

INSIDE

Recruits get 'Lifesaver'

MIKE A. GLASCH
Army News Service

FORT JACKSON, S.C. — The Army is about to change the way it ensures Soldiers injured on the battlefield receive access to life-saving techniques.

"Soldiers who were recently redeployed, and those who are currently deployed, told us that the first 10 minutes are the most critical for keeping a wounded Soldier alive," said Fort Jackson's deputy commander Col. Kevin Shwedo.

Beginning Oct. 1, Soldiers entering Basic

Combat Training (BCT) will receive Combat Lifesaving (CLS) training and be CLS certified before graduation. The change adds seven-and-a-half hours to the current curriculum.

Soldiers will learn how to perform advanced first aid and conduct potentially lifesaving procedures — from controlling bleeding, conducting CPR and reintroducing fluids into the body — to keep a serious injury from worsening until professional medical help arrives.

"That means you are going to have to start an IV in your buddy, and your buddy is go-

ing to have to start one in you," Shwedo said. The deputy commander said the change has two benefits.

"One, we are training Soldiers on mission-essential tasks that will keep them and their buddies alive in combat," he said. "Not only will they be able to save a life, but they will have the confidence that their buddies can do the same for them."

The second benefit is stress inoculation. "There are very few things in life more

SEE LIFESAVER, A-7

209 ASB 'birds' a mission priority

Story and Photos by
IST LT. DANIEL SEM
209th Aviation Support Battalion,
25th Combat Aviation Brigade

TIKRIT, Iraq — Every flight that moves across northern Iraq today gives one less reason to send Soldiers out on dangerous roads. Most of the rockets, missiles, bullets, repair parts and people critical to the daily fight tear across the desert between forward operating bases safe in the cargo hold of Army Chinook CH-47 helicopters, the primary transport aircraft used in Iraq.

"It's irreplaceable," said Master Sgt. A. L. Partain, who spent two years as the first sergeant of the Chinook company in 3rd Battalion, 25th Aviation Regiment, 25th Combat Aviation Brigade. "[Chinooks have] taken away the need for constant convoys."

With an aircraft this important to the war, it's no wonder the Soldiers of B Company, 209th Aviation Support Battalion (ASB), will work 24 hours a day, every day, until they are done, to completely repair and refit every Chinook entrusted to their shop.

The heart of the B Co. mission is aviation maintenance. During this deployment, maintenance personnel have inspected and repaired Black Hawk UH-60 utility, Kiowa OH-58 Scout and Chinook cargo helicopters when aircraft come to the company for routine maintenance phases.

The most extensive maintenance phases on a Chinook are completed after the aircraft logs 200 or 400 flight hours. Without the continual effort of these B Co. Soldiers, aircraft that fly over all of northern Iraq would be grounded and missions would be lost.

"Because of the flight hours, the phase is very important," Partain said. "These [Chinooks] are dogged out ... you're not going to see the wear and tear on some of these things until you take some of these things off [for maintenance]."

Every hour of flight for a Chinook equates to between four and six hours of maintenance needed, Partain said. Because of these requirements, quick and expert maintenance of the Chinook is no small task, especially considering the Chinook's importance to the 25th CAB's mission.

However, Sgt. Tim Carroll, B Co. maintenance phase team leader, was undaunted by the challenge as he oversaw a 400-hour phase on a Chinook, recently.

"It's what I like to do," Carroll said. "It's what I'm trained to do ... [it's] what I re-enlisted for."

This maintenance phase was Carroll's first as a phase team leader. Now he guides the half-dozen Soldiers on his maintenance team, directing them to perform any of the hundreds of tasks involved in a Chinook phase maintenance.

"I try to get [my Soldiers] well rounded on the aircraft in all areas," Carroll said. "So when they go on to their next unit, they're ready."

As the phase team removed rotors, replaced wire in the flight closet, sweated over the torque adapter, and continued working through all other areas of the aircraft, the importance of teamwork was clear for completing this enormous project.

"We're always together," Carroll said. "Some guys are better at doing something, other guys

SEE 209TH, A-7

In transition

The Army Career and Alumni Program ensures Soldiers are prepared for the transition to civilian life

A-4

Stellar service

When Signal Corps' Nancy Kanbara first began working in Hawaii, she manually produced letters on a typewriter. This year she celebrates 51 years in civil service.

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Time travel

Walk between the past and present, Saturday, Oct. 6, during "Living History Day" at the Schofield Barracks Tropic Lightning Museum.

This event will include static exhibits of modern and restored military vehicles and memorabilia, along with re-enactors in period uniforms.

See Community Calendar, B-2.



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

Signs of the times

Evan Cromer, 2, shows his father, Sgt. Daniel Cromer, 40th Quartermaster Company, the poster he made for him during a redeployment ceremony, Sept. 21. See page A-3 for additional coverage of units that returned home this week.

Network connects dispersed families

BILL BRADNER
Army News Service

WASHINGTON — The Army Integrated Family Support Network (AIFSN), a new program to provide assistance to Soldiers and their families in geographically dispersed areas, was announced by Secretary of the Army Pete Geren and Army Chief of Staff Gen. George Casey Jr., Sept. 18.

"In this era of persistent conflict, we can expect continuing deployments, and to sustain this effort, we have to eliminate the old way of supporting families,

and replace it with a system to support all Army families with means that respond to a globally networked society communicating in mobile ways," Geren said.

When fully implemented, sometime in fiscal year 2008, the global network will address family issues head on by providing a single, holistic institutional network of standardized services. The network is being specifically designed with geographically dispersed Soldiers and their families in mind, in both active and reserve components, from mobilized Soldiers, to recruiters, to families located out-

side reasonable driving distances of military facilities.

Thus far, the Army has invested more than \$7 million on training and technology for AIFSN, which will link Soldiers and families to the family services and programs traditionally found on installations, such as predeployment support, training for family readiness groups, Tricare information and referral, child and youth resource referral, and help with obtaining identification cards. Soldiers and families will also be linked to local community services and programs in their

geographical areas.

"We are transforming the way families receive services and doing what is right in the process," said Brig. Gen. Belinda Pinckney, commander of Family and Morale, Welfare and Recreation Command. "It is a collective effort by the active, Guard and Reserve, and a huge culture change that will yield great dividends for Army Soldiers and families."

(Editor's Note: Bill Bradner serves as deputy public affairs officer with Family and Morale, Welfare, Recreation Command.)

Reservists can net \$2K for assisting recruiters

Story and Photo by
MAJ. LAURIE MEDINA
9th Regional Readiness Command

FORT SHAFTER FLATS — Soldiers in the Army Reserve are now earning thousands of dollars through the Army Reserve Recruiting Assistant Program (AR-RAP).

Second Lt. Luis Nieves, platoon leader, 804th Signal Company, is the first from the Pacific Rim to receive the bonus, and one of the 5,000 Reserve Soldiers who have signed up for the program. To qualify for the bonus, he referred his longtime friend, Cheryl Cho.

Nieves first learned about the program from his unit and also received several mail outs, which convinced him to sign up. He thought of Cho, since he had already been giving her advice about the Army Reserve. Cho was accepted into the Army Officer Candidate School and will depart for training this month.

In addition to putting extra money into Soldiers' pockets, AR-RAP is a great way of getting down to the community level. Those who become recruiting assistants (RA) will bring in quality applicants within their network of friends and family.

"He was a main motivator and advisor that helped find the right fit for me, and explained



Second Lt. Luis Nieves, first to receive a \$2,000 bonus from AR-RAP, poses for the 9th Regional Readiness Center's retention board.

how the various aspects of the Army will help in my career goals," Cho said.

Because of their friendship, the bond of trust and respect between Cho and Nieves couldn't be matched if she were talking to an Army recruiter.

The 9th Regional Readiness Command has 81 Army Reserve Soldiers who have completed the AR-RAP training and 30 more have signed up.

Recruiter assistants will receive \$1,000 after their referred applicant signs a contract to join the Army Reserve, and then \$1,000 after the new recruit leaves for basic training.

RAs are not authorized to establish Web sites to procure contact information, visit schools without the presence of the locally assigned Army Reserve recruiter, or place ads in newspapers and magazines on behalf of AR-RAP.

Lt. Gen. Jack Stultz, chief of the Army Reserve, recently launched the AR-RAP to increase the number of Army Reserve recruits and to refocus recruiting efforts back to the community's grassroots level. The program is only available for Troop Program Unit Reserve and retired Reserve Soldiers, but U.S. Army Recruiting Command is working to expand this program to the active duty component, active Guard Reserve, and Department of Defense employees.

Visit www.ar-rap.com for more information.

Rebirth of clean

Ten miles from Schofield, the North Shore Soap Factory takes the soap-making process back in time

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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 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.

The Hawaii Army Weekly is an authorized newspaper and is published in the interest of the U.S. Army community in Hawaii.

All editorial content of the Hawaii Army Weekly is the responsibility of the U.S. Army, Hawaii Public Affairs Office, Schofield Barracks, Hawaii 96857. Contents of the Hawaii Army Weekly are not necessarily the official views of, or endorsed by, the U.S. Government or the Department of the Army.

The Hawaii Army Weekly is printed by The Honolulu Advertiser, a private firm in no way connected with the U.S. Government, under exclusive written agreement with the U.S. Army, Hawaii.

The Hawaii Army Weekly is published weekly using the offset method of reproduction and has a printed circulation of 15,300.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other non-merit factor of the purchaser, user or patron.

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HAWAII ARMY WEEKLY

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319 days since last fatal accident

Soldiers, as your daily reminder to be safe, place a "red dot" on your wristwatch.

A division training holiday will be awarded for the next 100 consecutive days with no accidental fatalities. Current as of 9/26/07.

Leader weighs in on key issues

Part one of a three-part interview with USARPAC's command sergeant major

Zettlemoyer tackles topics affecting Soldiers & families

MASTER SGT. JAMES GUZIOR

U.S. Army, Pacific, Public Affairs

FORT SHAFTER — Recently, Command Sgt. Maj. Joseph P. Zettlemoyer, U.S. Army, Pacific (USARPAC), command sergeant major, talked candidly about several important issues affecting Soldiers and civilians in USARPAC. Foremost in his mind, however, were those issues that affect Soldiers.

Q What do you see Army wide and here in the Pacific that our Soldiers and non-commissioned officers could be doing better on a day-to-day basis?

CSM Zettlemoyer: Without a doubt safety, preservation of our Soldiers who are our most precious resource. Nonbattle injuries, fatalities from accidents on our highways, boating accidents are unnecessary and, in the end, just deplete the combat readiness of a unit.

