

## INSIDE



### War's other side

In the midst of conflict, 2-27th Wolfhounds strive for peace by working with tribal sheiks in Iraq's Kirkuk Province

A-3

### Gate closure

Schofield Barracks' Lyman Gate will close March 10-June 30 for improvements. Macomb Gate will be used for entry only; visitors and deliveries must use McNair Gate. Call 656-2473.



### Hearts apart

Although 25th ID Soldiers are only six months into deployment, Dr. Bridget Cantrell prepares family members for reunion

A-4



### Muddy breeches

Thousands converge on Kaneohe Bay, become Marines for a day at the annual Swamp Romp

B-1

### This issue

- Lightning Spirit **A-2**
- News Briefs **A-7**
- MWR **B-2**
- Community **B-2**
- Sports & Fitness **B-4**



Spc. Mike Alberts | 3rd Infantry Brigade Combat Team Public Affairs

### Changing colors

Command Sgt. Maj. Keith P. Hunter, 2nd Squadron, 6th Cavalry Regiment, 3rd Brigade Combat Team, 25th Infantry Division, secures the battalion colors during the change of responsibility ceremony at Forward Operating Base Warrior, Kirkuk, Iraq, Feb. 23. Hunter replaces Command Sgt. Maj. Allen R. Haynes.

## Pandemic roadshow travels Oahu with latest flu-busting tips

ED KEATING

Hawaii Multi-Service Market Management Office

The military services on Oahu recently combined efforts to administer influenza vaccinations and educate Department of Defense military health system beneficiaries on pandemic influenza preparation.

Navy Health Clinic Hawaii, Tripler Preventive Medicine Department, 15th Medical Group and the 13th Air Force International Health Services, through the Joint Public Health Working Group, took influenza im-

munizations to the public in November and December 2006.

More than 3,600 vaccinations were administered at various locations including Pearl Harbor, Fort Shafter, Schofield Barracks and Hickam Air Force Base exchanges, as well as the Marine Corps Base Hawaii commissary.

The services also provided pandemic flu information and distributed planning checklists developed by the Hawaii Multi-Service Market Management Office Education and Communication Working Group. Information was designed to help the military community understand the threat of a pan-

#### Pandemic Roadshow military treatment facilities:

Naval Health Clinic Hawaii, 471-2212 ext. 348

Tripler Army Medical Center, 433-1124

15th Medical Group, (Hickam AFB Clinic) 448-6273

demic flu outbreak in our community, and increase awareness of possible symptoms and prevention measures.

The Joint Public Health Working Group emphasized the flu season in Hawaii is a year-round event. In addition to getting annual flu vaccines, beneficiaries should demonstrate healthy behaviors such as effective hand washing, respiratory etiquette, balanced diet, regular exercise and adequate rest to minimize the possibility of developing the flu.

Finally, if family members haven't received their annual flu vaccine, it's not too late. Contact a military treatment facility for flu shot guidance and information.

SEE HAFAP, A-6

## A 'simple but symbolic' ceremony launches Balikatan 2007 exercise

U.S. and Filipino service members partner for crisis action planning, training

SGT. 1ST CLASS CHRISTINA BHATTI  
U.S. Army, Pacific, Public Affairs

MANILA, Philippines - The 23rd Balikatan exercise opened Feb. 19 with a ceremony to commemorate 50 years of the United States and the Republic of the Philippines (RP) working shoulder-to-shoulder.

"This is a simple, but symbolic ceremony," said Armed Forces of the Philippines (AFP) Rear Adm. Amable B. Tolentino, RP co-exercise director. "This (ceremony) affirms the 50 years our two nations have worked together."

Balikatan 2007 will focus on civil military operations. The AFP and U.S. military will work together to provide people with medical, dental and veterinary care; engineering support and other community relation activities.

"Our countries have worked shoulder to shoulder for many years ... and this humanitarian focus will help in the battle for peace and prosperity for this na-



Spc. David House | 17th Public Affairs Det.

Soldiers from the Philippine Army's 45th Infantry Division prepare to enter a room during close quarters combat training for Balikatan 2006 MOUT training.



Chaplain (Col.) Sonny Moore, Forces Command chaplain at Fort McPherson, Ga., shares a laugh with Chaplain (Col.) Hanson Boney during the National Prayer Luncheon, Feb. 22.

## Speaker offers respite from storms

Story and Photo by  
DONNA KLAPAKIS

U.S. Army Garrison, Hawaii, Public Affairs

The National Prayer Luncheon at the Nehelani Club on Schofield Barracks Feb. 22 began with a welcome to attendees from the 25th Infantry Division rear detachment commander.

Noting the 25th ID has not had a member killed in action since Dec. 6, Col. Tim Ryan said, "The blanket of prayer you have put over our Soldiers has made a difference."

During the luncheon, separate prayers were offered up for family members, deployed Soldiers, the nation and the military. Guest speaker, Chaplain (Col.) Sonny

Moore, Forces Command chaplain at Fort McPherson, Ga., was a civilian Southern Baptist minister for 16 years before going on active duty in 1982. He has been the chaplain for the Army War College, U.S. Military Academy at West Point, and the 82nd and 101st Airborne Divisions.

"One thing I got, it's a built in microphone. I was born exciting. You've got 'Chaplain Exciting' here today," he said at the start of his talk.

Moore's address was from Mark 4:35-41, and was titled "What do you need in a storm?"

SEE PRAYER, A-5

## We want to hear from you...

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

If you have newsworthy ideas or stories you'd like to write, coordinate with the managing editor at 655-4816, 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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Sgt. 1st Class Michael Montello | 25th Combat Aviation Brigade Public Affairs

## Forging ahead

Command Sgt. Maj. Allen R. Haynes (left), formerly of 2nd Squadron, 6th Cavalry, 25th Combat Aviation Brigade, takes responsibility of 2nd Battalion, 25th Aviation Regiment, during a public ceremony at Contingency Operating Base Speicher, Feb 24.



Spc. Bryanna Poulin | 25th Combat Aviation Brigade Public Affairs

## Desert Harley-Davidson

Spc. Thomas G. Hopkins, aircraft welder, B Company, 209th Aviation Support Battalion, shows Gen. Benjamin S. Griffin, commanding general, Army Materiel Command, his welded bike, during Griffin's visit at Contingency Operating Base Speicher, Feb 23.

## Courts-Martial

# Spc. discharged for missing movement

To deter misconduct and to inform the division's Soldiers and civilians of military justice trends, the Office of the Staff Judge Advocate publishes the results of the following recent court-martial:

Over the past month, one Soldier was tried, found guilty, and sentenced for various offenses occurring on and off Schofield Barracks.

A specialist from 2nd Battalion, 27th Infantry Regiment, 3rd Brigade, 25th Infantry Division, was sentenced at a special court martial to be reduced to the grade of E-1, to be confined for six months, and to be discharged with a bad-conduct discharge, for missed movement.

In addition to forfeitures of pay (either adjudged or by operation of law), confinement, and a punitive discharge, the Soldier will also have a federal conviction that he or she must report when filling out a job application. This federal conviction may strip the Soldier of some civil rights, such as the right to purchase and maintain firearms and the right to vote.

**Q:** Why does the Hawaii Army Weekly publish court-martial findings?  
**A:** The Office of the Staff Judge Advocate releases the results of recent courts-martial for publication to inform the community of military justice trends and to deter future misconduct by Soldiers.



## LIGHTNING SPIRIT

# Family readiness, combat readiness synonymous

**CHAPLAIN (CAPT.) EDWARD WILLIS**  
 2-11th Field Artillery Battalion Chaplain

In his long respected treatise Art of War, Sun Tzu writes, "never interfere with an army on its way home."

Most commentators have interpreted this to mean that if you place yourself between an army and their homes, you will surely be defeated. This is not only good advice strategically, but is an outstanding leadership principle as well, for leaders who stand between their Soldiers and their homes will surely defeat themselves by demoralizing their troops and rendering their units ineffective.

Long hours come with the uniform. I got it. A Soldier is on duty 24/7. I got it. But, in my 11 years in the Army, I have seen and experienced the clear distinction between leaders that take care of their families and those who do not.

Without question, the unit that makes an investment into the well-being of its families stands considerably more professional, much more disciplined and far more sustainable in combat than those who do not. Why? Because, the individual Soldier that has stability and confidence in his personal life will be mentally, emotionally and physically available to give the mission his undivided attention.

Family readiness is combat readiness.

I would like to suggest a Biblical principle to guide us as we cultivate such disciplined, professional and dedicated units. The principle comes from Deuteronomy 24:5, where God says, "If a man takes a new wife, he will not go out with the army, nor will he be charged with any duty. He shall be free at home for one year and give happiness to his wife."



Willis

To the letter of the law, this command from God to the leaders of the Army of Israel is obviously impractical for us today. We already have Soldiers who make less than stellar choices to marry, just to get out of the barracks and collect basic allowance for housing. How much sooner would a Soldier get married to get that plus a year of leave? In fact, there are a few who would marry and divorce 20 times just to spend their career at home. Talk about an MOS!

