shape. “Building more than 5,000 new homes and renovating 2,500 homes over a ten-year period is a very ambitious plan,” said Claire Ridding-Johnston, project director, AHFH. “But, the partnership between Actus Lend Lease and the Army makes this type of aggressive development possible.”

At Schofield, the Kalakaua community was completed earlier this year, and last month the Porter community welcomed delivery of the last of its new homes. More than 1,000 families are residing in these new communities.

this month, and construction at the Bougainville and Plumeria neighborhoods is underway. More than 650 families will reside in the three neighborhoods upon completion.

Early fall will see the demolition of Aliamanu’s Makai View and Skyview neighborhoods. The building of 103 homes at Fort Shafter’s Radar Hill has started and groundbreaking of the Simpson Wissner neighborhood is scheduled for June 17 and will offer 77 new homes to the installation.

“Another exciting milestone we look forward to is the first new homes for Coast Guard families located at Red Hill, which will take place in late summer,” said Ridding-Johnston. “These homes have the same energy-efficient design and technologies found on all our homes, including photovoltaic and solar systems.”

“Other planned amenities that will add to our families’ community experience include a basketball court, tot lot and renovated community center,” Ridding-Johnston added.

AHFH expects to have nearly 2,000 new homes completed by year’s end.



Mark Brown | Army Hawaii Family Housing

Climbing, sliding and hanging from monkey bars provide AHFH children hours of outdoor fun, while shaded gazebos offer neighbors a place to socialize. Tot lots, new community centers and green open spaces are all part of the AHFH residential development plan.

June SIM addresses babysitting, safety

Story and Photo by **MOLLY HAYDEN**
Staff Writer

SCHOFIELD BARRACKS – More than 50 members of the military community, including senior spouses, family readiness group (FRG) leaders, military personnel and subject matter experts (SMEs), gathered in the Post Conference Room here, Monday, for the Spouse Information Meeting (SIM) and discussed community topics.

Maj. Gen. Robert L. Caslen Jr., new commanding general of the 25th Infantry Division, greeted the crowd and stressed the importance of the SIM. Caslen explained he and his wife, Michele, were no strangers to meetings of this nature. “The best organizations are those that communicate,” said Caslen. “We communicate and you get that information to families and spouses. ...This system seems to work,” he added.

conversations. Linda Keller, deputy commander, USAG-HI Oahu, facilitated the meeting. She briefed the crowd on hurricane safety.

Keller said that hurricane season runs from May to November, and she urged family members to locate their assigned emergency shelter, beforehand, as a preventative measure in case of an emergency situation.

“Our responsibility to you is to have a support group ready,” said Keller. “The information is here for you to be prepared.”

Keller then introduced each SME. Randy Hart, director of Kilauea Military Camp (KMC), on the island of Hawaii, played a short video highlighting the benefits of the camp.

Col. Matthew T. Margotta, USAG-HI commander, also spoke on behalf of the camp and encouraged spouses to use places geared toward military families.

Located within the confines of Hawaii Volcanoes National Park, KMC offers full-service amenities, recreation, tour packages and more. Visitors can witness current volcanic activity from the camp.

Les Akeo, manager of the Herbert K. Pililaau Army Recreation Center, spoke briefly of the amenities the



A plethora of informative handouts lined the laps of senior spouses and military personnel gathered in the Post Conference Room, Schofield Barracks, Monday, for the Spouse Information Meeting. Numerous community topics were discussed.

Waianae center offers, including cabins, camping and reservations for various military functions.

Lt. Col. Thomas Denzler, Directorate of Emergency Services (DES), addressed concerns about safety on military installations. He explained that increased law enforcement requirements, coupled with declining Department of the Army Police personnel strength, has caused DES to creatively develop solutions to mitigate shortage of personnel and continue to provide a safe and secure environment for USAG-HI Soldiers, civilians and family members.

Denzler assured the crowd that safety remains a high priority.