An Army at war suffers battlefield casualties; we don't need to be suffering nonbattle injury casualties. We need to do better across the command, and it starts with first-line leaders knowing what their Soldiers are doing. Risk assessment is not rocket science. It's about thinking through what you are about to do, and taking the necessary steps to ensure you come back to work the following morning.

Another thing we can do better is supporting our Soldiers with education. It is important for Soldiers to try and get as

much education as they can while in the military.

I have two noncommissioned officers that work with me and they are both enrolled in classes. With one-hundred percent tuition assistance, I can't see why every first-line supervisor is not recommending his or her Soldiers get more education. It's extremely important, and we need to do a better job at making sure our Soldiers are using this incredible benefit.



Zettlemoyer

Q It's readily apparent that the Army sees not only the Soldier, but the Soldier's family, as part of the Army team. How can families be more a part of a Soldier's deployment and return?

CSM: Families have got to get involved in family readiness groups and the community. There are always family members that go back to the hometown and leave the installation when their Soldier is deployed. That's okay, but they have to realize that when they leave the installation, many of the support systems that the Army and community have emplaced may not be available where they decide to go.

Our families are strong and do support their Soldiers who are deployed, but there are cumulative effects to families when their Soldiers go on multiple deployments. Families need to be aware there is help available on the installation, and we can only get that word out if the family is involved in the family readiness group. It's really an important step for families.

Q Soldiers and families in the Pacific and Army wide are getting training on Post Traumatic Stress Disorder and Mild Traumatic Brain Injury. What do you want Soldiers and families to know about these issues?

CSM: I want the families to understand that given the nature of operations and the rate of incidents in [Operation Iraqi Freedom] and [Operation Enduring Freedom], these issues are a fact of life and are happening to our Soldiers downrange. The Army and the entire health care community recognize this and are committed to assisting Soldiers that suffer from these issues.

We want everyone to know these issues are nothing to be ashamed of. It is a result of service to our nation, and it is a real injury. A lot of times, Soldiers won't report these issues because of fear of a stigma being attached to them. I would encourage Soldiers and family members, if they recognize the symptoms, to seek help immediately. It is available, and it is there for them. Our mission is to take care of them and help them recover, and that's what we're doing.

Q You've stated that you want to be physically present for as many unit homecomings as

possible. You want to greet all the planes arriving with deployed Soldiers?

CSM: Every one I can physically go meet I want to meet. I just greeted the advance party of the 25th Infantry Division Combat Aviation Brigade coming back with 212 passengers. I think it's important for Soldiers to realize that the leadership of their Army, as I said before, recognizes them as valued members of a winning team.

The Soldiers expect to be welcomed home by their local unit, families, rear detachment ... but it is important for them to know that at every level of our leadership, we are very proud of what they do. The president said recently that our Soldiers are performing brilliantly, and so it seems the least I could do is just go out and say welcome back.

Q If it were possible to gather them all together from across the Pacific as they landed, what message would you have for the Soldiers returning from deployment?

CSM: I'd tell them we are proud of their service, and they should be as well. More than anything, I'd ensure they understood that they are valued members of a winning team.

It may seem from all the negative press that we are not winning, but it simply isn't true. Our Soldiers have done everything our nation has asked of them, and they've done it with remarkable results. Job well done.

(Editor's Note: In part two of this series, Command Sgt. Maj. Zettlemoyer will address items pertinent to noncommissioned officers.)

LIGHTNING SPIRIT

Practicing faith is not complicated

CHAPLAIN (CAPT.) JAY CLARK
78th Military Police Battalion

Faith seems by most to be a complicated topic. We can question it, test it, grow it, nurture it, break it and even qualify it, but God forbid we ever lose it.

Faith is a topic that can be off limits in some polite societies. In other locations around the world, it seems faith is the center spindle around which the rest of society turns.

At the very least, faith can, and should, be classified as being important — if not vital, to a person's life. But does this all make faith complicated?

The Bible tells us that faith is the promise of things hoped for and the certainty of things unseen. This definition seems so basic that I sat in awe of how complicated we have made it as of late.

Recently, I was talking with the son of a Soldier. He and I were talking about things that were important to him, namely the deployment of his mother into a combat zone. I talked to him about the high-speed training his mother had gone through to prepare her. We covered the topics of situational awareness and tactical survivability.

I thought that I had done an excellent job of letting this young man know how ready and able his mother was for this deployment. At the end of our conversation, it came down to just one thing — faith.

This son was not looking for the academic answer on why her body armor was the best stuff on earth for stopping bullets. He did not want to know that she could don her protective mask in less than seven seconds. He came to me wanting to know how he could be sure that she wouldn't get hurt, and that she would come home safely.

Truth be told, I would have liked to tell him how deadly a well-trained Soldier with an M4 in hand can be, because I thought that was what he wanted to hear. Instead, we talked about promises and certainties God has given to us about our futures when we put our faith in him.

In the Bible, the prophet Habakkuk wanted to know the future as well. He felt he deserved to know what the future held for God's people, so he complained to God about God's delay in responding. God's answer was not a slap on the hand, but instead a promise of hope and certainty.

"Write down the revelation and make it plain on tablets so that a herald may run with it. For the revelation awaits an appointed time; it speaks of the end and will not prove false. Though it linger, wait for it. It will certainly come and will not delay." Habakkuk 2:2-3 reads.

It is a difficult thing to wait upon the unseen, because it requires us to put our faith in people and things over which we have no control. Soldiers are trained hard so that as they go into combat they can have faith in their skills, talent, training and equipment. I would suggest to you that we need to have faith in something much greater than anything we can hone or create.

The aforementioned son needed to know nothing about training standards and equipment competencies; he needed to know that God had made a promise to him and his mother.

Faith in God is not stepping out into the unknown; it is a hope fulfilled and a promise kept. Seek out your own faith now, so that when things of this world seem uncertain, you can lean not on your own understanding, but something greater than yourself.



Clark

AHFH ahead of the curve for new homes

ANN WHARTON

Army Hawaii Family Housing

SCHOFIELD BARRACKS — Building new homes for families often seems to move at a snail's pace, but the reality is, construction is ahead of schedule.

The big news at Army Hawaii Family Housing (AHFH) is that construction at Aliamanu Military Reservation is more than three months ahead of schedule, and families will begin moving into the Ama neighborhood next month.

"The construction crews are very aware of the demand for new homes," said AHFH Asset Manager Jerry Schmitz. "They've been working diligently over the past year, and we expect to move about 100 families into new homes and open a new community center at Aliamanu by the end of the year."

At Schofield Barracks, nearly 600 families have moved into new homes at the Kalakaua and Porter communities, and each community has a new community center. Amenities at the community centers include a movie theater, 24-hour fitness center and a multipurpose room with a complete kitchen. Residents are welcome to reserve the facilities for private functions, free of charge.

Two new tot lots are also being installed in the Kalakaua community.

Building communities for keiki

To offer families a complete living experience — not just a house — AHFH will pay the annual Schools of Knowledge, Inspiration, Exploration and Skills (SKIES) enrollment fee for children moving into its communities. SKIES, an MWR program, provides children of service members a variety of extracurricular activities.

"Moving into a new neighborhood and transitioning into a new school can be daunting for kids," said Rick Cunefare, director of property management. "Getting them involved in these types of programs



Jennifer Lopez | Army Hawaii Family Housing

Anita Rogers gives an award-winning smile to match the Yard of the Quarter recognition she received from the Santa Fe Community Center for maintaining a beautiful lawn that contributes to her neighborhood's curb appeal.

upon their arrival gives them an opportunity to meet other kids, which we hope will make their move a little easier."

More than 100 children are taking advantage of this benefit. Current AHFH residents interested in this program can contact their community manager for details.

Supporting families with deployed spouses

AHFH wants to let its residents know that the AHFH Family Care Package is still being offered to families with a deployed spouse. The Hawaii-based spouse should bring his or her MWR Blue Star Card or a copy of his/her Soldier's deployment orders to the community center to register. The care package in-

cludes five hours of free child care each month, complimentary yard service, and maintenance support.

'Got friends?' referral program big win for residents

AHFH residents are earning quite a bit of money through AHFH's new "Got friends?" resident referral campaign. When a friend referred by a resident moves into an AHFH community, the resident can receive up to \$1,000 depending on the type of referral. Residents can earn referral fees for friends either making a permanent change of station move to Hawaii, from an off-post home on Oahu, and even from single Soldier and bachelor officer quarters.

Log on to www.ArmyHawaiiFamilyHousing.com or call your community center for details.

AHFH Community Calendar

October

• 13th, Yard Sale Mania

Hunt for treasures and deals at this quarterly yard sale held throughout AHFH communities from 11 a.m.–3 p.m. Everyone is welcome!

• 20th, Aloha Pumehana

Looking for a home-based business? Don't miss this special vendor fair at the Schofield Barracks Porter Community Center from 3–5 p.m.

• 30th, Halloween

Check-out your community calendar for special events happening in your AHFH community.



Voices of Lightning:

What do you believe are the top three benefits of being a Soldier?



"The pride of serving your country, the leave, and being able to live in different locations of the world."
Joe Fischer
Fort Shafter Fitness Center



"To get away from home, the education, and to be somebody my nieces and nephews can look up to."
Sgt. Anne Gilbert
205th MI Bn.



"Medical, sense of pride in what you do, and training holidays."
1st Lt. Christopher Denning
USARPAC Protocol Officer



"Medical for the family, education and sense of belonging, camaraderie."
Retired Sgt. 1st Class Michael Hong
World War II, Korean War Veteran



"Duty, honor, and country," to borrow the words once spoken by Gen. Douglas MacArthur."
Maj. Jim Caraway
8th TSC Chaplain

25th ID Soldiers return from OIF deployments



Story and Photos by
STAFF SGT. CRISTA YAZZIE
U.S. Army, Pacific, Public Affairs

WHEELER ARMY AIR FIELD — Ecstatic family members, friends and well-wishers greeted approximately 220 Soldiers returning from Iraq, at the gulch here, Friday.

Returning Soldiers from four 25th Infantry Division (ID) units included members from the 3rd Infantry Brigade Combat Team (3IBCT), the 40th Quartermaster Company, 25th Combat Aviation Brigade (CAB), and the 25th ID Headquarters.

"I think they're thrilled to be home. I can only imagine what their excitement level must be," said Lt. Col. Michael Webb, 25th ID rear detachment chief of staff, who was on-site to welcome the troops home.

While in Iraq, the 3rd IBCT and 209th Aviation Support Battalion served in the northern area of the country, and the 40th Quartermaster Co. served at Talil Air Base.

Overall, approximately 7,000 Soldiers from the 25th ID deployed to Iraq in support of Operation Iraqi Freedom last summer.