But, in principle, this verse is very powerful and should be obeyed. The principle is this: Soldiers — especially newly married Soldiers — should be given ample time to take care of their personal business and be reasonably available at any time to assist their spouses with critical

family care obligations.

Now that we understand the principle of God's intent, let's look at some practical ways to apply this principle.

First, Soldiers should not only be available to fulfill family obligations; they should be mentored, encouraged and held accountable to do so. Leaders who are proactive and coach their subordinates to be responsible with their finances, homes and vehicles find themselves and their leadership unencumbered with the family crises that result from the neglect of these important familial duties.

Furthermore, these problems are greatly exacerbated by a deployment separation, and negatively impact not only the individual, but also greatly stress multiple combat resources. Leaders can prevent many of these types of problems simply by taking an interest in the personal lives of their Soldiers. Family readiness is combat readiness.

Second, time devoted to family readiness training must be a priority. There are many fine opportunities for Soldiers to receive quality marital and premarital training, but all of these opportunities are for not if leaders do not give subordinates time to attend these important training events.

Leaders who do will benefit with higher unit morale and fewer family entanglements. Family readiness is synony-

mous with combat readiness.

Lastly, the Soldier's personal time must be respected. Families need time just to be together. Get subordinates off work, on time. Emphatically enforce family time on Thursdays. Ensure that routine duties do not spill over into weekends, payday activities and DONSA's (training holidays).

Offer predictability as much as possible. Respecting the Soldier's personal time affords them the stability and quality time they need to maintain strong relationships with their families.

Yes, we need to prepare for war. Every Soldier needs to be adequately trained so they can return home to their families alive and in one piece. But, we have not done our jobs if we have exacerbated marriages to the point that the Soldier does not have a family to return home to. Family readiness is combat readiness.

In closing, God stands ready and willing to bless those who show respect and concern for the well-being of their Soldiers and their families. Consider family preparation, relationship training, and undisturbed time off among the most important leadership activities you can offer your Soldiers, and you will see great dividends paid in morale, discipline and combat effectiveness.

Family readiness is combat readiness.

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# Voices of Lightning: "What is your favorite book, movie or TV show?"



"My favorite book is 'The Good Earth' by Pearl S. Buck."

Pfc. Shane Brooks  
 B Co., 1-14th Inf. Regt. Infantryman



"My favorite movie is, 'Crouching Tiger, Hidden Dragon.'"

Mary Ann Hayag  
 Family Member



"My favorite book is the 'Bible,' the word of God."

Sgt. 1st Class. Andre Johnson  
 66th Eng. Co. Platoon Sergeant



"My favorite movie is 'Everafter.'"

Nicole Rash  
 Family Member



"My favorite movie is 'Tombstone.'"

Staff Sgt. Quentin Washington  
 A Co., 2-11th FA

# Wolfhound relationships aid Kirkuk successes

**OIF**

2-27th Soldiers forge ties with tribal sheiks, ensure stable future in Iraq

Story and Photos by  
**SPC. MIKE ALBERTS**  
3rd Infantry Brigade Public Affairs

HAWIJA, Iraq – When they arrived six months ago, Soldiers knew coalition success in their area of operation would hinge on integrating Iraq's tribal culture. For centuries, tribal sheiks have influenced the social, economic and political landscape of the predominantly Arab southern portion of the Kirkuk Province.

So they began the arduous process of building relationships. Six months later, Wolfhound Soldiers of the 25th Infantry Division's 3rd Infantry Brigade Combat Team (3IBCT) are achieving their goals of a more secure and peaceful region, one city at a time.

Soldiers of 2nd Battalion, 27th Infantry Regiment, 3IBCT, hosted a mayoral luncheon welcoming civic and law enforcement leaders from surrounding communities, to include the cities of Zaab, Multaka and Hawija to Forward Operating Base McHenry, located just outside of Hawija, Iraq, in late January.

According to Capt. Jeffrey Fuller, fire support officer, 2-27th, the event was organized for the unit to express its appreciation for the support of those cities that have worked with coalition forces to rebuild local communities.

"We wanted to take the opportunity to say 'thank you' for the support," said Fuller. "The [attendees today] are the individuals and city representatives that cooperate the most with us. They have seen the benefits of working with us and helping us, and now understand that by cooperating they have fewer problems in the short run and greater benefits in the long run," he explained.

For instance, Fuller said, the cities of Zaab and Multaka have been the first to approach coalition forces with information of those responsible for setting impro-



Above — Civic and law enforcement leaders from communities surrounding Forward Operating Base McHenry, located just outside of Hawija, Iraq, tour the Iraqi Army compound located at FOB McHenry prior to a mayoral luncheon hosted by Soldiers of 2nd Battalion, 27th Infantry Regiment, 3rd Brigade Combat Team, 25th Infantry Division, last month.

Left — Soldiers of 2nd Battalion, 27th Infantry Regiment, 3rd Brigade Combat Team, 25th Infantry Division, and civic and law enforcement leaders from Zaab, Multaka and Hawija enjoy a traditional Arab meal during a mayoral lunch at Forward Operating Base McHenry.

vised explosive devices in and around major supply routes. Hawija, although volatile at times, is also beginning to assist coalition forces in thwarting insurgent activity.

"There will always be hotspots," said Capt. Roland A. Keller Jr., company commander, Delta Co., 2-27th, "but some cities are forcing change and peace. We want to reward those that are moving forward by showing them the attention that they deserve. Their efforts are appreciated and we respect what they've accomplished.

"People want peace; they want their children to grow up in peace," Keller stressed. "They want a future that they were being denied, and these three cities saw the coalition as providing them a means for a future. These three cities have begun pulling themselves out of the quagmire of war and are building for themselves a future that does not include us."

The ultimate goal, of course, is a future with functioning governments and cities that can protect and police themselves, explained Lt. Col. Drew Meyerowich, battalion commander, 2-27th.

"The future of Iraq will include a central government that is willing to accept all Iraqi

people as one Iraq, regardless of their faith or ethnic background," said Meyerowich. "The terrorists don't want that, so we have spent a lot of time working with local communities and helping them understand who we are as a coalition, but more importantly who we are as Wolfhounds, both ruthless and compassionate," Meyerowich said.

"I certainly can't take the credit for our increased success," said the battalion commander. "Our success is attributable to the day-to-day interactions of my Soldiers. It's the Soldiers that [citizens] are seeing engaged not solely in combat operations. When [citizens] see my young Soldiers taking care of their communities, it makes building relationships easier and achieving success much more possible."

# 'Hearts Toward Home' prepares families for reunion

Story and Photo by  
**JEREMY S. BUDDEMEIER**  
Assistant Editor

As 25th Infantry Division Soldiers approach the six-month mark of deployment, 14 family members gathered at the Nehelani Banquet and Conference Center, Feb. 23, to discuss the not-so-distant reunion with their Soldiers.

Coordinated by Army Community Service (ACS), the "Hearts Toward Home" workshop sought to prepare family members for their Soldier's return and assist with understanding the challenges associated with reintegration following deployment.

Dr. Bridget Cantrell, Ph.D., coauthor of "Downrange to Iraq and Back," facilitated the interactive, four-hour workshop.

"With multiple deployments, reintegration is almost a misnomer," said Cantrell, Department of Veterans Affairs contractor for the post-traumatic stress disorder (PTSD) outpatient program in Washington State, and president and chief executive officer of the nonprofit organization Hearts Toward Home. She said, "[The process] is more like re-assimilation."

Cantrell described the ebb and flow associated with couples coming together, moving apart, and trying to make the best of time together, knowing they will be apart again.

"There's no place to land their hearts," she said.

After a few introductory remarks, Cantrell eased participants into a discussion about the ways couples shore themselves up prior to deployment.



"[In the past], we had picky little fights up till the end," said Kerum Steele, whose husband, Capt. Brian Steele, serves as commander, E Troop, 2nd Squadron, 6th Cavalry Regiment.

Steele said this deployment was different, though.

"It was torture," she said, describing her husband's sporadic presence between home and training prior to deployment in August.

"We didn't fight," added Paula Steele; "we just avoided each other. Then we were so regretful we hadn't spent more time together."

Paula Steele's husband, Chief Warrant Officer-3 Matthew Steele, 2-6th Cav., is Brian Steele's older brother.

Far from just a session of complaints,

Cantrell encouraged family members to openly share their experiences and offered insight into reasons both parents and children "numb-out" during the deployment process.

It's a coping mechanism, and it's important for him and you to have someone with which to talk and process information, she said.

However, she cautioned, some things are private and he may not want to tell you, Cantrell said. "You need to respect each other's boundaries as well."

To allow children to express their feelings, Cantrell suggested having them draw pictures or play with puppets.

"Try to facilitate communication while everyone is putting up those perimeter wires," Cantrell told family members.

Attendees also discussed ways to prepare themselves and their children for reintegration, aspects that may be different when their Soldier returns, PTSD, and ways to care for themselves and each other during the separation. Even the predicament of handling overbearing mothers-in-law arose.

Family members offered support and tips they've learned from multiple deployments.