Margotta discussed the garrison babysitting policy. He said recent feedback from a variety of sources has required some policy changes.

Although a new policy has yet to be written, Margotta stipulated that the age to babysit a sibling will drop from 14 to 12. For non-siblings, the age will drop to 13.

All adolescents who babysit are required to take the mandatory Red Cross Safety Course.

As the SIM adjourned, spouses and family members raised additional questions and concerns individually to SMEs.

Keller announced there will not be a SIM meeting in July. The next SIM is Aug. 4.

Advisory Council hears post patrons’ concerns

Story and Photo by **MOLLY HAYDEN**
Staff Writer

SCHOFIELD BARRACKS – A crowd of command representatives, military and family members gathered at the Post Conference Room here, Monday, to discuss concerns and announcements regarding the post exchange (PX), commissary and Nehelani at the bimonthly Advisory Council Meeting.

The forum allowed representatives from the organizations to provide information to patrons and gave customers the opportunity to share their ideas with the representative of the facilities.

Cathy Ballie, Oahu North community director, U.S. Army Garrison-Oahu, spoke about safety issues concerning traffic between the two major PX parking lots. She said a work order was submitted in December 2007 to the Directorate of Public Works (DPW), to paint stop bars with the word “STOP” on the ground at predetermined parking lot areas.

A stop sign will be installed in

the vicinity of First Hawaiian Bank, too, she said. That start date has not been set.

Susan Sturgeon-Campbell, store director, Schofield Commissary, announced the store will be closed July 4 to accommodate the fireworks display taking place in the parking lot.

Prior to the Fourth of July closing, the commissary will host a three-day Farmers’ Market and “Fill your Freezer Meat Sale,” July 1–3, both of which should provide great deals and local produce for military families for the July 4 celebration.

Sturgeon-Campbell passed the torch to Sharon Zambo-Fan, marketing representative for Diamond Head Seafood, to address concerns about the availability of snow crab legs and the cost increase of this item at the commissary.

Zambo-Fan explained, due to supply and demand, costs may increase but will be comparable or lower to other facilities off the installation.

SEE COUNCIL, B-6

New site aids keiki & parents

TAMSIN KEONE

School Liaison Office, U.S. Army Garrison, Hawaii

Student Online Achievement Resources, also known as SOAR, is a free Web site providing students in grades 3-12 and their parents with numerous resources.

The site helps identify academic strengths and weaknesses in math and reading; instructs students in math and reading through interactive tutorials; and involves parents by providing educational resources written specifically for them.

The student component of the Internet-based application includes assessments aligned with state standards. The tutorial lessons help students review the skills that they have not mastered.

The parent component includes resources for at-home learning activities, a message board, access to children's accounts, and links to other educational resources and Web sites.

SOAR site is sponsored by the Military Impacted Schools Association (MISA) through a partnership with the University of Northern Iowa, the Princeton Review, and Skills Tutor. The site was specifically designed to help children improve in their academic performance and ease the transition of moving from one military installation to another.

Families, military or civilian, that are interested in taking advantage of SOAR and its ability to enhance their child's education should visit www.soarathome.org.



Keone

Shafter teachers share century of experience

SGT. 1ST CLASS JASON SHEPHERD
U.S. Army, Pacific, Public Affairs

FORT SHAFTER — Claudia Yano remembers the "old days," a time when her school had no computers and students had to find books in the library by the Dewey Decimal System, instead of using a search engine.

Yano has been teaching first grade at Major General William R. Shafter Elementary School for more than 20 years.

Now, Yano joins Kay Brewbaker, Edean Loo and Elanor Kakazu in retirement after a combined 95 years at Shafter Elementary School.

Brewbaker, a special education teacher, started teaching at Fort Shafter in 1987 because her husband was stationed there. She said working as a teacher has been a rewarding experience and remembered one special moment in particular.