The mission of the 3rd IBCT, "Bronco Brigade," as part of Multinational Division-North, was defeating enemy insurgents and securing the area. The Broncos deployed approximately 3,700 Soldiers.

The 40th Quartermaster Co., which deployed last September, was stationed primarily in central, south and southeastern Iraq. It provided logistical support throughout the region, and one of its many accomplishments was bringing clean, drinkable water to undeveloped areas.

During its deployment, the company turned 12 nonmission-capable water facilities into functioning units. It also distributed more than 125,000 cases of Meals Ready to Eat.

One Soldier returned from the 25th CAB's 209th Aviation Support Bn.'s "Wings of Lightning." The unit commanded more than 220 aircraft and supported up to seven infantry, armor and Stryker Brigade Combat Teams under the command of Multinational Division-North. The brigade, which deployed approximately 2,000 Soldiers in July 2006, logged more than 153,000 flight hours.

Soldiers greeted family members, picked up bags, and walked out of the staging area.

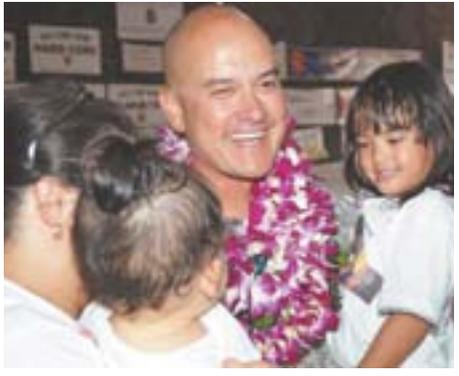
"We've got a lot of catching up to do," said Sgt. Eddie Rembert, 40th Quartermaster Co., while holding his 18-month-old daughter Imani.



Sgt. Eddie Rembert, 40th Quartermaster Company, greets his daughter, Imani, on his return from deployment, Sept. 21.



Approximately 220 Soldiers from four different 25th ID units redeploy, Sept. 21, to Hawaii after 12- and 15-month tours in support of Operation Iraqi Freedom.



Sgt. Charles Hellam, 3-25th Aviation Brigade, embraces his daughter, Mei'ling, after returning from a tour in Iraq. The redeployment ceremony was held at Wheeler Army Air Field, Sept. 25.

Aloha!

Army Hawaii welcomes the return of various numbers of Soldiers from the following units:

- 209th Aviation Support Battalion
- 3rd Bn., 25th Aviation Regiment
- 2nd Squadron, 6th Cavalry Regiment
- 25th Infantry Division Tropic Lightning Band
- 25th Special Troops Battalion Advance Party
- 2nd Bn., 27th Inf. Regt.
- 2nd Bn., 35th Inf. Regt.
- 3rd Squadron, 4th Cav. Regt.
- 3rd Inf. Brigade Combat Team
- Headquarters, Headquarters Company
- 2nd. Bn., 27th Inf. Regt.
- 325th Brigade Support Battalion



Sgt. Batha Gordon interviews Sgt. Ebony Campbell during an exercise at the Transition Assistance Program class. Soldiers learn numerous reintegration skills, including resume writing and successful interview tactics.

TAP trains for civilian life

Story and Photo by
MOLLY HAYDEN
Staff Writer

SCHOFIELD BARRACKS — Like the adage about death and taxes, Soldiers face an inevitable fact about Army life; eventually, they must leave the military.

And though it's the Army's duty to train Soldiers for military life, the training Soldiers receive before returning to civilian life is just as important.

When leaving the military service, all Soldiers must take a one-day mandatory class provided by the Army Career and Alumni Program (ACAP).

In addition, an extensive three-day volunteer class, the Transition Assistance Program (TAP), is also offered.

Whereas ACAP ensures Soldiers are aware of their benefits as veterans and fill out proper paperwork, TAP teaches Soldiers how to reintegrate into society, including ways to package themselves for a successful job search.

More than 20 Soldiers sat attentively at the TAP class here, recently.

TAP is presented by the Department of Labor through the Native American Management Service as a way to assist Soldiers in the reintegration process.

"You are here because you want to be, and we want you to be successful," Jill Casey, TAP workshop facilitator, said to the class.

The program began with an introduction of all attendees. Soldiers paired up, interviewed each other and introduced their partner to the class. The exercise was a way to break the ice and introduce military members to one another, Casey said.

As the workshop continued, students learned resume-building skills, as well as how to obtain all records needed to successfully sell oneself to a civil-

ian company.

Guest speakers relayed information and gave out numerous job Web sites. Also, Soldiers practiced interviewing for employment positions.

For Soldiers who have been trained to work as a team and provided years of selfless service, learning how to sell themselves in the job market can be difficult. TAP assisted Soldiers with skills essential to obtaining employment and maintaining the quality of life they have grown accustomed to in the military.

"The Soldiers are taking advantage of this service and working hard at it," Casey said. "They are here because they want to succeed in everyday life and live comfortable as a civilian."

Studies have indicated that those who attend TAP workshops find employment sooner than those who do not.

"We regularly hear from our ACAP clients who have had success finding positions in the civilian world," said Caron Ferguson, contract installation manager, Schofield Barracks ACAP center. "Last week, a transitioning Soldier came into ACAP to let us know that he had accepted a six-figure offer to train troops overseas for a military contractor."

"This class should be mandatory," said Staff Sgt. Kennedy Welch, 2nd Battalion, 11th Field Artillery Regiment. "This information will help us get a better foot in the life to come."

Welch has served in the Army for 20 years. He felt he needed guidance to better prepare him for a life he has long forgotten.

"I would suggest this [class] to anyone and everyone for both personal and professional reasons," said Welch. "It is to the benefit of the Soldier to realize what is out there, and utilize the resources that are given to us."

Former Soldiers reveal how Army life has changed them

ANNA STAATZ
Army News Service

FORT RILEY, Kan. — It's something nearly every Soldier will face sooner or later — transitioning from the Army to civilian life.

Whether they choose to do so after seven years or 27, the changes in lifestyle and environment can conjure up every emotion in the book.

Regardless of what they go on to do, many say their time in the Army more than prepared them for what they tackled next.

Retired Sgt. Maj. Tom Kelly was once the re-enlistment sergeant major here. Now, after more than 25 years in the Army, he works at the post education services center. In many ways, he said, he's still doing what he has always done — helping Soldiers.

"One of the reasons I wanted to stay here is that Fort Riley is right here," Kelly said. "So it's what I know, and it's nice to continue to be able to work with Soldiers."

Kelly said the educational opportunities he received from the Army helped him secure his after-retirement job. When entered the Army, he had just 15 college-credit hours.

"Through tuition assistance and other Army programs, I was able to earn my master's degree at very little cost to me, other than time and effort," he said. "Now this job allows me to help others do the same thing."

Many Soldiers are motivated to improve themselves educationally, Kelly said, but often don't know how to make the most of what is available to them. He also said being prepared educationally will help in whatever future endeavor a Soldier decides to pursue.

"First, be financially prepared,"

Kelly said of retirement. "I'd been considering retirement for three years, but waited until we were really ready for me to retire. Then, be educationally prepared. Education is what gets your foot in the door. I wouldn't be working here without a master's degree."

Even though he knew he was prepared for retirement, Kelly said he still felt some apprehension as his final day as an active duty Soldier approached.

"The Army really teaches us, regardless of mission, ... to get the job done."

Mike Netherland
Former Infantry Officer

"When you've been doing something for twenty-five years, to step out makes you a little nervous," he said.

Mike Netherland left the Army after a little more than seven years. After serving in the enlisted ranks from 1998 to 2001, he pursued a Reserve Officers' Training Corps scholarship and was commissioned as an infantry officer. He later deployed to Iraq with the 1st Infantry Division's 1st Battalion, 41st Infantry Regiment, 3rd Heavy Brigade Combat Team.

Netherland said he expected to miss the Army, the uniform and the camaraderie, and was surprised to find himself missing the little things.

"It really dawns on you that you can't go to the commissary or the post exchange anymore. I have insurance through [a private company], but there are still co-payments for doctors' visits or prescriptions. It's the little things

the Army gives you," he said.

Netherland found himself at a turning point nearly a year ago, caught between getting out of the Army or volunteering to serve on a military transition team.

"I thought about it for about six months and just could not make up my mind."

He decided to get out of the Army, and while purchasing rental property, he realized how much he enjoyed it.

"I love helping people and I love houses," he said. "The home is such an important part of the American dream, and to help people find that for themselves is a wonderful opportunity."

Netherland said the skills he learned while in the Army help him now in the civilian world, skills such as communication, dealing with people and being a leader.

"The Army just made me a better person," he said. "The Army really teaches us, regardless of mission or situation, to get the job done."

Netherland said it is important that Soldiers take their time while deciding how long to stay in the Army.

You really have to think about it at least a year or maybe two out," he said. "And answer questions like 'Where am I going to live?' 'Where am I going to work?' and 'What kind of lifestyle am I going to have on the wages I'm likely to earn?'"

Because of the skills he gained while in the Army, Netherland said he was confident of future pursuits.

"The Army taught me many different skills I can use anywhere," he said. "I feel I can do anything because of that."

(Editor's Note: Anna Staatz writes for the Fort Riley Post.)

Special Troops Battalion hits field

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

SCHOFIELD BARRACKS — Beleaguered by a hurricane, the fictional country of Sa Ina Ina, a small island-nation in the Pacific, is dependent on U.S. troops to provide humanitarian aid to those lacking basic life support items such as food and water.

This was the mission for the Soldiers of the U.S. Army, Pacific (USARPAC), Special Troops Battalion (STB), who deployed to the East Range here, for a field training exercise (FTX), Sept. 18-21. During the FTX, the unit set up a life support area for the USARPAC operational command post.

"In the scenario, the island lost all power capability, and basic life support needs were minimal," said Lt. Col. Erik Nordberg, STB commander.

Of course, no field exercise would be complete without an opposition force. Small bands of para-military organizations operated within the area, played by members of STB's Headquarters and Headquarters Company. The bands were neither friendly to the U.S. nor receptive to support provided by any outside country. Their mission was to stop the distribution of food and water, and make convoys difficult in the area.



Sgt. Angela Gilmore | U.S. Army, Pacific, Public Affairs

Spc. Timothy Ostrem, a wheeled vehicle mechanic, STB, operates a radio in a simulated convoy during the FTX at East Range, Sept. 20.

The company also helped make the training more realistic by role playing as the New Zealand police force, local village chiefs and media on the battlefield. Additionally, STB Soldiers trained on theater-specific individual

readiness tasks, such as reacting to contact, evaluating a casualty, and interacting with news media. The training ended with a foot march out of East Range.