Katie Payne said she and her four daughters write ideas for conversation on a large dry-erase board so that the topics will be more readily available when her husband calls.

In addition to this workshop, Cantrell has been quite busy during her visit to Hawaii.

Dr. Bridget Cantrell, Ph.D., co-author of "Downrange to Iraq and Back," discusses the reintegration process with family members during the "Hearts Toward Home" workshop at the Nehelani Banquet and Conference Center, Feb. 23. Through Army Community Service, Cantrell also led five similar workshops on Schofield Barracks and Ft. Shafter last week.

Last week, she facilitated five similar workshops on Schofield Barracks and Fort Shafter, and trained 12 ACS and mental health professionals to teach the Hearts Toward Home workshop. The week prior, she coached a "Returning Warriors" workshop for the 84th Engineer Battalion, which just returned from deployment.

However, this hectic pace of numerous workshops is nothing new for Cantrell, who has been working as a therapist with the military personnel since 1992.

Cantrell said, compared with service members returning from the Gulf War 15 years ago, current Soldiers are experiencing more anxiety because of the uncertainty surrounding a possible redeployment, and also wanting to go back to help fellow Soldiers.

"It's difficult to for them stay in the present because it's so unfinished," she said.

Still, Cantrell's numerous, concentrated hours facilitating workshops and sharing information have already made an impact.

"It's helpful to know the symptoms ... so I don't take [a conversation] any further if he doesn't want to," said Kerum Steele.

Payne said she appreciated Cantrell's experience and was more aware of factors affecting communication with her husband.

"I have a better idea of what I might be able to expect with him coming home," Payne said.

## Deployed study Qur'an, improve cultural awareness in Iraq

**SGT. MICHAEL TUTTLE**  
5th Mobile Public Affairs Detachment

KIRKUK, Iraq — While cultural awareness is a training priority for service members before deploying to Iraq, some troops here are taking the studying of Islam farther, to better understand the way of life outside the perimeter of Forward Operating Base Warrior.

Qur'an 101 is the name of an informal weekly class held on the comfortable couches of the Huki'lau Chapel. But the class is really a book club that uses the Muslim religious text as a launching pad for discussion that leads to a better understanding of the religion and culture, said Chaplain (Capt.) Christopher Degn, class leader and chaplain for the 3rd Brigade Special Troops Battalion, 25th Infantry Division.

Some Soldiers may grow frustrated with Iraqis over the course of a deployment. "Soldiers may ask, 'Does the Qur'an teach hate? Is it a book of war?'" Degn said.

A better understanding of the Qur'an, Degn hopes, will foster cooperation as well as an appreciation for Islamic history and customs. Degn encourages a critical reading of the book so that it can be discussed in class.

"The idea is to build a cultural bridge for Soldiers, to build a dialogue and find common themes," said Degn, who is on his second deployment to Iraq. "Our goal is not to convert anyone to Islam. You read the book and draw your own conclusions."

Despite spending an entire year in Iraq, the Qur'an class is the best chance for some Soldiers to get involved with the local culture.

"I don't get a chance to go out into the towns or villages, so I don't experience the culture," said Capt. Matt Greene, 2nd Squadron, 6th Cavalry Regiment, intelligence officer. "Attending the class every week helps me to learn and get an understanding of the people and their customs."

Degn's class also includes a culture minute, answering students' questions about Islamic culture from the previous week. The answers provide insight into such topics as women's clothing, forbidden food and the meaning of the prayers that Soldiers hear daily from the minarets.

With degrees in Spanish translation and international business, Degn believes that wherever he goes he should learn a little about their language and history. Through his class, Degn offers Soldiers the opportunity to better themselves.

"I don't want them to spend a year out here and not connect with the people," Deng said. "They can read the book and see some beauty and history in it."

"I'm hoping a Soldier can go home and tell his kids a little about Muslim culture when asked about the year he or she just spent in Iraq."

**OIF**



Spc. David House | 17th Public Affairs Detachment

Capt Jim Pangelinan, A Company, 1st Battalion, 14th Infantry Regiment company commander, demonstrates how to use an AT4 system to members of the Philippine Army's 45th Infantry Division during the 2006 Balikatan Exercises at Fort Magsaysay, Philippines.

## Balikatan: Exercise benefits all

CONTINUED FROM A-1

tion," said U.S. Ambassador to RP, Kristie A. Kenney.

According to Maj. Gen. Stephen D. Tom, U.S. co-exercise director, there will be 13 medical capabilities and five engineering capabilities as part of the exercise. The projects will total \$300,000.

There are approximately 390 U.S. service members and 1,200 Philippine service members participating in this year's exercise.

"We are proud to be here and participate in this partnership," Tom said.

Another facet of Balikatan, which means shoulder to shoulder, is a staff exercise (STAFFEX). In this portion, the U.S. and the RP will create a scenario for crisis action planning. The event's center is maritime operations.

The goal of the STAFFEX is to combine the knowledge of the two countries and create doctrine for maritime protection, said Tom.

Balikatan will culminate March 3.

"This is a partnership that benefits both nations," said Kenney. "Our two governments share one vision and one spirit for the future."

## Prayer: Chaplain inspires attendees

CONTINUED FROM A-1

"I have been in lots of storms – emotionally, physically and spiritually – we all have," he said. "The question is: 'What do we need when the storms of life come?'"

Moore gave out coins to audience members as a reward for the three correct responses to his question – the promises, presence and power of the Savior.

He also gave coins for correct responses to some questions about the military.

"Who is the one person who has made a difference in the world in the last 100 years?" he asked.

"The United States Soldier."

Referring to Tom Brokaw's book "The Greatest Generation," Moore asked, "This generation we have right now may be even better than that one. Why?"

"Because all of today's Soldiers are volunteers."

Pvt. Dennis Smith of the 2nd Battalion, 35th Infantry Regiment, who arrived at Schofield Barracks Jan. 22, said he enjoyed Moore's talk.

"He's pretty good. In fact, he's very good," said the Richmond, Ind., native. "You can feel it when he talks; and it feels good to listen to him. It was also good to hear they didn't leave out the Soldiers who are getting ready to go, as well as those who are already there."

Chaplain (Lt. Col.) Jose Rodrigues, Operations, training and mobilization chaplain, led the invocation; Sgt. Catrina Dorsey, logistics noncommissioned officer for the 225th Base Support Battalion, sang the National Anthem; Chaplain (Col.) Paul Buck, chief of pastoral care at Tripler Army Medical Center, led the prayer for the nation; Pfc. James Hughes, chapel funds clerk from the installation chaplain's office, led the prayer for the military; Chaplain (Maj.) Norm Jones, family life chaplain for Oahu South, led the prayer for the families and the rear detachment; Chaplain (Maj.) Kevin Stroop, rear detachment chaplain, led the prayer for deployed and redeploying Soldiers; Staff Sgt. Latonia Parker, operations non-commissioned officer for the U.S. Army Pacific chaplain's office, gave the scripture reading; Chaplain (Col.) Hanson Boney introduced Moore and made a presentation to him after his talk; Chaplain (Maj.) Rich Bendorf, senior Catholic chaplain, gave the benediction; and the Marine Forces Pacific brass quintet played.

Annual prayer breakfasts and luncheons are held each February, after Congress reconvenes. Congress established the breakfast as the Presidential Prayer Breakfast with President Dwight D. Eisenhower in 1952. In 1970, the name was changed to the National Prayer Breakfast.

# HAFAP: Issues accepted at ACS or online till March 9

CONTINUED FROM A-1

## How does HAFAP work?

The HAFAP team — made up of facilitators, recorders, team assistants, issue supporters (called the FRTI team) and delegates — seeks to improve processes, service delivery, existing programs and/or create new, needed initiatives.

Sherrod said the team has the full support of Killian, who not only serves as its local installation steering committee chair, but also plays an active role by reviewing progress of action officers on a quarterly basis.

The continual process travels from the local installation level (October to March) to the regional major command or MACOM (April to June). The MACOM here is U.S. Army, Pacific, located at Fort Shafter, which includes Hawaii, Japan and Alaska installations.

The HAFAP then moves to the highest level, the Department of the Army (in November), where the Vice Chief of Staff of the Army, Gen. Richard A. Cody, chairs the steering committee.

However, at the core of the program are the local delegates, representatives who fit a certain demographic, pooled from selected units and agencies in Army Hawaii, to cull issues from their community.

Sherrod said a pool of volunteers is needed, too, and ACS (Building 2091 at Schofield and Building S-330, the Aloha Center, at Fort Shafter) is accepting applications for volunteer delegates through March 9.

In total, a successful conference needs at least 60 delegates, she explained.

## How does the community participate?

HAFAP delegates seek concerns, issues or problems that significantly impact others. With the help of their FRTI team, the stewards of the HAFAP process, explained lead trainer Jennifer McFadden, delegates craft the scope of an issue or problem, then make recommendations to solve the problem, stating what the results should look like.



Above — Family member Sandra Rodriguez, a delegate to the 2007 HAFAP, seeks further clarification about procedures during the kickoff for the conference, Feb. 23.