"I've had autistic children in the past," she said. "We had one little boy who came in, he was a first grader, and we couldn't get him to talk and he wouldn't do any work. But by the end of second grade, he was talking and doing his work and doing very well."

Loo has been a health aid professional for more than 30 years, 20 of those at Shafter Elementary. She said that helping children is something she will never forget.

"I have a lot of fond memories of interacting with kids," she said. "We used to have kids who would come to the health room who weren't really sick. I had one boy who would come to the health room all the time.

"After five years, he was ready to leave



Spc. Corey Idleburg

An apple a day. (From left to right) Together, Claudia Yano, Elanor Kakazu and Edean Loo have nearly a century of experience as teachers at Shafter Elementary School.

the island. He came to me and told me he wasn't really sick," Loo continued. "I knew he just wanted someone to talk to."

"I still have contacts from my first classes," Yano added. "They invite me out to dinner and send me pictures. It's a wonderful feeling. Some students will send me a picture and ask, 'Do you remember me?' and I'll say, 'believe or not, I even remember where you sat.'"

Kakazu, who has taught all grades at the elementary school level, has been teaching for more than 37 years.

"You really have to have a positive attitude to teach," she said. "You have to be patient and stick to it. By being positive and encouraging, you can have a great relationship with the kids."

Shafter Elementary is a small school, with approximately 200 students. Because of its class size, students and teachers are able to work closer together and build a better bond. Also, being on a military base made teaching a little easier.

"I want to thank the military for being so supportive to us over all these years," Yano said. "We enjoyed the wonderful security from the military police and all the partnerships of the [Soldiers] coming on base and helping us with the different projects. They help us with painting and field days.

"The military has always made it safe for me to be here," she added. "It's going to be very difficult to leave."

MWR Briefs

From B-2

photo is a digital camera.

Visit your local Army library for more information.

Fort Shafter Thrift Shop — Browse the Thrift Shop for all your décor. Normal business hours are Tuesday and Friday, 9 a.m.-1 p.m., and consignment hours are 9-10:30 a.m.

Donations and volunteers are always welcome as the Thrift Shop is the main fundraising venue for the Fort Shafter Hui O

Wahine Spouses club.

All profits are donated to charities and scholarships in the military and local community.

Call 842-1074 or visit Building 342, Pierce St.

Auto Services — Get your oil changed, transmission services performed, tires rotated and other auto services performed at the Auto Skills Centers while you're at work. Call 438-9402 (Fort Shafter) or 655-9368 (Schofield Barracks).

All-American Girls — Visit Army FMWR libraries in May and June to learn how you can win a "Kit Kittredge, an American Girl"

prize, as well as an all-expense-paid shopping spree to an American Girl store.

You can log on to www.ArmyMWR.com for details and enter to win. One entry will be provided to children ages 6-16 each time they visit the library and check a book out. Call 655-8002.

HMR Teen Lounge — The Helmano Military Reservation (HMR) Teen Lounge, located inside the HMR Youth Center, is now open Monday-Friday, 2-6 p.m. If you are in grades 6-12, the Teen Lounge is the place to go after school.

The lounge offers daily activities, including tournaments, sports, video games, crafts, games and volunteer opportunities. A nutritious snack is offered each day.

The program is free except for the annual CYS registration fee of \$18. Call 655-0451 or 653-0717.

Preschool Story Times — Family and Morale, Welfare and Recreation (FMWR) libraries hold Story Time at 10 a.m., Tuesdays, at Fort Shafter (438-9521); Wednesdays at the Sgt. Yano Library, Schofield Barracks (655-8002); and Thursdays at AMR Library (833-4851).

All teachers agreed that working at a school designed for military children has brought its own set of challenges and rewards.

"Comparing to the Hawaii kids, military kids are very vocal, and that was a challenge for me and I really liked it," Yano said. "Because they travel so much, they can speak of experiences of going to different countries.