"I think the training went well," said Pvt. Page Danishia, supply clerk with HHC, STB. "I especially like the combat medic training, which was taught well."

According to Capt. Ronald Hogsten, HHC commander, Soldiers performed well during the field exercise.

"The troops are outstanding," Hogsten said. "They are doing everything we ask them to do. As always, U.S. Soldiers persevere and they do what they have to, to accomplish the mission."

"The exercise surpassed all of my goals and objectives," Nordberg added. "I was immensely proud of [the Soldiers'] accomplishments and professionalism."

The FTX was the first test of the unit's field mission capability after being activated June 15 as USARPAC's STB.

STB provides training, readiness, administrative, logistic, and command and control support to USARPAC headquarters. The battalion has the capability to deploy, integrate and execute critical support, sustainment, and command and control functions to enable USARPAC full-spectrum operations.

Local schools get computer upgrades

Story and Photos by
STAFF SGT. CRISTA YAZZIE
U.S. Army, Pacific, Public Affairs

SCHOFIELD BARRACKS — Sustainability, recycling and re-using represent three current major Army "green" initiatives.

The 30th Signal Battalion is doing its part to be green by working with local schools to provide recycled computers and other equipment under the U.S. Army's computer system recycling program, Computers for Learning.

As the military replaces older model computers with newer ones, machines otherwise slated for permanent storage or demolition and disposal are sent to a warehouse where their memories are erased. The hardware is then made available to public schools.

"These machines, for the most part, are not that old," said Charmaine Kaneakalau, a materials handler and forklift operator who moves computers from the 30th Signal Bn.'s warehouse to trucks for transport to school libraries and classrooms.

"We have technicians who go through the systems we receive. They'll wipe it [the memory] if it needs to be wiped, and then we determine which systems go into the program," she added.

"When the warehouse gets certain equipment and numbers, they notify me and I check to see if it fits," said Wayne Yoshino, school liaison officer between local schools and the Army.

"I have a first-come, first-serve list with the numbers requested by schools that have registered," Yoshino said. "If a school requests 50 computers, and [there are] 50 available, then we set it up."

Four schools are currently slated as recipients: Waianae High School, Leilehua High School, Mililani High School and Lilipuna Elementary School.

In addition to the opportunity to receive computers, schools can

Full Replacement Value coverage begins soon

TIFFANY RYAN
Army News Service

WASHINGTON — Service members and DoD civilians will soon be eligible for Full Replacement Value (FRV) protection on most DoD-funded personal-property shipments.

FRV coverage will apply to personal-property shipments with a pickup date on or after, as follows:

- Oct. 1, for international shipments to and from outside the continental U.S. (CONUS),
- Nov. 1, for domestic shipments within CONUS,
- March 1, 2008, for nontemporary storage, and
- March 1, 2008, for local moves and Direct Procurement Method shipments.

Under the FRV program, the transportation service provider is responsible for the greater of \$5,000 per shipment, or \$4 times the net weight of the shipment, in pounds, up to \$50,000.

"In other words, the shipment weight doesn't really factor in until you are over that \$5,000

threshold," said Dinah Locklear Butcher, chief of Acquisition and Services Branch, Personal Property Division. "A 100-pound shipment is still protected up to \$5,000."

To receive FRV, service members must file their claim with the transportation service provider (TSP) instead of the military claims office (MCO). As before, service members will record loss or damage discovered after delivery on DD Forms 1840 or 1840R, and submit forms to the TSP within 75 days of delivery.

"That means that the forms must be post-marked within 75 days," Butcher said. "Customers must provide prompt notice of loss and damage."

After the forms are received, the provider has the right to inspect the damaged items. Service members must then file a claim with the TSP within nine months of delivery. If service members miss that deadline, they are still eligible for depreciated value, as in the previous program, for up to two years from delivery.

"After two years, except in specific circumstances, the member is not entitled to any re-

covery," Butcher added. "So, I can't stress this enough, meeting these deadlines and filing the claim is in the members' hands."

When the claim is filed directly with the provider, the provider will be responsible for obtaining all repair and replacement costs. The provider will also pay FRV cost on items that need replacing or have been lost or destroyed.

If the provider denies the customer's full claim, makes an offer on the claim that is not acceptable, or does not respond within 30 days, the customer may transfer the claim to the MCO.

If the customer transfers the claim to the MCO within nine months of delivery, the claims office will only be responsible for depreciated replacement costs. The claims office will then attempt to recover FRV from the provider.

If successful in recovering FRV, the claims office will then pay the customer the difference between the depreciated cost already paid and the FRV cost.

FRV guidelines are available at www.sddc.army.mil.

SEE 30TH SIGNAL, A-6



Computer components wait in the 30th Signal Battalion warehouse for delivery under the Army's computer recycling program dubbed "Computers for Learning."



Charmaine Kaneakalau, materials handler and forklift operator at the 30th Signal Battalion warehouse, prepares computer screens for delivery to Waianae High School.

30th Signal: Unit gives back

CONTINUED FROM A-5

also receive printers, fax machines and many other items available through the program.

Kaneakalau said all levels from high schools to preschools are potential recipients.

"I'm sure preschools would love to take part in this, too," she said. "Schools in Hawaii don't always have funds available to purchase all these systems. I really wish all the schools on the island would take part in this program."

Kaneakalau said the program has always been in place, but no one really used it until the "dream team" came on board — Cliff Campbell and Wanda Chambliss.

John Harper, supply technician, acknowledged some additional benefits of the recycling of computers.

"This reduces waste," he stated. "It doesn't just help out the schools, it saves government funds. We are re-utilizing tax money," Harper added. "We bought it, we paid our tax money, now we ... use it for something else that naturally would cost more, so we're getting twice as much for the same buck."



Schools interested in participating in the program or property book managers who wish to check eligibility can register and get details at www.computersforlearning.gov.

Signal Corps' Kanbara will celebrate her 51st anniversary in civil service

BILL MCPHERSON
516th Signal Brigade Public Affairs

FORT SHAFTER — When Nancy S. Kanbara began her civil service career 50 years ago, she pounded a manual typewriter as a secretary-stenographer for the U.S. Immigration and Naturalization Services. Today, she's comfortable with computers and marvels at technological advances in the workplace.

Kanbara moved to U.S. Army, Hawaii, in 1960, and since April 1965, she has been the office manager, private secretary and a trusted agent to 24 Signal Corps commanders, including eight general officers.

More than 340 Signal Corps personnel gave a standing ovation to Kanbara, Sept. 14, when she received the 50-year federal service pin and the regiment's Bronze Wahatchee award at the Hawaii Signal Corps Regimental Ball.

In her job as executive assistant to the commander, 516th Signal Brigade, much of the crowd that attended the ball work regularly with Kanbara.

"Nancy is literally one of the crown jewels of our Army and the Signal Corps," said her current boss, Col. Bruce T. Crawford, who helped Maj. Gen. Donna L. Dacier, commanding general, 311th Signal Command (Theater), present the awards to Kanbara. "Her work ethic and institutional knowledge are legendary throughout the regiment."

"Whenever I get a visit from Signal Corps generals or colonels from anywhere in the world, they invariably greet Nancy warmly and exchange the latest news," Crawford said. "She knew many of them when they were lieutenants or captains. She's been running the show here almost since the beginning, and is one of the Pacific Signal team's biggest assets."

Kanbara's former supervisor, John Thorpe, who retired earlier this year and sat with her at the ball, praised her professionalism and loyalty to the organization.

"Nancy has created a solid network with the secretaries, aides and office managers of our customers and higher headquarters. She knows Pacific Signal inside and out," Thorpe said.

"We're all here to help each other," Kanbara told well-wishers. "It is a pleasure to work with such a great group of professional, caring Soldiers and civilians. They are like family to me. We are all Team Signal."



Sgt. 1st Class Neal Snyder | 311th Theater Signal Command

Nancy Kanbara poses for a keepsake photo with her former boss, retired Lt. Gen. Thomas M. Rienzi, at the Hawaii Signal Corps Regimental Ball, Sept. 14. Rienzi was commander of the U.S. Army Strategic Communications Command-Pacific at Schofield Barracks from May 1972 to April 1974. Kanbara was his executive secretary.

Kanbara said technology throughout the past 20 years has made her job easier and saved her hundreds of hours at the workplace.

"Years ago, we didn't have word processing," she recalled. "If you were typing an award citation or evaluation back then and made a mistake, you ripped it out of the typewriter and started all over again. They had to be letter perfect. Now you simply correct it and print it out instantly."

As the time manager for the brigade's command group, Kanbara said one of her favorite tools today is the electronic calendar.

"I used to maintain a huge daily calendar by hand," she explained. "It had to be done in pencil, not pen, because it changed so often. At the end of the



Photo Courtesy of 516th Signal Brigade Public Affairs

Nancy Kanbara accepts the Honolulu-Pacific Federal Executive Board's Employee of the Year award from radio personality Larry Price at the FEB's Federal Day awards luncheon in May 1988. She won the award in competition with about 25 other administrative assistants from federal agencies throughout the Pacific theater.

day, I'd type a three-by-five card of the next day's activities for my boss. Today, it is so easy to maintain on the computer. Also, the senior leaders' calendars can be shared electronically with our battalion commanders and the headquarters' senior staff."

She said another great time-saver for office managers the past few years has been facsimile machines and scanners.

"In the old days, an official document signed by the commander going to another headquarters had to be mailed," Kanbara explained. "Now, I can scan the signed document and e-mail it."

Kanbara's professionalism is known throughout the Pacific theater. In April, 1988, she was honored by the Honolulu-Pacific Federal Executive Board as the Pacific's Employee of the Year in the administrative assistant category. She won that award in competition with about 25 other administrative assistants from all federal agencies in the Pacific.

Kanbara, who will celebrate her 51st anniversary with the government Dec. 7, says she plans to work about two more years before retiring.

Her advice for newcomers to civil service is, "Be flexible, take advantage of training opportunities, contribute to the team, and don't be afraid to tackle challenges."

News Briefs

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

October

2/Tuesday

Troops to Teachers – Soldiers seeking careers in public education may attend a Troops to Teachers briefing any first Tuesday of the month at the Education Center, Building 560, Room 221, from 11:30 a.m.–1 p.m.

Mark your calendar for the following dates, too: Nov. 6 and Dec. 4.

Advisory Meeting – The Schofield Barracks Post Exchange/Commissary/Nehelani Advisory Council will meet Oct. 2, from 10:15–11:15 a.m., in the Koa 1 Room at the Schofield Barracks Nehelani Club.