Right — Lead trainer Jennifer McFadden addresses delegates and the FRTI team (facilitators, recorders, team assistants, and issue responders) at the kickoff.



**Delegates.** 2007 HAFAP representatives, including (left to right) Cpl. Levy Wilson of S-1, 325th Brigade Support Battalion; Staff Sgt. Joshua Brown, noncommissioned officer in charge of Optometry at Tripler Army Medical Center; and Tripler family readiness group leader Tina Pierce need their co-workers and extended Army family to give them quality issues to bring forward to HAFAP.

Subject matter experts like Susan Nonamaker (right), retail store manager at the Schofield PX, will research and give HAFAP background regarding issue feasibility.

Issues are wanted in the following categories:

**Force support:** rear detachment, recruiting, deployment, household goods, and finance issues.

**Family services:** spouse employment, medical and dental, Tricare, and education issues.

**Community services:** youth programs, Blue Star card, Child Development Centers, day care, commissary,

and post exchange issues.

**Base operations:** security, housing, safety, post office, recycling, and parking issues.

“Once you do a HAFAP, you just come back ... you’re hooked,” said McFadden, who’s been involved with AFAPs for the last seven years in Fort Stewart and Fort Benning, Ga.; U.S. Army, Europe; and here in Hawaii. “I



believe the HAFAP is the best-kept, not-at-all-a-secret program in the Army. It is the way to change our quality of life, but so many of us don’t know about it.”

Truth be told, many attending the kickoff were learning more about the HAFAP process. Like Tina Pierce, family readiness group (FRG) leader at Tripler Army Medical Center, they recommended “prepackaged e-mail vehicles” be drafted that simply provided information. Pierce said she wants to simply “hit forward” to communicate with her FRG.

Cpl. Levy Wilson, with S-1, 325th Brigade Support Battalion, said, “I don’t live on-post.” He wondered how he would contribute.

Similarly, Staff Sgt. Joshua Brown, non-commissioned officer in charge, Optometry Services at Tripler, asked, “What is my role?”

The kickoff itself familiarized the FRTI team and delegates with the HAFAP process. McFadden explained the delegates are to seek on-post community issues from the Army family within their circles for the four workgroup categories.

Family member Mary Cook, a 2nd Squadron, 14th Cavalry Regiment spouse, asked, “How are SMEs [subject matter experts] involved in the discussion?”

To volunteer as a delegate, call ACS at 655-4227 and submit a delegate application.

According to Sherrod, about 20 SMEs from different agencies will shed light on issues within their purview. Come March 15, Sherrod will give SMEs what has been submitted from delegates, so SMEs can complete their homework, researching and providing background about community concerns, before the HAFAP conference.

“It seems like it’s too good to be true,” McFadden said, “but it’s [HAFAP] really just a great grassroots program to make change, positive change.”

The ideal HAFAP delegate or volunteer is a member of the Army family who is willing to devote the proper time, passion and attention to work substantive issues using established protocols, according to McFadden. He or she must also be a team member, working with people they’ve probably never met before, she said.

“We want volunteers who are willing to be part of the process for change,” said Sherrod.

The work of volunteer delegates will culminate when the HAFAP conference meets March 21 and 22 at the Nehelani, Schofield Barracks. The public is invited to the “report out,” March 22 at 2 p.m.

# News Briefs

Send calendar announcements to [community@hawaiiarmyweekly.com](mailto:community@hawaiiarmyweekly.com).

## 6 / Tuesday

**Troops to Teachers** — A representative will be available to answer questions about the federally-funded Troops to Teachers (TTT) Program March 6, from 11:30 a.m.-1 p.m. in the Schofield Barracks Education Center.

This program can provide resource and hiring support, and allows up to a \$10,000 bonus for teaching in high-need schools. Contact Mr. Miller at 586-4054, ext. 409 or e-mail [hawaiittt@notes.k12.hi.us](mailto:hawaiittt@notes.k12.hi.us).

## 9 / Friday

**WPMA Founders Day Celebration** — The West Society of Hawaii will host the 2007 Founders Day Dinner to honor the founders of the West Point Military Academy, March 9.

Guest speaker for this event is Col. Jeanette McMahon, WPMA class of 1983. McMahon is the special assistant to the Academy's human relations superintendent.

The event will be held in the Banyan Tree room of the Hale Koa Hotel, Waikiki. The Benny Havens hour will begin at 6:30 p.m. and dinner will be served at 7:15 p.m. For tickets or event information, e-mail [bandccardinal@msn.com](mailto:bandccardinal@msn.com).

## 10 / Saturday

**Gate Closure** — Lyman Gate on Schofield Barracks will close March 10-June 30 for construction improvements.

Macomb Gate will reopen only for exiting the post. McNair Gate will be used for entry only. Commercial deliveries, visitors and unregistered vehicles must use McNair Gate. Call 656-2473.

For a map of the changes, visit [www.25idl.army.mil/commu](http://www.25idl.army.mil/commu)

[nityimpactupdates/roadclosuremap.jpg](#).

## 13 / Tuesday

**Town Hall Meeting** — The Oahu North community is invited to attend a town hall meeting March 13, starting at 6:30 in the Sgt. Smith Theater, Schofield Barracks.

The town hall meeting provides information about community events, security, housing updates, deployment and more. Call Melvin Wright, deputy community director at 655-0497.

## Ongoing

**Green to Gold** — A program

briefing on the Army Green to Gold Program will be held at the Schofield Barracks and Tripler Army Medical Center Education Centers the last Wednesday of each month.

To be eligible, Soldiers must have served at least two years on active duty. The current application window will be open until Apr. 1.

Visit [www.rotc.usaac.army.mil/command/Green2Gold/index.htm](http://www.rotc.usaac.army.mil/command/Green2Gold/index.htm).

Call the University of Hawaii Army ROTC Warrior Battalion, 956-7766 or e-mail [gblt@hawaii.edu](mailto:gblt@hawaii.edu).

**Reserve Officers Scholarship** — Applications for The Henry J. Reilly Memorial Scholarship program,

sponsored by the Reserve Officers Association (ROA), are now available online at [www.roa.org/site/PageServer?pagename=reilly\\_scholarship](http://www.roa.org/site/PageServer?pagename=reilly_scholarship).

ROA awards merit-based graduate scholarships to members and merit-based undergraduate scholarships to children and grandchildren of members.

Scholarships are valued at \$500. Winners can resubmit annually as long as they meet application criteria. The application deadline is Apr. 10. Contact Henry.David.Pendleton@us.army.mil.

**Road closure** — Trimble Road on Schofield Barracks, from Cadet Sheridan Road to Beaver Road,

will be resurfaced through March 16, from 8 a.m.-4 p.m.

The road will remain open and lanes will be closed and traffic will be redirected as necessary. Call 656-2435.

**Recovered Property** — The Provost Marshal's office has recovered several lost or stolen bicycles. Owners cannot be identified because these bicycles were not previously registered with the post or any other agency.

Other recovered items include cellular phones, keys, jewelry, sporting goods and more.

To make arrangements to identify bicycles or any other items that may have been recovered, call 655-8255.

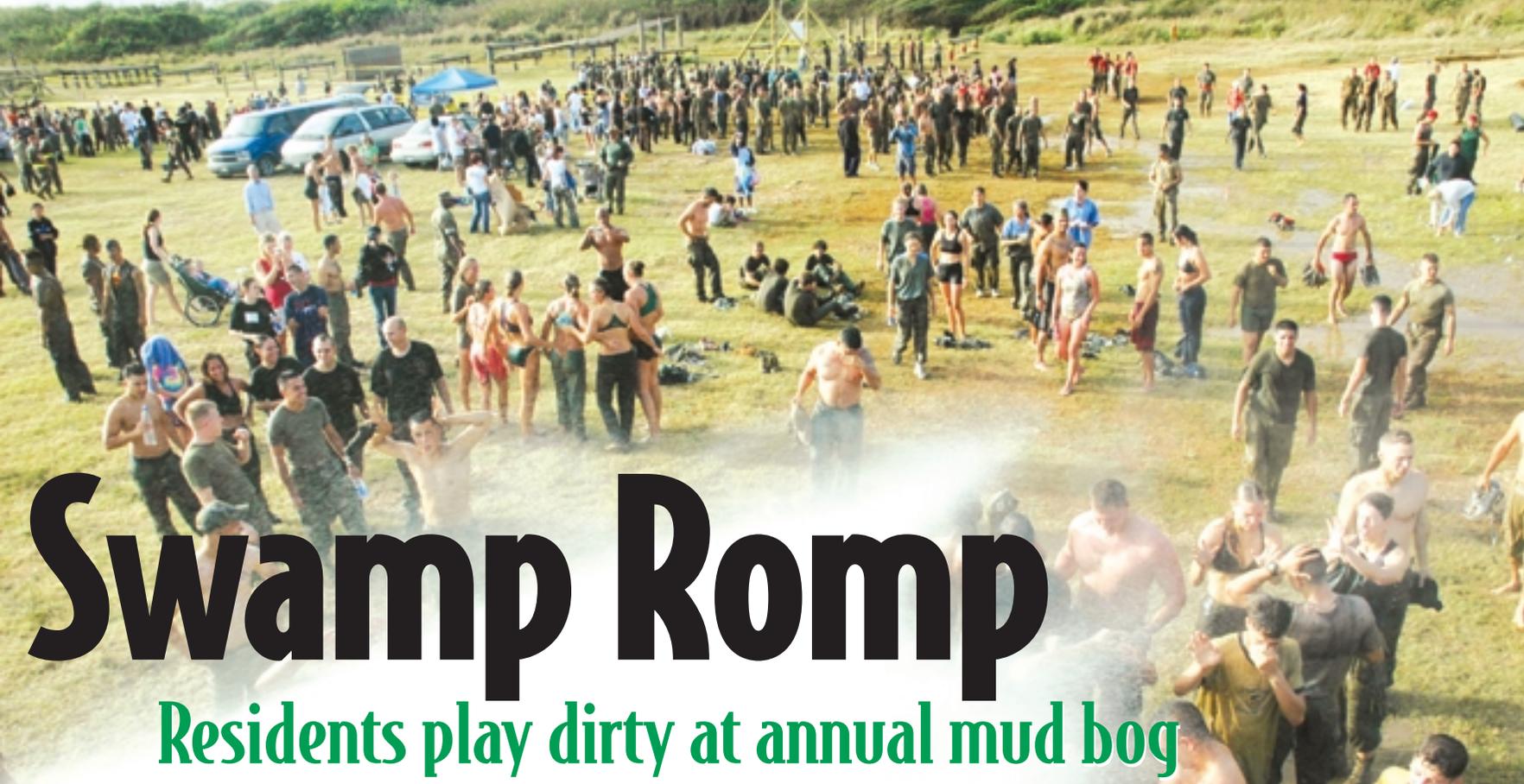
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# PAU HANA