"Not only are they vocal," Yano continued, "they share this empathy with other kids who have single parents, or they're deployed and they need a lot of tender, loving care. That's part of teaching."

Now that retirement is close at hand, the four plan to do some traveling and spend time with grandchildren. Though Kakazu is hanging up her chalk, she still plans to do some substitute teaching. Yano is looking forward to something else.

"Sleeping in," she said. "I've been getting up at 4:30 a.m. every day, and I'm ready to sleep in a little. I'm also going to get into an active exercise program and get in shape. I want to do some volunteer work and help the school out and fulfill my dream to work with geriatric patients."

As nearly a century of teaching experience leaves the ranks at Shafter Elementary, Yano offered some advice to those teachers trying to make public education a career.

"You have to enjoy children and be a good kid watcher," she said. "Observe their actions and feelings. Kids nowadays can be hyperactive, so be patient and have a calming effect on the children."

Mongolian Barbecue — Select your favorites from a large variety of meats and vegetables and watch it grilled to your liking at the KoleKole Bar & Grill, Schofield Barracks, every Monday, 5-8 p.m.

Cost is 65-cents an ounce. Call 655-4466/0660.

Lunch Buffet — Have lunch, Monday-Friday, 11 a.m.-1 p.m., or brunch on Sunday, 10 a.m.-1 p.m. at the KoleKole Bar & Grill, Schofield Barracks. The brunch buffet features an omelet station, French toast, Belgian waffles, eggs, assorted pastries and hot lunch entrees. Call 655-4466/0660.

Spouse, extended family support key in PTSD recovery

TRICARE MANAGEMENT ACTIVITY News Release

FALLS CHURCH, Va. — Post traumatic stress disorder (PTSD) is an issue for many service members, but it can be hard on the family, too.

PTSD may interfere with relationships and change family life, but with knowledge and understanding, the spouse of a service member suffering from PTSD can help him or her recover.

Knowing how PTSD affects people may help a spouse in understanding what a member is going through.

What is PTSD? Post traumatic stress disorder is an anxiety malady that can occur after one experiences a traumatic event, that is, a life-threatening occurrence such as military combat, natural disasters, a terrorist incident, serious accident or violent personal assault.

For most people, PTSD starts within three months of the traumatic event. For others, signs don't show up until years later.

Acute PTSD lasts less than three months, and chronic PTSD lasts more than three months. With delayed PTSD, symptoms first occur six or more months following the trauma.

Some people get better within six months, while others may have the illness



The Military One Source Web site, www.militaryonesource.com, provides useful resources and information on PTSD and behavioral health.

for much longer. Also, many people who go through a traumatic event don't get PTSD, and it isn't clear why some people develop PTSD and others don't.

How likely someone is to get PTSD depends on many things, such as the intensity of the trauma, if they lost a loved

one or were injured, how close they were to the event, or how much they felt in control of events.

People who suffer from PTSD often have nightmares and flashbacks reliving the experience. Other symptoms include feeling afraid, feeling a loss of

control, difficulty sleeping, feeling detached or withdrawn, substance abuse, and memory problems.

PTSD symptoms can be complicated and occur with related disorders such as depression.

The symptoms can become severe enough to significantly impair daily life. The person may lose the ability to function normally in society or family environments.

How can family or friends be helpful? A spouse, family member or friend can help a member deal with PTSD in many ways.

- Offer to go to doctor visits and volunteer to help keep track of medicine and therapy. Be there for support.

- Encourage him or her to talk about the trauma and be understanding if he or she doesn't feel like talking.

- Give them space, but tell them that help is there when they need it. Both are also critical in maintaining one's own psychological health.

- Plan activities together: take a walk, go for a bike ride, or do some other physical activity together. Exercise is important for health and helps clear the mind.

- Encourage contact with family and close friends. A support system will help the family get through stressful times.

What treatment is available? With proper treatment, PTSD effects can be minimized or eliminated. Today, there are several treatments available for PTSD.