The bimonthly forum provides an opportunity for patrons to share their ideas with representatives from these facilities. Call Melvin Wright, 655-0497, for more details.

SAMC General Membership Meeting – The Sergeant Audie Murphy Club (SAMC) monthly general membership meeting will convene Oct. 2, at noon, at the Schofield Barracks Tropics. The meeting is open to the public and all available members are asked to attend. For information regarding the SAMC and its mission, call 438-2843 or 655-8658.

6/Saturday

Retiree Appreciation Day – The annual Retiree Appreciation Day program will be held Saturday, Oct. 6, at Fort Shafter's Hale Ikena. The program begins at 9 a.m., but guests may arrive as early as 8 a.m. to speak with representatives of military associations, federal and state agencies, and to obtain medical screenings. An advance payment of \$15 per person is requested for guests ordering lunch. For more information, call the Schofield Barracks Retirement Services Office at 655-1514/1585.

11/Thursday

Hispanic Heritage Month – Celebrate Hispanic Heritage Month at the "Festival Hispano," Thursday, Oct. 11, from 11:30 a.m.–1 p.m., at the Leilehua Golf Course. Call Master Sgt. Damian Miller, 655-1603, for more information.

13/Saturday

SSA Closure – The Supply Support Activity will be closed, Oct. 13–21 for physical inventory. Normal operations will resume Oct. 22. For emergency services during this period, call Alfred Chugen, 656-0744, or Sam Sapatu, 656-2277, for more information.

18/Thursday

Change of Command – The 8th Theater Sustainment Command will host a change of command ceremony at Fort Shafter's Palm Circle, Thursday, Oct. 18, at 10 a.m.

Ongoing

Recovered Property – The Provost Marshal Office has recovered several lost or stolen bicycles. Owners cannot be identified because these bicycles were not previously registered on post or with 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.

SAFAC – The Soldier and Family Assistance Center allows members access to various agencies on Schofield Barracks and at Tripler Army Medical Center via one phone number, 655-6600.

Open 24/7, the service expedites entrance into a care network, appointments within 24 to 72 hours, that can address challenges and mental health issues such as substance abuse spousal/child abuse and marital/family therapy.

The SAFAC triage line, however, is not a crisis intervention line. Life-threatening issues are best handled by an emergency room or by calling 911. Call 655-4803.

Pre-Separation Audits – The 125th Finance Battalion's Pre-Separations Audits Section closely monitors and resolves any deficiencies of pay accounts for Soldiers who are separating and are between 30 and 120 calendar days of their End Term of Service (ETS) dates. Call 655-9094 or 655-9376.

Lifesaver: Added curriculum to bolster readiness on the battlefield

CONTINUED FROM A-1

stressful than watching a newly trained person put a catheter in your arm," Shwedo said. "Almost as stressful is introducing a catheter into your buddy's arm because you don't want to get it wrong."

Introducing artificial stress in Basic Combata Training is thought to prepare Soldiers for the stressors of war, but Shwedo said that stress should be directly related to what Soldiers endure in war.

"Yelling at a person at the top of your lungs for five minutes does virtually nothing. Human nature says 'I will shut you down in the first 30 seconds,' so I've just wasted the last four-and-a-half minutes of my life," Shwedo said.

"Whereas, if I put a Soldier in a stressful environment that has something to do with keeping him or her alive in combat, or killing the enemy, it makes him that much more successful."

Previously, only 20 percent of Soldiers in each unit were required to be CLS certified.

"At the end of the day we want to make sure we have a Soldier who is proficient in a few critical tasks – weapons proficiency, discipline, being physically fit, confident he or she can save a life on the battlefield and equally confident that their buddy can save their life," Shwedo said.

(Editor's Note: Mike A. Glasch writes for the Fort Jackson Leader.)



Not averse to working long hours, Soldiers from B Co., 209th Aviation Support Battalion, 25th Combat Aviation Brigade, work 'round-the-clock to complete a Chinook maintenance phase at COB Speicher.

209th: Mechanics keep birds in air

CONTINUED FROM A-1

better at something else."

"The whole section works together great," Spc. James Suhre, B Co. aviation mechanic, said. "You could put anybody with anybody and they'd work great."

Suhre said he is a veteran of six phases while in Iraq. He has worked on landing gear, hydraulic systems and flight closets. He said the monotonous work of inspecting tiny wires in the flight closet is his most difficult task, mentally.

"This whole closet is a reason to drop a [helicopter pilot] warrant [officer] packet," Suhre said. "I don't want to do maintenance my whole life. I'd like to do something more exciting."

For some Soldiers in the company, however, aircraft maintenance is exciting enough.

"[I] hope I stay in maintenance," said Staff Sgt. Brandon Sifford, section sergeant in B Co.'s direct support platoon. "This is my job. Leading and training troops is what I love to do."

Although he was not the phase team leader, the experienced Sifford still made sure to assist as Carroll led his first phase. Sifford, a veteran of four phases while in Iraq, said this phase was going well, not only because of the efforts of Carroll and his team, but because the owners of the aircraft left it in good condition.

Someday, Carroll or any of his team might leave behind the maintenance hangar and become crew members flying in an aircraft.

Partain, who spent 23 years working with Chinooks



Spcs. Brian Stinnett, left, and Banito Dannis, CH-47 mechanics with B Co., 209th ASB, 25th CAB, crank a torque adapter on a Chinook rotor head during a routine maintenance phase at COB Speicher.

as either a mechanic or crew member, said potential crew members all start in maintenance to learn the capabilities of their aircraft. They then have a choice, Partain said, of becoming a maintenance phase team leader or joining a flight crew.

For B Co. Soldiers, their work may simply be a stepping stone to flying the skies of Iraq, or a home they will stay in throughout their career. Either way, the maintenance done by these Soldiers undoubtedly affects tens of thousands of Soldiers all over northern Iraq who are dependent on the services of the Chinook.

Maintenance is one more vital way the 209th ASB supports the fight.



The new, old-fashioned clean

Soap's de-evolution continues at the North Shore Soap Factory

Story and Photos by
JEREMY S. BUDEMEIER
Editor

WAIALUA — Each week, my 96-year-old grandma has to be pressured to take a bath; yet, I'd bet she still has used more soap than most people.

In fact, if you're like the majority, you've probably never even used soap. Ever.

That's because the "clean as a whistle" four pack most people pick up at the commissary or grocery store is technically detergent, not soap.

Soap is formed in a process called saponification, where fat is mixed with lye (an alkali or base). Glycerin, which is a byproduct of the reaction, acts as a moisturizer in the soap.

Over time, soap-making companies began to remove glycerin because they could earn a greater profit using it in products such as lotions, fruit preservatives — and when combined to form nitroglycerin — gunpowder and explosives.

This glycerin-removing trend reached a crescendo during World War II when the demand for explosives sharply increased. Companies replaced glycerin with synthetic compounds, which made the "soap" lighter on the wallet, but harsher on the skin.

So why make this distinction? Whether the product is completely natural or partially synthetic, it still removes dirt and odor, right?

Right. However, a similar argument could be made for eating fast food every day versus nonprocessed or even organic food. It's still food, right?

The result is the same as well — over time, "the product" can take its toll on the body.



Visitors compare soaps in the North Shore Soap Factory's gift shop.

The Rebirth of Soap

Similar to an increase in demand for organic or more natural foods in recent years, traditional soap making also has made a resurgence in some circles.

Jerry and Debora Driscoll of the North Shore Soap Factory have been making soap the old-fashioned way for the past 10 years.

Here, less than 10 miles from Schofield Barracks in what used to be the plantation-era Waialua Sugar Mill, the Driscolls create



Freshly cut and stamped bars of soap await packaging.

soap using the "cold process."

The cold process is simple, but a time-consuming, six-week procedure. Lye is mixed into a vat of preheated vegetable fats. After two hours, Jerry adds his "flavor pack" of essential oils.

The soap is poured into a mold where it hardens for one week. Then, the slabs are cut into individual bars using a guitar-string cutter, and placed on a rack to dry for four weeks. These bars spend one more week in a box before they are sold.

In addition to a four-part vegetable oil base, all soaps in the factory's Hawaiian Bath and Body line have either macadamia nut or kukui nut oil.

"Glycerin is a moisturizer that brings water to your cells; that alone is good," Jerry said. "When you combine kukui nut or coconut oil, you've got something fantastic."

Jerry said he gets every ingredient he can locally, including ginger from Oahu's Waihole Valley, guava from the Big Island and tangerine peels and coffee grown right in his neighborhood. In addition, the Driscolls use Kahuku Brand's dehydrated seeds for their body scrubs.

So far, the most popular items are the mango papaya bar soap and unscented kukui nut soap, for those with sensitive skin.

"I pull Jerry back down to earth; he pulls my head out of the sand," Debora said. "He's the visionary and sees five years ahead. I have to say, 'Wait, we have to pay the bills today.'"

Soap's Dirty Past

Most sources speculate that soap was first discovered thousands of years ago when fat dripped onto ashes under an open fire, and primitive people noticed its cleansing effect after rain washed the soap away.

During the colonial era in the U.S., most farmers made their own soap from animal fat and wood ashes, which functioned as the alkali or base. By the mid-1800s, large firms such as Procter and Gamble and Colgate-Palmolive-Peet produced soap for the increasingly industrialized nation.

These same large soap companies sponsored radio and later TV melodramas in the 1930s, coining the term "soap opera."

Soap is able to remove dirt because of its dual nature. One end of the molecule attracts water while the other repels. This composition allows the molecules to dissolve in water (hydrophilic, or water-lik-



Jerry Driscoll cuts a slab of soap into individual bars at the North Shore Soap Factory in Waialua.

ing end) and also attach itself via the hydrophobic (water-repelling) end to dirt and oils.

When not properly balanced with moisturizer, soap can strip away the body's natural protective layer, in addition to dirt.

Sebum, a natural oil layer secreted by glands in the skin, helps keep skin soft and flexible.

"He has tons of it," Debora said, as she bounced her 8-month-old son Tai on her knee.

Between the sun and the wind, we lose a little bit of sebum every day. Macadamia nut oil rejuvenates sebum, while kukui nut moisturizes the skin, she said.

I always thought my grandma avoided baths because she was afraid of catching a cold. Perhaps she's really just trying to keep her skin healthy. In January she'll turn 97 — maybe she's on to something.

(Editor's Note: The Web sites www.answers.com, www.simplysoap.com and http://bubbles.org/_bubbletalk/0000340.htm were sources for this article.)

The North Shore Soap Factory is open Monday–Saturday, 9 a.m.–5 p.m., Sunday, noon–5 p.m. For more information, or to schedule a tour, call 637-8400.