# Swamp Romp

## Residents play dirty at annual mud bog

Story and Photos By  
**KHALIDA DUBOSE**  
Staff Writer

Hundreds of teams braved Oahu's dirtiest foot race Saturday at Marine Corps Base Hawaii (MCBH) in Kaneohe. The 13th annual Swamp Romp, a basic obstacle course for most Marines, challenged more than 1,000 runners with a taste of what it means to be a "grunt" for one day. And although local leathernecks seemed to have the home-swamp advantage, the Army held its own.

The Army's "Swamp Donkeys" finished sixth overall in a field of 248 six-person teams that completed the course. Twenty-two other Army teams competed with varying degrees of success.

The hosts of Swamp Romp, Combat Service Support Group-3 (CSSG-3) and Marine Corps Community Services (MCCS), opened the event to members of all branches of the military, families, civilian employees, sports teams and anyone else who thought they had what it took to get down and dirty.

"The Swamp Romp is our way of giving the local community an opportunity to experience some of the fun aspects of the Marine Corps' camaraderie and teamwork, while negotiating a challenging race course of mud, sand, ocean, obstacles and more mud," said Meghan Brophy, varsity sports coordinator for MCCS.

At dawn, approximately 275 teams of six members arrived at the four-mile swamp course to check in and mentally prepare for the grit, grime and messiness that was to become their Saturday morning. Each team paid \$120 to run the race.

In the spirit of fun, teams dressed up in wacky costumes and gave themselves a variety of colorful names including the Dirty Wahine, Ninja TC Rock, Bang 'em Out, My Hump, Chicken, Cheese & Hot sauce, Hammerheads and more.



Above — Several teams low crawl under yellow tape through a guaranteed-to-get-you-muddy obstacle during the 13th annual Swamp Romp, Feb. 24.

Right — A mud-soaked competitor attempts to get back on his feet as he exits a portion of the swamp near the course's half-way point. More than 1,000 people competed.

At precisely 7 a.m., teams from around the state lined up and ready to tackle the bog. Many people's vain attempts to remain swamp-free were muddied as teams were unleashed three at a time, every 15 seconds, until hundreds of people were splashing through the mud, crawling through holes and jumping over obstacles in hopes of making it to the finish line.

Along with the opportunity to experience first-hand some of the obstacles and endurance tests in a day in the life of some Marines, all runners received a participation T-shirt, proving that they were tough enough to conquer the Swamp Romp.

"It was stinky, muddy and gross, but it was awesome," said Allison Cline, who was part of team "My Hump." Cline, who was on a team that consisted of wives from all branches of the service, said she would definitely run the course for

a second time next year.

For many runners, rookies and swamp veterans, rolling around in the muck puddles was the best part of the morning.

"The best part was just getting muddy," said Staff Sgt. Vicki Brown. Brown, who was part of the host unit, said her team, the "Ban-shees," finished in 112th place.

Next to the Blues on the Bay air show and BayFest, the Swamp Romp is MCBH and MCCS' third largest community event.

Organizers of the event said that it has grown every year and they hope that more members of the community and members from all branches of the military will get involved in coming years.



# Soldiers spread 8.2 miles of aloha spirit during 2007 GAR Kuwait

**MAJ. JASON EDWARDS**

556th Personnel Services Battalion Rear Detachment

When an estimated 3,000 service men and women running the annual Great Aloha Run in Honolulu, the military presence in the race was indeed certain and strong. But few Soldiers were as motivated as the members of the ones who ran GAR Kuwait.

More than 200 participants from the Army, Navy, Air Force, Marine and Australian Army unleashed their inner marathoner Feb. 19 at Life Support Area (LSA) - Camp Ali Al Salem.

To get the runners in the aloha spirit, the race began with the familiar sounds of ukuleles, falsettos and all manners of Hawaiian music.

"The Great Aloha Run was a huge opportunity for Task Force Lightning Service to spread the spirit of Aloha with the other units from all branches of service assigned in Kuwait. We made sure to include the transient Soldiers here temporarily on the LSA in this fun fitness event," said Lt. Col. Bruce Jenkins, Task Force 556th Personnel Services Battalion commander. "Soldiers of the Task Force continue to perform daily physical fitness training, even though



Maj. Ralph Williams | 556th Personnel Support Battalion

Above — Service members of 556th Personnel Support Battalion infuse their corner of Kuwait with a aloha spirit by tackling the Great Aloha Run, Feb. 19. Team HHD, lead by Cpt. Brett Medlin (center, with hat), set the pace and held the lead throughout the event.

Right — Spc. Sara Frankart, HHD, 556th PSB cannot contain her excitement as she crosses the race finish line.

our duty obligations run around the clock, twenty-four hours a day, seven days a week."

The clear and temperate conditions were ideal for Headquarters and Headquar-



ters Detachment, 556th PSB, commanded by Capt. Brett Medlin and lead by 1st Sgt. Dexter Ferguson, which took an early lead to become the target of all the other units. The remainder of the pack came from other Army units, sister services or foreign armies.

Team HHD kept their backs to the rest of the pack throughout the race, winning GAR Kuwait in 1 hour, 11 minutes, 58 seconds. Coming in a close second was the 444th Adjutant General Detachment.

"We received incredible support from Carol Kai (GAR founder), Carol Jaxon (GAR director), 556th PSB rear detachment and the Division G-3 section with the logistics required to set-up and run the event here," Jenkins said. "The aloha spirit was evident from the start, and it was an honor for us to not only support the charitable event back in Hawaii, but also to share some aloha with the Soldiers stationed in Kuwait."

Jenkins said the 8.2 mile race would "surely be an event that our Soldiers will remember fondly for many years."

Task Force 556th PSB is the command and control unit for all movement in and out of both Afghanistan, Iraq and other locations in the U.S. Central Command Area of Responsibility.





**2/Today**

**ACT Up** — Get tickets today for the Army Community Theater's (ACT) production of the musical "Joseph and the Amazing Technicolor Dreamcoat."

Performances will be held at Richardson Theatre, Fort Shafter, March 2, 3, 9, 10, 16 and 17. Tickets are available at the box office, Monday-Friday, 10 a.m. to 2 p.m., or online at [www.squareone.org/ACT/tickets.html](http://www.squareone.org/ACT/tickets.html). Call 438-4480.

**3/Saturday**

**Texas Hold 'em Tournament** — Active duty personnel are invited to try their luck at a Texas Hold 'em poker tournament March 3-4 at the Schofield Tropics.

The games will start at noon and preregistration is required. Call 655-0968.

**7/Wednesday**

**Teen Tech Week** — Teens, improve your SAT and ACT scores by practicing and improving your skills online at the [www.Petersons.com](http://www.Petersons.com).

A meeting will be held March 7 at 3 p.m. in the Sgt. Yano Library on Schofield Barracks. Call 655-8002 to preregister. Groups may contact Janet Howard at 655-8002 for a special orientation.

**9/Friday**

**Mongolian BBQ** — Enjoy a popular dining experience, Mongolian barbecue cooked outside the Schofield Nehelani with seating inside the Kolekole Bar & Grill, from 5-8 p.m.

Select menu favorites from a large variety of meats and vegetables and have it grilled to your liking. Cost is 65 cents per ounce. Call 655-0446 for reservations.