Medications may be effective; they are typically the same medications that are prescribed for depression. Get more information about PTSD treatment from a Military Treatment Facility (MTF) or by contacting a local Veterans Affairs hospital or Vet Center.

Active duty military should seek help for PTSD from an MTF.

Tricare beneficiaries needing help can make behavioral health appointments at the West Region's toll-free number: 1-866-651-4970.

The Military One Source Web site, at www.militaryonesource.com, is also useful for resources and information on PTSD and behavioral health.

All active duty service members must have a referral from their primary care manager for behavioral health care before calling the appointment assistance line.

Tricare Prime active duty family members can receive their first eight outpatient behavioral health care visits per fiscal year (Oct. 1-Sept. 30) without a referral, but they must receive the care from Tricare network providers to avoid point-of-service cost sharing charges.

Community Calendar

From B-2

"Brick Art" Lego Presentation

— Pearlridge Center's Uptown and Downtown Center Courts will showcase Nathan Sawaya's Lego creations, June 14-July 20, as part of Hawaii's yearly free summer educational presentation.

The brand new sculptures, each made of thousands of Lego blocks, feature pieces specifically designed for the exhibits titled "Aloha Pencil," "Hanging on the Edge," "Green," "Spider," "Dog" and "Swim."

In addition to the large-scale sculptures, an interactive play area will allow families to let their

imagination run wild and build their own creations Saturdays and Sundays for the duration of the exhibit.

The presentation will be available during center hours.

15 / Sunday

Father's Day Cruise — Dads deserve their day too! The family-friendly Waikiki Ocean Fun & Barbecue Cruise will depart from Kewalo Basin, Slip 4, Honolulu, June 15, 11 a.m.-2:30 p.m.

Water activities include fishing, waterslide, water trampoline, snorkel tours, jumping plant and more. Cruises includes a freshly grilled barbecue lunch buffet with an open soda bar.

For reservations, call 983-7827 or visit www.starofhonolulu.com. Kamaaina/military rate is \$52. 13 for adults and \$31.13 for children (3-11) with valid ID.

17 / Tuesday

Free Online Job Training Classes

— Attend job search training from your home or office. All you need is a phone and a computer. Join Army Community Service June 17, 10-11 a.m. for a class on Strategies for Private Sector Resume Writing. Register at www.acshieployment.com and click on the TeleSeminar link under the Virtual Classes header.

21 / Saturday

Battleship Missouri — The U.S. Battleship Missouri Memorial will celebrate its 10th anniversary, "A Mighty Mahalo," June 21, by offering free admission to military and kamaaina, or local residents.

Throughout June, two special tours will be offered: the Weapons Tour (\$14) and the Generations Tour (\$10).

Call 1-877644-4896 or visit www.usmissouri.org

27 / Friday

Pau Hana Fridays at Hawaiian Waters — Beginning June 27-Sept. 26, Hawaiian Waters Adventure Park will offer extended hours on select rides, open until 11 p.m. Admission is \$35.99 for adults and \$25.99 for children. Kamaaina and military discounts are available. Call 674-9283.

28 / Saturday

Military Day at the Honolulu Zoo — USO, Hawaii, in partnership with Mayor Mufi Hannemann, the city and county of Honolulu, and the Honolulu Zoo will host a Military Day at the Honolulu Zoo, June 28, 9:30 a.m.-3 p.m.

Service members and their families can enjoy free admission with food, beverages and entertainment.

Free bus service will be provided from Schofield Barracks, Pearl Harbor, Hickam Air Force Base, and Marine Corps Base Hawaii.

Parking and bus service will also be provided from the parking lot at Kapiolani Community College.

Ongoing

Live Hawaiian Music — The Hula Grill Waikiki will offer live Hawaiian music every night of the week from 7-9 p.m. with hula dancers joining the fun Friday, Saturday and Sunday evenings.