October

2 / Tuesday

Pre-School Story Times – Parents may bring their keiki to enjoy adventures at 10 a.m., Tuesdays, at the Fort Shafter library, and Wednesdays, 10 a.m., at Schofield Barracks' Sgt. Yano library. Call 655-8002.

3 / Wednesday

Mah Jong – Immerse yourself in this Chinese game at Schofield Barracks' Sgt. Yano Library, Oct. 3, 5:30 p.m. This activity is part of "The Big Read" initiative. Call 655-8002 for more details.

4 / Thursday

Operation Rising Star – The Tropics at Schofield Barracks is hosting the annual singing contest, Operation Rising Star. Auditions are scheduled Oct. 4 & 11, 6-10 p.m.

The first place winner will receive \$500; second place, \$250; and third place, \$100. Plus, the contest winner's unit will receive \$500 in unit funds.

The audience will have an opportunity to win cool prizes, too. Applications are available at the Tropics. Call 655-5698.

6 / Saturday

13th Annual Joint Spouses' Conference – The deadline to register for this conference, which provides a forum for spouses of active duty, reserve and retired military members to uplift, motivate, educate and strengthen spouses in their challenging roles as parents, professionals and community leaders through a variety of workshops, is Oct. 6.

The conference is scheduled for Oct. 19 & 20 at the Officers' Club, Hickam Air Force Base. It will offer more than 50 workshops, featuring diverse topics such as resumes, paddling, hula, entertaining, home decor and much more.

The cost of this two-day conference is \$30, which includes breakfast and lunch, a conference tote bag of goodies, and more.

Participants may also register for one day of their choice, at a

cost of \$20.

Registration is limited to 300 attendees. Register online at www.jschawaii.com or pick up registration forms at all military exchanges, commissaries, family support centers, thrift shops, fitness centers and chapels. Call 843-0674 for more details.

Ongoing

Gymboree – SKIESUnlimited, in partnership with Army Hawaii Family Housing, is offering Gymboree to children 6 months-5 years old. These classes will help children build strong motor skills, social skills and self-esteem – all the ingredients they need to grow into confident, happy, successful people.

Classes are held the first four Wednesdays of each month. Call CYS at 655-9818.

Auto Detailing – The Schofield Barracks Auto Skills Center is offering a new auto detailing service for a limited time. To make an appointment or to find out more information, call 655-9368.

Hawaiian Luau Lunch Buffet – Enjoy the "ono" taste of a traditional Hawaiian-style feast, 11 a.m.-1 p.m. at the Hale Ikena, Fort Shafter, or 11 a.m.-2 p.m. at the Schofield Barracks Nehelani. Cost is \$9.95 per person.

Call the Hale Ikena (438-1974) or the Nehelani (655-4466) for lunch buffet reservations or more information.

New MWR Calendar Feature

– Visit the Morale, Welfare and Recreation (MWR) Web site, www.mwrmilitaryhawaii.com, and check out the new calendar feature, which allows users to view the calendar by day, week or month, in a list or tabular format.

Other features allow users to search for events, receive event reminders or notifications of event changes by e-mail or text message, as well as download event info, e-mail event information to friends, and import events to a calendar.

SKIES Driver Education

– Learn to drive with SKIES at Valentine's Driving School, Schofield Barracks. This session is taught by qualified instructors and includes 32 hours of classroom and six hours of behind-the-wheel instruction. Call 655-9818.



Kazuko Yamauchi | Hale Kula Elementary School

Celebrating peace

SCHOFIELD BARRACKS — Hale Kula Elementary School students prepare for a schoolwide Peace Pole and Garden dedication at a ceremony, Friday, which coincided with International Peace Day.

Peace spread through acts

Fifth grader pens heartfelt thoughts about International Peace Day

ESSAY BY MADISON WOODRUFF
Grade 5, Hale Kula Elementary School

SCHOFIELD BARRACKS — Stop. Ask yourself a question: "Can I, one single person, create world peace?"

I bet the first thing that comes to mind is, "No way! It's not possible. One person can't create world peace. I would have to be rich or a president to make that big of a difference!"

The truth is, you can.

World peace might sound so difficult to obtain. Truthfully, it can start with you and me making a difference in our community. We can do many things, like sharing smiles, welcoming new neighbors with desserts, offering a helping hand to the homeless and volunteering for our local schools, churches and communities.

These small, but very meaningful, acts of kindness probably won't make front-page news or

land you on the cover of *Time* magazine, but they can make a difference in one person's life. Chances are, that same person you were kind to will spread the peace you shared with another person, and that person will then share his peace with another person, until your small acts of kindness will reach from our community to our country, and eventually, to our world.



Woodruff

Maybe even one act of kindness can prevent a war. And my dad, who will be fighting in a war in Iraq for the second time, won't have to leave us again. Finally, remember to share a smile and to help someone every day. In the end, one person at a time can bring peace to their community, for their country and for our world.

allows the council and patrons to exchange ideas and information. Call Melvin Wright, deputy community director, Oahu North Office, at 655-0497 for more details.

3 / Wednesday

Mah Jong Introduction – Sgt. Yano Library, Schofield Barracks, presents an introduction to mah jong, Oct. 3, 5:30 p.m. The game is played with tiles resembling dominoes that bear various designs that are drawn and discarded until one player wins with a hand of four combinations.

Seating is limited. To register, call 655-8002.

5 / Friday

Cooking Demonstration – Sgt. Yano Library, Schofield Barracks, presents a Chinese cooking demonstration Oct. 11, 5:30 p.m. Seating is limited; call 655-8002 to register.

6 / Saturday

Retiree Appreciation Day – U.S. Army Garrison, Hawaii's annual Retiree Appreciation Day is scheduled for Saturday, Oct. 6, at the Hale Ikena, Building 711, Morton Drive, Fort Shafter (next to the Nagorski Golf Course). The program begins at 9 a.m., but guests may arrive at 8 a.m. to speak with representatives of military associations, federal and state agencies, and obtain medical screenings. The formal program ends at 11:45 a.m., lunch at 1 p.m.

All retired Soldiers and spouses or widow(er)s of retirees should make plans to attend, as the event, conducted by the U.S. Army Retiree Council, Hawaii, keeps retirees informed about their benefits and privileges, and provides them an update about new programs. Representatives from Tripler Army Medical Center; the Directorate of Morale, Welfare and Recreation; and the National Cemetery of the Pacific-Punchbowl, among others, will provide presentations.

The buffet luncheon will follow the program; cost is \$15 through Sept. 27. Registration is required. Call 655-1514 or 655-1585.

Living History Day – The Tropic Lightning Museum will host a "Living History Day" to commemorate the 25th Infantry Di-

vision's Organization Day, Saturday, Oct. 6, on the lawn area and in the parking lot vicinity of the Tropic Lightning Museum, Schofield Barracks.

This event includes static exhibits of modern military equipment, military memorabilia, restored military vehicles, re-enactors in period uniforms and hands-on displays of military artifacts.

Second Annual "Can"struction – Donate canned foods for this event at Pearlridge, Oct. 6, 8 a.m.-2 p.m., Uptown Center Court. For one six-hour period, 14 teams of local architects and allied design professionals will "construct" giant structures made entirely of canned food, then you can vote for your favorite creation.

The first Construction raised more than 41,000 pounds of canned food for the Hawaii Foodbank – the largest single-day collection in the organization's history.

7 / Sunday

Animal Lovers – St. Clements Church, located at 1515 Wilder Ave., Honolulu, will host a Blessing of the Animals service at 10:15 a.m., Oct. 7. Animal lovers can bring their dogs, cats, birds and reptiles to this special service that embraces all of God's creatures.

Parking is free, but space is limited. Come early to ensure you get a spot. Call 955-7745.

13 / Saturday

Yard Sale Mania – Great bargains and treasures galore will be found at the Army Hawaii Family Housing (AHFH) community-wide yard sale, Oct. 13, 11 a.m.-3 p.m., at Schofield Barracks & Wheeler Army Air Field.

Participants will enjoy fantastic finds for kids, teens and adults. Log onto www.ArmyHawaiiFamilyHousing.com and click the Community Calendar for more details.

Blues on the Bay – The Blue Angels will be performing at the 2007 Kaneohe Marine Corps-Navy Air Show, Oct. 13 & 14. "Blues on the Bay" is guaranteed to thrill

the whole family.

The U.S. Navy's Blue Angels Flight Demonstration Squadron is among the most popular aviation acts in the world, entertaining 15 million people during the last air show season.

Visit www.mcbn.usmc.mil/Airshow/ for more details.

15 / Monday

Above and Beyond Awards – Do you know someone who's gone above and beyond to say thank you to Soldiers? If so, now's the time to make sure he or she is recognized. Through a partnership between Microsoft and the United Service Organizations (USO), you can nominate anyone (a friend, neighbor or family member) who has done extraordinary work to improve the lives of service men and women.

Winners will be flown to New York for an awards ceremony and a special performance at the 75th Radio City Christmas Spectacular. Nominations are accepted online until Oct. 15.

Visit www.microsoft.com/federal/above-andbeyondawards.

16 / Tuesday

North Town Hall – The next quarterly Oahu North Town Hall meeting is scheduled Oct. 16, 6:30 p.m., at the Sgt. Smith Theater, Schofield Barracks. Call 655-0497 for more information.

17 / Wednesday

Family Deployment Night – Enjoy fellowship and fun at Family Deployment Night, Oct. 17, 5:30 p.m., Building 791, Main Post Chapel Annex, Room 212, Schofield. Call 655-9307 or 655-6643 for more information.

Fort Shafter PX

– The next Fort Shafter PX Market Meeting for the Oahu South Community is scheduled Oct. 17, 10-11 a.m., at the Aloha Center, Fort Shafter, Building S-330, in Conference Room #201.

The quarterly meeting allows all tenants on Fort Shafter to address their informational and military input and concerns about the post exchange.

Contact Rosey Stone, deputy community director, Oahu South Office, at 438-6147 for more details.

Worship Services

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

community calendar

Send calendar announcements to community@hawaiiarmyweekly.com

28 / Today

\$5 Bag Sale – Shop till you drop today at the Fort Shafter Thrift Shop \$5 Bag Sale. Another bonus, Soldiers in rank E-4 & below will get one bag free! Patrons may fill their brown paper bag with clothes, paperback books, stuffed animals, toys, shoes, purses, belts, linens and more.

The Thrift Shop is located in Building 342, Pierce Street; hours are Tuesdays & Fridays, 9 a.m.-1 p.m., consignment hours are 9-10:30 a.m.