**10/Saturday**

**Parents Night Out** — Leave your children with Child and Youth Services (CYS) at Peterson Center, Schofield Barracks, on Parents Night Out, and then enjoy a nice night out on the town.

Children enrolled in Parents Night Out must be registered with CYS no later than noon, March 8. Reservations are first-come, first-served. Call 655-8313.

**Yu-Gi-Oh** — Get ready to duel at the Schofield Tropics. Registration for the Yu-Gi-Oh tournament starts at noon and matches will start at 1 p.m. Cost is \$6 and includes a pack of the latest Yu-Gi-Oh cards.



Christa B. Thomas | U.S. Army Garrison, Hawaii, Public Affairs

**Low prices meet their match**

**ARMY & AIR FORCE EXCHANGE SERVICE**  
News Release

DALLAS — The Army & Air Force Exchange Service's (AAFES) "We'll Match It!" initiative has been updated to allow authorized shoppers to compare prices between the exchange and "warehouse clubs."

"Previously, AAFES didn't match warehouse clubs as their shelf prices are offset by required membership fees," said AAFES' Senior Enlisted Advisor Chief Master Sgt. Bryan Eaton.

"Military families made it clear that while they understood the PX and BX do not charge fees, they still considered it to be the original 'members only' club. Honoring warehouse club prices is just another example of AAFES adapt-

**SEE MATCH, B-3**

Prizes will be awarded, and all ages are welcome. Call 655-8522.

**14/Wednesday**

**Afterschool at the Library** — Celebrate St. Patrick's Day with stories and a craft activity, March 14 starting at 3 p.m. The Afterschool program targets children ages 6-12. Call 655-8002.

**Ukulele Making** — Create a tenor ukulele at the Schofield Barracks Arts & Crafts Center. This 10-session class will meet once a week, from 5:30-8 p.m. The class fee of \$350 includes all materials and parts. To register, call 655-4202.

**Teen Job Ready Workshop** — Teens will learn how to apply and interview for employment, plus learn job search skill, and how to prepare a resumé. The Job Ready Workshop will be held at Aliamanu Teen Center, March 14, from 3:30-5:30 p.m. and the Schofield Barracks Schools of Knowledge, Inspiration, Exploration and Skills (SKIES) Center, March 15, from 3:30-5:30 p.m.

Call Aliamanu at 833-0920 or Schofield at 655-9818. Participants must be current members of CYS or enrolled in SKIES Unlimited. To enroll in either program, call 655-6461.

**Ongoing**

**Play and Learn** — Play and Learn is a weekly play group for infants, toddlers, preschoolers and their parents. This free program combines playtime with short learning topics. Groups meet at Aliamanu and Schofield Barracks. Call 655-4227.

**Free Tutoring Service** — SKIES is now offering free tutoring in many subjects to youth who are enrolled with SKIES or registered with CYS.

This service is available each Monday from 3:30-4:30 p.m. for students in grades 6-12. To enroll, call 655-9818.

**Nehelani Catering** — The Nehelani Banquet and Conference Center at Schofield Barracks is the perfect setting for most catering needs. This service is available for weddings, graduations, proms, birthdays, military functions, reunions, conferences, workshops or private parties.

The Nehelani staff will work hard to make any occasion an event to remember. Call 655-0660.

**SKIES Unlimited Volunteer Opportu-**

**nities** — Join the CYS family as a child/youth instructor. SKIES is always looking for qualified, caring volunteer instructors for the School of Arts, School of Sports, School of Academics, and the School of Life Skills.

Call 655-9818.

**Arts and Crafts Classes** — The Arts & Crafts centers on Schofield Barracks and Fort Shafter offer a variety of classes including ukulele making, stained glass, pottery classes, framing and matting, and woodshop.

Call 655-6330 (Schofield Barracks) or 438-1315 (Fort Shafter).

**Child Care Opportunities** — High-quality programs and child care for infants through school-age children are available at CYS Child Development Centers (CDC), Family Child Care (FCC), and School Age Services (SAS).

Current vacancies are available in the four weeks to 12 years old age group in FCC homes and in preschool-fifth grade in CDC and SAS programs.

**Auto Safety and Training** — "At Ease

**SEE MWR BRIEFS, B-3**

Hawaii Maritime Center on Ala Moana Boulevard. Call 566-2337 or visit [www.alohatower.com](http://www.alohatower.com).

**Ongoing**

**House Hunting Help** — Representatives from the Honolulu Board of REALTORS will be available from 8 a.m.-noon and 1-5 p.m. weekdays at the Fort Shafter Housing Services Office, Building 344, located on Montgomery Drive.

At the Volunteer Realtor Program, realtors will review the purchasing process, how to access listings, and explain different financing options and loan types.

This service is free, and there are no follow-up requirements or obligation to realtors from program attendees. Call Pam Hirota, Directorate of Public Works, Housing Services Office, at 438-1518.

**Keiki Tuesday** — Kid-friendly entertainers including Chris da Clown, Aloha Clowns, Paradise Jugglers and Families for R.E.A.L. will delight the whole family at free celebrations every Tuesday, from 10:30 a.m.-noon in the Pearlridge Mall uptown center court.

Bring the children for crafts, balloons, storytelling, face-painting and silly songs. School-age children are invited to join the fun from 6-8 p.m.

**MDA Volunteers Needed** — The Muscular Dystrophy Association (MDA) has begun its search for summer camp volunteers. Volunteer counselors are needed to help young people with neuromuscular diseases enjoy a fun-filled MDA summer camp June 8-15 at YMCA Camp H.R. Erdman on the North Shore.

Volunteer counselors must be at least age 16 and able to lift and care for a young person between ages 6 and 21.

For an application, call the Honolulu MDA office at 593-4454 or 800-572-1717. Visit [www.mda.org/clinics/camp](http://www.mda.org/clinics/camp) or [www.groups.yahoo.com/group/mdahawaii](http://www.groups.yahoo.com/group/mdahawaii).

**PWOC Spring Session** — A place to find laughter, a place to find hope, a place to find friends, a place to find faith. The Protestant Women of the Chapel (PWOC) will host its Spring Session every Tuesday through May 15. Sessions are held in the Main Post Chapel on Schofield, from 9-11:30 a.m. Free on-site child care is available by reservation. Call 206-8504.

(pidgin), will be the speaker.

This event will feature nonfiction, poetry, fiction and scriptwriting sessions.

Participants will receive a breakfast from 8:45-9:15 a.m. and soft drinks and juice during the brown bag lunch.

A \$10 donation is requested for the workshops, \$5 for students.

To reserve a seat, call 544-9340 or 544-1108; send name, address and phone number to [pwilson@hpu.edu](mailto:pwilson@hpu.edu) by March 2.

**USO Celebrity Tour Show** — Award-winning actor, director and musician Gary Sinese brings the "Lieutenant Dan Band" (in which he plays bass guitar) to Kaneohe Bay, March 3, to perform for and salute the military at Pop Warner Field, Marine Corps Base Hawaii, beginning at 3 p.m.

Sinese, who currently plays detective Mac Taylor in the TV crime series "CSI New York," was nominated for the Academy Award for Best Supporting Actor for his portrayal of Lt. Dan Tyler in Forrest Gump. An autograph session will follow the show.

**10/Saturday**

**The Honolulu Festival** — The rich blend of arts, crafts and cultures of Japan and the Pacific Rim nations will be celebrated at the 13th annual Honolulu Festival, themed "Pacific Renaissance" March 10-11, beginning at 10 a.m.

More than 5,000 performers from Japan, Australia, Taiwan, the Philippines and Hawaii are expected to participate in demonstrations, music, exhibits and the exhilarating parade down Kalakaua Avenue.

The parade will be March 11, starting at 4:30 p.m. Visit [www.honolulu festival.com](http://www.honolulu festival.com) for complete festival details.

**14/Wednesday**

**De-clutter Your Life** — For Women, By Women will host the De-clutter Your Life seminar, March 14, from 6-8 p.m. in the Hawaii Women's Business Center.

Ellyn Sollars, professional organizer and chief executive officer of "Declutter 2 Design" will be the featured speaker. Just in time for spring-cleaning, Sollars will provide guests with helpful tips to clear the clutter.

Participants will meet women of all ages, from all industries. Enjoy appetizers, informative speakers and great door prizes.

The event will be held at 1041 Nuuanu Ave., near Chinatown. Cost is \$20 with advance registration or \$25 at the door.



Send calendar announcements to [community@hawaiiarmyweekly.com](mailto:community@hawaiiarmyweekly.com).

**March**

**2/Today**

**Kolohe Festival** — An all-star lineup of reggae's finest artists will jam on two stages, March 2-3 at Hawaiian Waters Adventure Park in Kapolei.

Scheduled to appear are Steel Pulse, Bunny Wailer, Midnite & Native Elements, Natural Vibrations, Humble Soul.

Tickets are \$25 for each night and may be purchased at T&C Surf Designs, Hungry Ear and University of Hawaii Campus Center.