The open-air restaurant accepts reservations. Call 923-4852.

Cell Phones for Soldiers — Have unused, old cell phones lying around the house? Donate them to Cell Phones for Soldiers, a non-profit organization that takes old

cell phones, resells them for their parts and takes the profits to purchase calling cards for Soldiers deployed in Iraq and Afghanistan.

Call Sgt. Maj. Lisa Torello, 386-2088 or visit www.cellphonesforsoldiers.com.

Video Messenger — Reading stories to children is important and Sgt. Yano Library, Schofield Barracks, provides a video messenger service so deploying Soldiers can tape DVD or VHS video recordings for their children before their unit deploys.

Interested in this service? Call 655-8002 for more details.

Beginners' Line Dancing — Wear covered shoes and join a group of happy, fun-loving, beginning level line dancers, Thursdays, 6:30-8 p.m., in Ewa Beach. Cost is \$3 per class. Call Mona Dabis at 351-2614.



Representatives from the Schofield Barracks post exchange, commissary and Nehelani gather to discuss concerns and announcements with each other and patrons at the June Advisory Council, Monday.

Council: SIM gets updates on local community issues

CONTINUED FROM B-3

Michael Friedman, store manager, Schofield Barracks PX, and Army and Air Force Exchange Service (AAFES) General Manager Mark Polczynski discussed AAFES topics; they stated Starbucks may begin a cold sandwich service July 15. Starbucks will also accept gift cards starting around October.

Some PX patrons have requested larger size clothing items. Friedman explained that AAFES currently stocks a wide range of sizes geared toward a variety of customers. He stressed the use of the AAFES Web site to locate items that may not be available in the store.

If something is ordered from the Web site, he continued, it can be exchanged or returned in an AAFES PX.

Polczynski explained that gas

price increases on post are still less than most gas stations off the installation. An unsettling trend, he said, is that more patrons are driving away from gas pumps without paying. Therefore, all gas attendees are now required to write down the description and license plate number of any patron choosing the "pay inside" option when purchasing gasoline.

Many attending the council meeting suggested a "pay before you pump" policy. Polczynski, however, believes this method is a hassle for honest customers.

Jane Solis, business manager at the Nehelani, announced the hiring of a new chef. Solis stated a new menu is targeted for July and will offer a healthier variety of options.

The next Schofield Barracks PX/Commissary Nehelani Advisory Council Meeting is scheduled for Monday, Aug. 4.

Community Sports

Send sports announcements to community@hawaiiarmyweekly.com.

7 / Saturday

Hike Oahu – Join the Hawaiian Trail & Mountain Club on a graded hike through the Tantalus Ridge. Explore the Makiki Tantalus Trail complex on this selected combination of maze-like trails. At the numerous junctions, carefully follow the coordinator's instructions and trail marker ribbons in order to navigate your way back to the start. In between, expect an aerobic workout.

This intermediate hike is 6 miles. Call coordinator Justin Ohara at 778-8629. Save the date for these upcoming hikes, too:

- June 15, a 12-mile advanced hike at Aiea Ridge,
- June 22, a 6-mile intermedi-

ate hike at Wahiawa Valley Ridge.

All hikes begin at 8 a.m., and a \$2 donation is requested of non-members. An adult must accompany children under 18. Hikers meet at Iolani Palace, mountainside.

Bring lunch and water on all hikes; wear sturdy shoes, as extra caution may be required on some trails.

Hikers must keep all trails and lunch sites clear of clutter, as well as treat trees and plants with care and respect.

Visit www.htmclub.org.

11 / Wednesday

Ahi Fever '08 – The deadline to apply for a seat in Hawaii's biggest fishing tournament, Ahi Fever '08, is June 11. Richard Bautista, Army civilian, is offering two free seats on his boat for the big game fishing tournament, held in Waianae, June 14-15.