Donations of clean, slightly used items are always welcome. All profits are used to provide scholarships to the military community and support local charities.

29 / Saturday

Pearlridge Center – The Hawaiian Electric Live Energy-Lite Fair is scheduled Sept. 29, 10 a.m.-3 p.m., Uptown Center Court. Enjoy musical entertainment, interactive exhibits, games and prizes for the entire family while learning energy conservation and environmental awareness.

October

1 / Monday

Ala Moana Centerstage – Entertainment arounds at the mall in October, including "The Spectaculars," Oct. 1 at noon; "Sunshine Generation," Oct. 6 at 4 p.m.; Keiki Hula, Oct. 7, 14, 21 & 28 at 10 a.m.; and "Trick or Treat," Oct. 31 5-7 p.m. Visit www.alamoanacenter.com/centerentertainment.htm for more details.

2 / Tuesday

Advisory Meeting – The next Schofield Barracks PX/Commissary/Nehelani Advisory Council Meeting is scheduled Tuesday, 10:15-11:15 a.m., at the Small Post Conference Room, Schofield Barracks. This bimonthly forum of representatives

This Week at the MOVIES



Rush Hour 3

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



Daddy Day Camp

(PG)
Saturday, 2 p.m.



Stardust

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

No shows on Mondays or Tuesdays.

Pacific Rim children of today are tomorrow's leaders

MAJ. LAURIE MEDINA

9th Regional Readiness Command Public Affairs

LIHUE, Kauai — Taking care of Soldiers and their families is priority number one in the 9th Regional Readiness Command (RRC), and the Army Reserve recognizes its children as future leaders.

Teens whose parents serve under the 9th RRC attended a four-day leadership course on Kauai called the Youth, Leadership, Education and Development (YLEAD). Thirty-eight teens accepted the challenge.

With smiles on their faces and visible energy, one would never guess nearly half the teens had crossed the International Date Line and several time zones: three traveled from American Samoa, five from Guam and four from Saipan. In addition, two travelled from Alaska, and the rest were from Hawaii.

The conference sought to bring together students from across the Pacific to teach and enhance leadership skills, build camaraderie, and empower teens with skills that enable them to effectively engage in global affairs and to be community leaders throughout their lifetimes.

Franklin Covey's "7 Habits of Highly Effective Teens" was used as the course curriculum. The office of Senator Daniel K. Inouye provided funding for the training.

To begin the training, teens discussed their reasons for attending. James Mendoza said he wanted to "enhance our leadership skills to change the world." Others said they wanted to make a difference in the world.

The course instructor asked, "What about [in] your communities?"

Understandably, in this day and age, children communicate globally. Many of their parents have been deployed in support of Operation Iraqi Freedom, along with living overseas, so it made sense that stu-



Sgt. Peter Go | 9th Regional Readiness Command

Army Reserve teens assemble and pose for picture during the waterfall hike at the YLEAD conference in Kauai, earlier this month.

dents saw the world as their community.

To their advantage, participants also seemed more familiar with cultural diversity. In one activity, groups jotted down similarities and differences of individuals within the group, and recognized they all represented different ethnicities.

Featured guest speaker Dr. Julie Gassman, a professor from the University of Northern Iowa, motivated and inspired the students. She captured the teens' attention with the "Butterfly Effect," a theory that even the tiniest change can affect or change the world.

Gassman asked teens, "What is the difference of water at the temperature of 211 degrees and 212 degrees?" Water boils at 212 degrees, she said, and

that one degree difference creates steam, which can make a locomotive run.

Teens learned about the importance of volunteering in the community and discussed ways they could contribute. Each participated in making Army blankets that were presented to an Oahu veterans' organization representative to give to wounded Soldiers receiving treatment.

Teens also learned teamwork during the YLEADS Olympics, which included sand castle building, a balloon toss, egg balance and jellyfish fill, mermaid madness, and the stingray relay. On another day, they enjoyed a rigorous, but rewarding hike to a scenic waterfall.

By the last day, hands flew into the air to volun-



Maj. Laurie Medina | 9th Regional Readiness Command

Jonathon Cox and Child and Youth Services Director Elizabeth McNeal Moore, center, present Army blankets to veterans organization representative Charlene Burgess. Teens made blankets for Soldiers receiving treatment at Tripler Army Medical Center.

teer answers. Excitement buzzed in the room.

"We were nervous about getting to know new people and new places," said Helga Lefti, as her sister Sofe and cousin Salamasina Amoa nodded in agreement. All three young women traveled together from Samoa with chaperones, Uncle Misi and Vivian Tauai.

Salamasina added, "Now we feel thankful for being here and for our parents sending us."

Sofe said her favorite part of the week was performing the exercises and activities that helped students learn and remember Covey's seven habits.

As the course ended, teens discussed meeting again at the next training and exchanged phone numbers and e-mail addresses.

For more information about Army Reserve Family Programs, contact Sgt. 1st. Class Sandra Johnson, 9th RRC Family Program, at 438-1600, ext. 3191.



Plotting a course

Boy Scouts from the Webelos of Den 5, Pack 166, make last-minute preparations for the Scorpion Day Hike at Schofield Barracks, Sept. 19.

Below, Lt. Col. Bob Sanchez, left, deputy executive assistant for the U.S. Pacific Command, accepts a \$1,000 donation for the Boy Scout Webelos of Den 5, Pack 166, from Tom Jones, 25th Infantry Division Association, Sept. 19. The money will offset day care costs and pay for Webelos activities, such as camping and crafts.



Photos By Spc. Nathan Porter | U.S. Army, Pacific, Public Affairs

Schofield gets 'Big Read'

AMY NOGAMI

Chief, Library and Museum Activities Branch

SCHOFIELD BARRACKS — Sgt. Yano Library will launch its "Big Read" program in celebration of author Amy Tan's "The Joy Luck Club." A theater performance at Fort Shafter's Richardson Theatre, Sept. 30 at 4 p.m., will also celebrate the new program; admission is free.

The kick-off event will feature a staged readers' theater-style performance that takes the audience on a journey from pre-World War II China to modern-day United States through the words and lives of four mothers and their very westernized daughters.

East meets West and cultures sometimes collide in this heartwarming tale of love and the constant need to adapt in order to keep that love alive.

The Big Read is an initiative of the National Endowment of the Arts (NEA) designed to restore reading at the center of American culture. Modeled on successful "one book, one community" programs, Big Read was created to address the national decline in literary reading. The NEA's 2004 landmark survey "Reading at Risk: A Survey of Literary Reading in America" showed that less than half the American adult population now reads literature.

Sgt. Yano Library's participation in the Big Read culminates in a book discussion Oct. 25 at 6 p.m., led by University of Hawaii at Manoa English Professor Ruth Hsu. Free copies of "The Joy Luck Club" became available at the library Monday, so readers can get a copy while supplies last.

Other activities planned to stimulate interest in the featured book and Chinese culture are an introduc-



Spc. Teirney M. Humberson | 17th Public Affairs Detachment

Briar Faulkner reads a book from the children's section of fiction books at Schofield's Sgt. Yano Library.

tion to mah jong, Oct. 3 at 5:30 p.m.; a cooking demonstration, Oct. 11 at 5:30 p.m.; and a film showing Oct. 19 from 6-8 p.m.

The NEA presents the Big Read in partnership with the Institute of Museum and Library Services in cooperation with Arts Midwest. Sgt. Yano library's participation is made possible by the Boeing Company and the Hawaii Council for the Humanities. Other local partners include the Hawaii Capital Cultural District, the Manoa Foundation, the Hawaii State Public Library System, and the Department of Education.

To register for Big Read events at Sgt. Yano Library, call 655-8002. Registration is not necessary for the theater performance.

PACOM provides vital lab gift to Marshall Islands

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

FORT SHAFTER — Avian Influenza, or Bird Flu, has been responsible for the deaths of approximately 200 people worldwide, according to the World Health Organization Web site. Many of these deaths are in Vietnam, Indonesia and Thailand — all in the U.S. Pacific Command (USPACOM) theater of operations.

In order to combat Bird Flu, a joint medical team from Hawaii traveled to the Republic of Marshall Islands, earlier this month, to help present a vital piece of laboratory equipment at the Majuro Hospital, which can be used to detect Avian Influenza and many other dangerous diseases.

Army Col. Michael Brumage, public health emergency officer for Joint Task Force Homeland Defense, was on the team that made the trip to the U.S. Embassy in Majuro to present the Roche LightCycler 2.0 laboratory machine, which employs advanced polymerase chain reaction (PCR) technology.

“It gives them a world-class diagnostic capacity in the Marshall Islands that never existed before,” Brumage said.

The PCR machine is used to amplify DNA, so lab workers can detect the presence of certain microorganisms that can cause disease.

The others members of the team included Navy Capt. Gail Hathaway, former officer in charge of the Navy Environmental Preventive Medicine Unit 6, and Air Force Lt. Col. Pete Breed from the U.S. Pacific Command surgeon’s office.



Col. Michael Brumage | Joint Task Force Homeland Defense

Tom Maus, U.S. Embassy, Majuro, Republic of Marshall Islands, pallets cargo at Continental Cargo, Sept. 9.

According to Hathaway, the PCR is used to detect viruses and other disease-causing microorganisms, which have a DNA structure. Without a PCR, the viruses are difficult to detect rapidly.

“For their day-to-day workload, they are very interested in using the technology for sexually transmitted diseases and tuberculosis,” Hathaway said.

Ambassador Clyde Bishop, U.S. ambassador to the Marshall Islands, and the joint medical team, presented the PCR to the lab in the Majuro Hospital. Bru-

mage said the workers’ response was positive.

“[The lab technicians] were both excited and overwhelmed,” he said. “When we left, they were excited about using the new piece of equipment and how to best use it.”

Majuro’s equipment shortcomings had first come to light during a three-day workshop conducted by the Pandemic Influenza Mobile Training Team from Hawaii in February 2007.

“Majuro hospital lab had personnel that were very well qualified and had the right lab set up to do higher-level, diagnostic testing for a number of infectious diseases,” Brumage said. “They just needed the equipment.”

Armed with this information, Joint Task Force Homeland Defense, Navy Environmental Preventive Medicine Unit 6, and Tripler Army Medical Center, went to USPACOM to request PCR equipment for Majuro Hospital.

“This was an easy sell,” Brumage said. “The idea was not only to increase their local capacity to test for different diseases, but also to help link them up through other governmental and nongovernmental agencies into a broader lab network.

“While they’re not part of that at this point and time, we do have close collaboration with the Center for Disease Control and other nongovernmental organizations that will hopefully help build a lab surveillance network,” he added. “This not only helps out the people of the Marshall Islands, but it also helps us here in Hawaii to detect diseases before they reach American soil.”