Gates open for this "adults only" event at 7 p.m. each night. Visit [ww.kolohefestival.com](http://ww.kolohefestival.com)

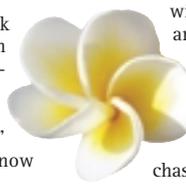
**Dances from the Heart/Land** — Explore the landscape of the heart with "Dances From the Heart/Land," presented by the University of Hawaii-Manoa's Department of Theatre and Dance, March 2-3 & 9-11. A hula kahiko will open this annual event, and gospel, jazz and rock music will underscore dance creations that include "Clowns and Other Fools: A Pantomime Circus," "Anytown," "Kryptonite" and "Blessed."

The March 2-10 shows will begin at 8 p.m. and the March 11 show will begin at 2 p.m. at the UH-Manoa Kennedy Theatre. Tickets are \$16 for general admission, \$14 for faculty, staff, seniors and military. Call 483-7123 or visit [www.etickethawaii.com](http://www.etickethawaii.com).

**3/Saturday**

**Writer's Workshop** — Novice and seasoned writers are invited to Hawaii Pacific University's 10th annual Koolau Writing Workshop, March 3, from 8:45 a.m.-3:30 p.m. on the windward campus, located at 45-045 Kamehameha Highway.

Darrell Lum, a writer who has found a his voice through his use of Hawaiian creole



**15/Thursday**

**Wanna Know What Love Is?** —

Back in the day, old school rockers, Foreigner, were the epitome of arena rock. Now classic-rock fans can pull out the leopard-print leggings, rubber bracelets and cans of Aqua Net to relive the '70s and '80s, March 15, when the band stops in Honolulu.

Original member Mick Jones will lead the lineup when Foreigner plays its rock-hard hits, including "Feels Like the First Time," "Cold As Ice," "Hot Blooded," "Urgent" and "I Want to Know What Love Is."

Tickets are \$41-\$51 and may be purchased at the Neal S. Blaisdell Arena box office. Visit [www.kingmichelconcerts.com](http://www.kingmichelconcerts.com).

**Military Spouses Scholarship** — The National Military Family Association (NMFA) in partnership with the Military Channel invites military spouses to apply for the Joanne Holbrook Patton Military Spouse Scholarship Program.

The scholarships are available to military spouses of any branch who want to train for professional certifications or to attend post-secondary or graduate school. They range from \$500 to \$1,000 and may be applied for tuition, fees, room and board. Applications will be accepted through March 15. Visit [www.nmfa.org/scholarship](http://www.nmfa.org/scholarship).

**17/Saturday**

**Navy Chorale Performance** — The 75-member Men's Glee Club from the U.S. Naval Academy in Annapolis, Md., will drop anchor in Honolulu for two public performances on its Spring Break tour in March.

The first performance will be held March 17 at 7:30 p.m., at the St. Andrew's Cathedral, and March 18 at 7 p.m., in the Central Union Church. Both churches are in downtown Honolulu.

Tickets for both performances will be available through the Navy's MWR outlets. Contact the Music Office at 410-293-2439.

**Luck O' the Irish** — Irish eyes will be smiling at Aloha Tower Marketplace's St. Patrick's Day celebration, starting at 4 p.m. The free festivities will include live entertainment of music, contra dancers, and leprechauns, plus prize giveaways and party beads.

The marketplace is located next to the



**Aliamanu (AMR) Chapel, 836-4599**

- Catholic Sunday, 8:30 a.m. — Mass Sunday, 9:45 a.m. — Religious Education (Sept.-May only)
- 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**

- Contemporary Protestant Sunday, 10 a.m. — Worship Service & Children's Church

**\*Main Post Chapel, 655-9307**

*\* (Note: During renovation, services normally held in the sanctuary will take place at the Wheeler Chapel.)*

- Catholic Sunday, 9 a.m.—CCD & RCIA Collective Protestant Sunday, 10:30 a.m. — Sunday School
- Gospel Sunday, 10:30 a.m. — Sunday School

**MPC Annex, Building 791**

- Chalice Circle Tuesday, 7 p.m.
- Islamic Prayers and Study Friday, 1 p.m.
- Buddhist 4th Sunday, 1 p.m.

**Soldiers Chapel**

- Catholic Friday-Saturday, 12 p.m. — Adoration (24 hours)
- Protestant Sunday, 9:30 a.m. — Worship Service

**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**

- Catholic Saturday, 5 p.m.—Mass Sunday, 10:30 a.m.—Mass
- Collective Protestant Sunday, 9 a.m. — Worship Service
- Gospel Sunday, 12 p.m. — Worship Service



**Stomp the Yard**

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



**Freedom Writers**

(PG-13)  
Saturday, 7 p.m.  
Wednesday, 7 p.m.

# ACS Special Ed meetings, vital resource for families

**KHALIDA DUBOSE**  
Staff Writer

FORT SHAFTER — Jane Bruns, program manager for the Exceptional Family Member Program (EFMP) at Army Community Service (ACS), knows that there is no such thing as too much information when it comes to parents knowing what resources are available if their child has special educational needs.

Every month, ACS holds several meetings on Schofield Barracks and Fort

Shafter for parents who are seeking information on the topic. The meetings, which are open to the public, are designed to walk parents through the Hawaii Department of Education (DoE) system, inform them of changes and the structure of the system, and answer any questions they may have.

“Questions of all kinds come across my desk,” said Bruns. “[Parents] usually have questions about accessing services and resources for their children.”

In addition to the monthly meetings,

more in-depth quarterly meetings are held. Meeting facilitators from the Community Children’s Council (CCC) and ACS put together informational packets with several resources for parents, as well as answer questions and troubleshoot to help parents solve problems.

The goal of quarterly meetings is to help increase awareness about Hawaii’s State Service System. The emphasis of the meeting is on the structure and services of the DoE and how it

## Upcoming Schofield Barracks meetings:

- April 3, 4 and 5, from 6-8 p.m.
- April 11, from 9 a.m. to 3 p.m.

supports children and families.

Throughout the state of Hawaii, there are 17 CCCs. Each council provides a forum for families, local communities, and state and private agencies, to partner in maintaining the quality of educational, social and emotional programs available

for youth with special needs in their community.

The CCC also guides and assists parents about how to deal with individual issues concerning their children’s in-school and home learning.

April 3, 4 and 5 meetings will be held at Schofield from 6-8 p.m., and April 11 from 9 a.m. to 3 p.m. Anyone interested in attending a meeting should contact Bruns at 655-4777. Also contact Bruns for a list of quarterly meeting days and times.

# Match: AAFES will not be undersold on any goods

CONTINUED FROM B-2

ing to meet the expectations of those it serves.”

It is only through proactive surveying and review that AAFES can ensure its prices are routinely lower than the competition. But even with consistent monitoring, today’s competitive retail landscape requires AAFES to rely on its price matching program to guarantee that, in the event the PX or BX doesn’t have the lowest price, authorized customers will always receive the best price.

“We’ll Match It!” works in two ways:

•Shoppers who see a price differential of less than \$10 can tell the cashier who will match it on the spot.

•Customers who report a price difference of greater than \$10 need only to bring a current local competitor’s ad to receive the reduced price.

In either “We’ll Match It” scenario the merchandise being compared must be identical.

“AAFES is committed to having low prices,” said Eaton. “We’ll Match It!” is

simply a last line of defense in our desire to be the military shopper’s first choice. After AAFES conducts national surveys and associates from the store level compare local prices, military families have this price matching mechanism to make sure no one missed anything.”

“We’ll Match It!” promotes AAFES as a price leader with a pledge that its operations will match competitors’ current, local price on any identical stock assortment. In addition to this same-day pledge, AAFES also offers a 30-day price guarantee on any item originally purchased from AAFES and subsequently sold at a lower price by AAFES, or another local competitor (excluding unauthorized dealers).

Since AAFES has a dual mission to provide quality merchandise and services at competitively low prices and generate earnings to supplement MWR programs, there are exceptions to the “We’ll Match It!” program.

Except for the Exchange Catalog and aafes.com, PXs and BXs cannot accept challenges from any catalog or Web site. Other exclusions include special offers or

promotions, free-with-purchase offers, limited quantity offers, bundled promotions, special financing, “gimmick” promotions, special order automotive parts, gasoline, automotive labor/service, double and triple coupons, clearance items, flat percentage off items and vending items.

“We’ll Match It!” is available every day of the year exclusively at AAFES facilities around the world. Purchases from the Exchange generate funds for much needed MWR programs.

In the past 10 years, AAFES contributed more than \$2.4 billion to Army, Air Force, Marine Corps and Navy MWR/Services programs. These funds are used in support of Youth Services, Armed Forces Recreation Centers, post functions and other quality of life initiatives enjoyed by military families on installations across the globe.

The “We’ll Match It!” policy applies to all AAFES retail stores including main stores, Shoppettes, Class Six, Car Care and troop stores. Complete details concerning the price matching program are available online at aafes.com.

# Family night focuses on couples, stressors

**KHALIDA DUBOSE**  
Staff Writer

Every Wednesday night families on Schofield Barracks get together and break bread.