Bautista, who is offering the seats as part of the national program "Take Me Fishing," is asking interested Soldiers or family

members to write an essay, no more than 200 words, explaining why they want to go deep sea fishing.

Winners will be notified by phone. E-mail petchawja@aol.com to apply.

14 / Saturday

Patriot 5K Run/Walk – U.S. VETS, a home for former homeless veterans, and the Iroquois Point Island Club, will hold a 5K run/walk, June 14, 5 p.m., in Ewa Beach.

Funds raised will help bring more veterans into the U.S. VETS program, which helps clients become self-supporting through workforce development.

Pre-race ceremonies feature a free concert with Corey Oliveros, games for children and food at 4 p.m.

The entry fee is \$25 per person, \$20 for military. Any entries postmarked after June 6 will be \$30. Late entries will be accepted until the morning of the race.

Call 682-6051 or visit www.pacificsportsevents.com for more information.

"Build the Track!" Motorsports Show – The Aloha Tower Marketplace will host the Oahu Motorsports Advisory Council's "Build the Track!" Motorsports Show, June 14, 10 a.m.-4 p.m.

"Build the Track!" will showcase more than 100 race vehicles (such as road, drift and sprint cars), as well as street bikes, go-karts and custom-modified performance vehicles.

The vehicles will be parked on the Boat Days Promenade in front of the Aloha Tower, throughout the marketplace, at Pier 11, and along Pier 9, overlooking the water.

Admission is free. Call 782-7432 or visit www.buildthetrack.com.

Ongoing

Wahine Sailors – The Wahine Sailors seek new members. Call for meeting place and times at 235-8392. Cost is \$35 per year or \$5 per sail. All levels are welcome.

Safety top priority during 'Critical Days of Summer'

BRIG. GEN. WILLIAM H. FORRESTER
U.S. Army Combat Readiness Safety Center

FORT RUCKER, Ala. — Summertime is not the time to give safety a vacation. However, unfortunately, the time between the Memorial Day and the Labor Day weekends typically marks the period when Army warriors, their families and civilian teammates are traditionally exposed to the year's greatest risk from accidental mishaps and fatalities.

These 101 Critical Days of Summer are when more Americans are traveling, participating in water sports and enjoying numerous outdoor activities and, thus, increasing exposure to potential off-duty tragedies.

The Army's strives to decrease on-duty accidents through proactive leader engagement and the continual use of safety tools and awareness programs. Yet, actions working to protect Soldiers while on duty must transfer to decrease off-duty accidents during the upcoming summer months.

The Army's success in decreasing on-duty accidents is the direct result of continuous oversight and leadership Soldiers receive. But commander and supervisor leadership cannot physically be present 24/7.

Herein lies the challenge, how to modify the lifestyles of Soldiers to raise awareness and adjust actions, in a positive manner, to achieve desired results of decreased injuries and deaths?

The U.S. Army Combat Readiness Safety Center (USACRC) believes there are other tools and paths you might pursue to achieve positive goals. Those tools are Soldiers' peers and family members.

The Army has always recognized the influence and support families have in the lives of Soldiers. Families serve as the key foundation of value sets, which factor greatly into the decision-making process.

That said, it only makes sense to devote the appropriate amount

of time and energy to educate families in safety awareness and practices, thereby empowering families so they can then educate the Army force.

Tools such as the Family Engagement Kit, located on the USACRC Web site, are developed specifically for this purpose and can stretch to the extended family.

Together with the following best practices, we can decrease summer mishaps.

•**Motorcycle Safety.** The Motorcycle Safety Office provides great opportunities for newer riders to hook up with more experienced riders to learn skills and techniques.

•**Alcohol and Water.** The two activities never mix. Alcohol affects judgment, motor skills, peripheral vision, depth perception, night vision and balance — all essential skills while enjoying water activities.

Enjoy the summer months in the sun, but drink responsibly.

•**Safety belts.** Soldiers never leave a fallen comrade. A comrade, however, can fall into different types of enemies.