In addition to receiving the \$70,000 piece of equipment, the Majuro lab received a laptop computer, a centrifuge, Class II biosafety cabinet, and medical gowns and gloves. According to Hathaway, these gifts are just the beginning. Plans are to give other countries in the Pacific vital lab equipment to help detect Avian Influenza and other diseases, which will help keep Americans safe.

'QuickAlerts' protect patients

BRIAN P. SMITH
TriWest Healthcare Alliance

Tricare beneficiaries registered at www.triwest.com can be notified by a QuickAlert e-mail from TriWest when their Tricare authorization or referral request has been processed.

QuickAlert allows patients to skip the usual wait for a letter to arrive in the mail with their authorization or referral prior to seeking care. Instead, an e-mail is delivered directly to their inbox as soon as a change in status takes place, prompting beneficiaries to log into www.triwest.com for the latest information.

No specific care information is



included in the QuickAlert, it is only available upon secure logon, which is why QuickAlert service is only available to registered www.triwest.com users.

Registration on TriWest's Web site is quick and easy and offers secure access to beneficiaries' account information. Beneficiaries can select the "Log In" button from the main page of www.triwest.com and follow the directions to register as a new user. An interactive demo is available to walk users through the simple registration process.

Once registered, many account tools are available. Users can log into their personal profile to verify eligibility, track the status of claims, referrals and authorizations, and view and update personal information.



For more information about TriWest's QuickAlert, visit "Beneficiary Services" at www.triwest.com or call TriWest at 1-888-TRIWEST (874-9378).



Sgt. 1st Class Christina Bhatti | U.S. Army, Pacific, Public Affairs

'Take that!'

SCHOFIELD BARRACKS — Catherine Uhrich simulates a strike move to her partner, Carolyn Hunter, during a self defense seminar, Saturday, at the Health and Fitness Center, here. Martial arts instructors from the Relson Gracie Academy in Honolulu taught spouses of deployed Soldiers physical awareness and basic self defense techniques.

"I took this class because I live alone, and I don't want to take for granted that I live on a military installation," said Hunter. Hunter's husband is currently deployed with the 2-35th Infantry Regiment.

'Family Member Account' eases transition

TRICARE MANAGEMENT ACTIVITY
News Release

FALLS CHURCH, Va. — Deployable and Tricare Remote service members should consider setting up Family Member Accounts, which enable their family to access medical, pay and human resource Web sites in their absence.

The Family Member Account is a secure credential, issued to sponsors and their family members, that allows them to log on to other Department of Defense Web sites even if they don't have a Common Access Card (CAC) or Defense Finance and Accounting Service (DFAS) personal identification number (PIN),

also known as "myPay."

"The Family Member Account is especially useful to National Guard and Reserve members who mobilize quickly," said Maj. Gen. Elder Granger, deputy director, Tricare Management Activity. "It lets the family handle business from home, taking stress off the sponsor during deployment."

To get a Family Member Account, the active duty sponsor can log on to <https://sso.dmdc.osd.mil/famAcctMgr> using his or her CAC or DFAS PIN.

Eligibility for an account is based on the family's benefit status in the Defense Enrollment Eligibility Reporting System (DEERS).

Dependent children older than 18 can get their own account. The sponsor selects which family members are eligible and then creates a separate account and a temporary password for each of them.

Once the account is established, the sponsor gives family members their numbers and temporary passwords.

Family Member Account numbers and passwords will be accepted on Tricare's new Beneficiary Web Enrollment system launching later this fall. The new system will allow Prime and Prime Remote beneficiaries to easily enroll and manage their health care online.

Softball team bests Marines, again

PETER BURKE

Sports Office, U.S. Army Garrison, Hawaii

FORT SHAFTER — As defending champions, coach and retired Sgt. Maj. Steve Burton and the Army Hawaii Men's Softball Team retained its "king of the hill" crown by defeating the U.S. Marines in the 2007 Hawaii Armed Services Athletic Council (HASAC) Softball Championship, Sept. 10-14.

The Marines, hoping to avenge their 2006 championship loss to Army, were hopeful as they beat Army in the preliminary seeding round and entered the championship as the number one seed.

Their enthusiasm increased as they opened the game with a big first inning lead; however, softball is played for seven innings.

In the end, heavy Army artillery from the plate, solid defense and great all-around team execution netted the same results as last year. Army defeated the Marines, 18-10.

Army Hawaii hosted the event, with the men playing at Fort Shafter's Joe Takata Field, and the women at Schofield's Stoneman Softball field.

Although reaching the finals, the Army Hawaii women lost to the Air force in the championship game, 13-6.



Courtesy Photo

Army Hawaii Softball Team members are (back row) Jesus Pereira, Storm Litzler, Rodney James, John Underwood, Donnell Key, Mark Gunthorpe, Coach Steve Burton, Timothy Wood, Justin Ashcraft and Matthew Isnor. In front row are Justin Dixon, Omar Knight, Jason Lavind, Jeremy Aponte, Derrick Sato and Coach Danny Schmerbauch.

clear of clutter, and treat trees and plants with care and respect. Firearms, pets, radios and other audio devices are prohibited on all hikes. Visit <http://htmlclub.org> for more details.

October

6 / Saturday

Volksmarch — Join the 5K and 10K volksmarches (or walks) to be held Oct. 6 in Moiliili. Starting point will be at the Ala Wai Community Park, 2015 Kapiolani Blvd. Participants can start anytime between 8 a.m. & noon. Call Marsha at 395-9724 for more details.

7 / Sunday

Paws Charity Walk — The Hawaiian Humane Society expects more than 3,000 people and their pets, from dogs to rabbits to turtles, to gather at Ala Moana Beach Park's Magic Island for its annual charity event, PetWalk.

Participation in this two-mile walk, which is free and open to the public, celebrates the efforts of thousands of supporters who aim to raise funds for the nonprofit's programs and

services. Registration begins at 7 a.m. and the walk starts at 8 a.m.

In addition to the walk, the event will feature live entertainment, pet costumes and stupid pet trick contests with prizes, an agility course, exhibits and information booths, complimentary goody bags with tasty treats, and more. Call 356-2225 or e-mail hhs@hawaiianhumane.org to get involved.

12 / Friday

Hunter Education Courses — The Hawaii Department of Land & Natural Resources offers monthly Hunter Education classes. Subjects covered include wildlife identification and conservation, firearms and archery safety, survival and first aid, game care, and more.

The free, two-day classes are held Fridays and Saturdays. Classes run from 5:45-10 p.m., Friday, and from 7:45 a.m.-4 p.m., Saturday. Classes are family-friendly and open to anyone age 10 years and older. All students are required to provide a picture ID.

Upcoming classes (that are not already filled) are Oct. 12 & 13 and 19 & 20, Nov. 2 & 3 at the Nimitz Center, 1130 N. Nimitz Highway, Room A-212. Call 587-0200 or visit www.state.hi.us/dlnr/ldxHunting.htm.



28 / Today

Basketball & Cheerleading

Registration — Registration is open today-Oct. 30 for youth born between 1991-2002 for the Youth Sports and Fitness basketball and cheerleading programs. Cost is \$60 per person for basketball, \$60 for cheerleading and \$20 for youth who have a cheerleading uniform. Practice begins Jan. 8, and the season runs from Feb. 2- March 22. Parents are cautioned that youth who are registered after the deadline may not receive their requested uniform size, because uniforms must be ordered.

A photo ID and copy of a birth certificate are required for first-time participants. A physical examination is also required, but lasts throughout the entire basketball & cheerleading season.

Register at the Child and Youth Services registration office: At Schofield Barracks, call 655-5314, at Aliamanua Military Reservation, 833-5393.

Ongoing

Leilehua Golf Course Driving

Range — The golf driving range at the Leilehua Golf Course is open weekdays until 9:30 p.m. Call 655-4653.

Water Aerobics — Come join this exciting workout at Richardson Pool. Classes are held Mondays, Wednesdays and Fridays from 11:30 a.m.-12:30 p.m., and Tuesdays and Thursdays from 5 p.m.-6 p.m.

Water aerobics provides a safe and effective exercise alternative that improves fitness levels with little stress on the joints.

Classes are \$2 each, or a punch card is available for \$15.

Call 655-1128 for more information.

Health & Fitness Center — There is no longer a membership fee to use the Schofield Barracks Health & Fitness Center (HFC), Building 582, which offers cardio and weight machines, speed bags, stability balls, a tread wall and stretch stations.

Bring your own earphones and enjoy over 75 channels of cable TV while you work out on the cardio theater. Aerobic classes, dance classes, massage therapy and personal trainers are also available Monday through Saturday for a nominal fee.

Bring in your Blue Star Card and receive a discount on an unlimited monthly class pass. Call 655-8007.

Cosmic Bowling — Schofield Bowling Center offers Cosmic Bowling, Friday & Saturday, 10 p.m.-1 a.m. and Sunday, 6-10 p.m. Plan a birthday party or enjoy bowling specials.

Birthday packages cost \$5 per child for two hours of unlimited bowling; and add a food package for \$8 per child. Also, Monday-Friday enjoy lunch specials and discounted bowling rates. Call 655-0573.

Brazilian Capoeira — Develop the mind, body and spirit to include physical fitness, self-defense and self-discipline through Brazilian Capoeira. Classes are held Tuesdays from 5:30-7 p.m. at the Fort Shafter Physical Fitness Center. Call Mestre Kinha at 247-7890 for details.

What's Up Gymnastics — Schools of Knowledge, Inspiration, Exploration and Skills (SKIES) Unlimited is partnering with What's Up Gymnastics to offer a military discount program for all upcoming classes.

What's Up Gymnastics provides several classes to choose from, including recreational and competitive classes, and it offers the only indoor climbing wall on Oahu.

Classes are available for all ages, even as early as age one. Discount cards can be picked up at the Child and Youth Services registration offices. Call 655-9818 for more information.



Send sports announcements to community@hawaiiarmyweekly.com.

30 / Sunday

Hike Oahu — Come join the Hawaiian Trail & Mountain Club on its next hiking adventure, beginning at 8 a.m.

Sept. 30, 12-miler, Manana, advanced hikers. If you don't keep up a good pace on this one, you will come out manana, tomorrow. Register with coordinator Larry Lee, 263-4690.

A \$2 donation is requested of nonmembers 18 and older. Children under 18 must be accompanied by a responsible adult.

Hikers meet at the Iolani Palace, unless otherwise noted. Bring lunch and water on all hikes; wear sturdy shoes and clothing as extra caution may be required on some trails. Hikers must keep all trails and lunch sites