February 21 was no different, as families gathered for dinner, keiki and adult Bible classes and a session with Chaplain (Lt. Col.) Joel Lytle, for couples dealing with post deployment stress and communication issues.

Knowing that many troops are looking forward to coming home or facing another deployment, Lytle focused his 45-minute discussion on couples’ communication.

“Now that they have been back for sixty to ninety days, what was good and what wasn’t so good, said Lytle before the discussion began.”

The main points of the talk were the “battle mind” and “battle buddies” of Soldiers and their spouses. Lytle explained that Soldiers develop relationships with other Soldiers when they are deployed, and their spouses do the same at home.

The breakdown in communication, he said, is sometimes two-pronged. First, couples do not adapt their mindset to their spouse’s or the rest of the family when they are back together. And second, they don’t know how to integrate their battle buddies with their

spouse’s buddies.

“Battle mind skills helped you survive in combat, but may cause you problems, if not adapted when you get home,” said Lytle. “Ask yourself what kind of emotions are you bringing home that won’t be well received,” he suggested to Soldiers.

Lytle paralleled problems Soldiers have when they get home with their spouse’s stress and problems. What couples are experiencing, he said, goes both ways.

Dr. Bridget Cantrell, author of “To Iraq and Back,” briefly joined Lytle as a subject matter expert on the subject.

Cantrell told the group that when Soldiers are at war they often “draw a perimeter around their hearts,” and don’t let their spouses in. Cantrell’s advice to couples was to find a happy medium in which they can slowly build communication.

Couples talked to Lytle and Cantrell toward the end of the meeting for specific ideas on how to navigate communication issues they were personally experiencing.

One Soldier said he would like to see more of his younger Soldiers and their spouses attend the discussion. They would benefit by working on post-deployment communication strategies and stress management now.

## MWR Briefs

From B-2

Automotive Training” and “Ensuring Auto Safety for Everyone” are taught at the Schofield Barracks Auto Craft Center the second Friday of each month, from 9–10 a.m.

Learn how to properly check automotive

fluid levels and perform basic safety checks.

Registration is required by the Sunday prior to the class start date. Special sessions can be arranged for groups of four to six. Cost is \$5. Call 655-2271.

**MWR Happenings** — To find out more information about MWR activities, programs and facilities, pick-up a copy of the “Discovery” magazine available at the Schofield Barracks commissary, Fort Shafter

post exchange, Aliamanu shoppette, Tripler mauka entrance, or any MWR facility.

Visit the MWR Web site at [www.mwrmilitaryhawaii.com](http://www.mwrmilitaryhawaii.com).

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



Send community announcements to [community@hawaiiarmyweekly.com](mailto:community@hawaiiarmyweekly.com).

## March

17 / Saturday

**The March March** — The Menehune Marchers will be sponsoring a 10k Kaimuki and Kapiolani Community College Farmer's Market volksmarch (walk), March 17.

This free march will start at Fort Ruger Triangle Park. Participants may begin any time between 8–11 a.m. To receive IVV credit, the cost is \$3. Call 205-1846.

24 / Saturday

**Rubber Duckie Race** — The United Cerebral Palsy Association's

"Great Hawaiian Rubber Duckie Race" will waddle down Ala Wai Canal for its twentieth year. Thousands of rubber duckies will challenge the rigors of the Ala Wai canal, March 24, in efforts to raise dollars for those with cerebral palsy and other disabilities.

Pre-race activities will begin at 9 a.m. and will include entertainment and what is billed (ahem) as the state's largest duck store in the McCully Shopping Center. The race will begin at 1:20 p.m. from the Kalakaua Avenue Bridge. Visit [www.ucpahi.org](http://www.ucpahi.org)

29 / Thursday

**Revenge & Retribution** — Action Zone Wrestling (AZW) presents "Revenge & Retribution" at the Filipino Community (FilCom) Center, March 29, beginning at 8 p.m.

Come see live wrestling action, featuring the AZW heavyweight champion The Rage take on King Makoa. Also scheduled are grudge matches and tag team matches.

Advance tickets are \$7 and \$10

the day of the event. E-mail [ActionZoneWrestling@webtv.net](mailto:ActionZoneWrestling@webtv.net) or visit [www.actionzonewrestling.com](http://www.actionzonewrestling.com) to purchase tickets.

The FilCom Center is located at 94-428 Mokuola St. in Waipahu.

## Ongoing

### Hunter Education Courses

The Hawaii Department of Land & Natural Resources offers monthly Hunter Education classes.

Subjects to be covered include wildlife identification and conservation, firearms and archery safety, survival, game care and more.

The free two-day classes are held each month, on a Saturday, from 5:45–10 p.m., and Sunday, 7:45 a.m.–4 p.m. Classes are family-friendly and open to anyone age 10 years and older. Visit [www.hawaii.gov/dlnr/dcre/courses.htm](http://www.hawaii.gov/dlnr/dcre/courses.htm) or call 587-0200.

### Fleet Feet

— Faerber's Flyers

**SEE COMM. SPORTS, A-4**

# Mongolian NEHELANI Barbeque



Cooked Outside In Front of Nehelani with Seating in Air Conditioned Kolekole

Friday, March 9

5 p.m. to 8 p.m.

\$0.65 per oz.



Select your favorites from a large variety of meats and vegetables, and we'll grill it to your liking.

for More Information or Reservations call 655-4466



# Community Sports

From B-4

women's running club invites women of all ages and skill levels to join them at the University of Hawaii track at Cooke Field. The club meets Wednesdays from 5:15-7 p.m.

Cost is \$50 per year. Call 277-3609.

**Masters Swim Program** — Team Move hosts a master's swimming program Wednesdays, from 7:30-8:30 a.m., and Saturdays from 7-8:15 a.m., in the Pearl City district park swimming pool.

The innovative group workouts are designed for beginning and advanced swimmers. Expert coaching will be provided to improve upon form and technique.

All ages are welcome. Cost is \$15 per month for Team Move members and \$25 per month for nonmembers. The pool is located at 785 Hoomaemae St., Pearl City.

**Bike Hawaii** — Join Bike Hawaii's professional nature guides and explore Oahu from the rainforest to the reef.

Packages can include downhill biking, waterfall hiking and sailing off Waikiki with exclusive access to a remote Hawaiian rainforest.

Meals are included. To schedule your adventure, call 734-4214, 877-682-7433, or go online at [www.bikehawaii.com](http://www.bikehawaii.com).

**Golfers Wanted** — Are you looking for a golf group? Military or civilian golfers interested in playing golf on Sunday mornings at Leilehua Golf Course should call 347-8038 or 375-3322. Tee time is usually before 8 a.m.



## 3 / Saturday

**Ladies Golf Clinic** — Ladies, sharpen those golfing skills at a free golf clinic to be held March 3 at the Leilehua Golf Course.

This clinic will last for one hour and will begin promptly at 2:20 p.m. All required equipment will be provided to participants and advance reservations are recommended. Call 655-4653.

## 4 / Sunday

**Bowling Tournament** — A "5 Game, No Tap" tournament will be held at the Schofield Bowling Center, March 4. Check-in will be at 1 p.m., and the cost is \$20 per bowler. Call 655-0573.

## 7 / Wednesday

**Makapuu Lighthouse** — Come enjoy stunning views of Oahu's southeast shore, a historical lighthouse and perhaps a glimpse of whales from the path to the Makapuu lighthouse March 10 from 10 a.m.-2 p.m.

Guests who tackle this lighthouse road trail walk are encouraged to wear comfortable walking shoes, sunblock and bug spray; bring water, lunch and a camera.

Children of all ages are welcome, and this walk is stroller-accessible. Limited transportation will be available. Register by March 7 at 655-0112 or 655-0111.

## 10 / Saturday

**Smackdown** — Come watch Hawaii Championship Wrestling at the Schofield Barracks Tropics, March 10. Doors will open at 6 p.m. and matches will start at 7 p.m.

The cost is \$5 for guests ages 12 and up, \$3 for ages 6-11, and free for children ages 5 and under.

For details call 655-5697.

## 13 / Tuesday

**Track & Field Registration** — Registration for Youth Sports track & field begins March 13 for youth born in 1989-1999. Cost is \$45 per person.

Practice will begin in April, and the meets will begin in June. Call 836-1923 (Alimanu) or 438-9336 (Fort Shafter).

# Ongoing

**Aerobic Classes** — Tripler Army Medical Center (TAMC) and Fort Shafter gyms are offering \$1 per class per person aerobics classes.

Step aerobics and beginning to intermediate cardio-kickboxing classes are offered at TAMC. Classes will be held Monday, Wednesday and Friday at 4:30 p.m.

At Fort Shafter, cardio-kickboxing will be offered on Tuesday and Thursday from 4:30-5:30 p.m. Call 433-2031.

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

**Wheeler Lanes Parties** — Strike out with your friends by planning a party at Wheeler Lanes. Rent the entire six-lane bowling center on Saturdays or Sundays for birthday parties, reunions, hail and farewell gatherings, and other special occasions. Call 656-1745.

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

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