Forrester

Command Sgt. Major queries, "Leaders and Soldiers, what are you doing about safety?"

COMMAND SGT. MAJ. TOD L. GLIDEWELL

U.S. Army Combat Readiness Safety Center

FORT RUCKER, Ala. — The 101 Critical Days of Summer are upon us, and I want to share some insights and accident trend analyses, for awareness, that may help make this summer a more enjoyable and safer season.

To date, off-duty accidents represent nearly 75 percent of all Army accidents we have suffered so far this year. If our five-year accident trend remains consistent, we can expect to endure the loss of more than 200 Soldiers before the end of this fiscal year.

The loss of just one Soldier deprives us of a friend or peer, however, many others also endure pain because this Soldier was someone's father, mother, sister, brother, son or daughter.

I promise you, not a day goes by when I and those here at the Safety Center are not trying to think of a way to prevent accidental losses.

So my question to you, What are you doing about it? How many losses do you have to read about, or how many close-calls do you have to witness before you step up and do something to prevent these needless deaths?

Three areas are responsible for more than

two-thirds of all off-duty Army accidents; privately-owned vehicles (POV), drowning and fatigue.

•**POV accidents.** With contributing factors such as speed coupled with loss of control, vehicles account for a large percentage of all Army accidents. Did you know that something as trivial as one-quarter of an inch could possibly save your life?

One-quarter of an inch roughly equates to 15 to 20 mph in the average American car; however, one-quarter of an inch can be 40 to 50 mph on a motorcycle, depending on the gear you are in.

Say you just purchased a vehicle. Beware. Recent studies indicate moving from a sedan to a sports utility vehicle (SUV), or from a cruiser to a sportbike, can increase your likelihood of an accident.

Experience doesn't always transfer; cruisers versus sportbikes are as different as sedans versus SUVs.

•**Drowning.** The Army experienced 15 drowning accidents in Fiscal Year 2007. Unfortunately, that total is more than the two previous years combined.

While several different factors played a part in these losses, one factor is present in all but two of the accidents: another person was present.

From the time we're old enough to enter the water, most of us are taught not to eat before we swim, and to never go into the water by yourself. While it is not clear if either of these adages could have made a difference in

many of these accidents, it is clear that in some, maybe they could have.

The second common factor present, in more than 50 percent of these accidents was the proximity of land. It's a fact, standing on or in close proximity to land may lead to overconfidence or a false sense of security around water.

Even the best swimmer may lose his or her life when thrust into a situation where currents and hypothermia are present, even with a personal floatation device.

•**Fatigue.** Present more often than alcohol in off-duty accidents is fatigue. Often overlooked and even less understood, during the course of the last 10 years, fatigue played a factor in claiming an average of 75 lives a year.

As Soldiers and professionals, we often push ourselves by burning the candle at both ends, especially during those few precious opportunities when we can get away and relax.

Rest cycles are often Mission, Enemy, Terrain, Troops and Equipment, and Time available, or METT-T driven when operating in a deployed environment.

In addition to leaders, Soldiers are responsible for the amount of rest they get while not deployed.

Though these are demanding times for our Army, a little planning and forethought will hopefully lead you and your formation through a safe and enjoyable 101 Critical Days of Summer.

On The **WEB**

Find the Family Engagement Kit at
<https://crc.army.mil/familyengagement>

If you see a comrade in trouble, step in and engage. Insist your buddy wears a seat belt, purchases the motorcycle that matches his or her riding skills, and understands indiscipline is a killer.

Make the right decisions in your off-duty activities during these 101 Critical Days of Summer. Never give safety a day off.

Army Safe is Army Strong!



The "100 Critical Days of Summer" campaign runs from May 26 to Sept. 1. During this period, the Army emphasizes safety and wellness as the summer months typically bring increased accidents. Also, officials make the military community aware of resources just for them.