

HAWAII ARMY WEEKLY

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Serving the U.S. Army community in Hawaii

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What's Inside



Purple Heart

A 1st Bn. 27th Inf. Soldier receives the Purple Heart medal.

A-3

Upcoming Blood Drive

A blood drive will be held at Sgt. Smith Theater, Feb. 18 from 9 a.m. to 5 p.m. to benefit Soldiers and families based in Hawaii. When the Soldiers redeploy, they will be unable to donate blood because of the overseas duty limitation. This has created a blood and donor pool shortage.



Medics Provide Aid

Medics in Afghanistan provide aid to Afghan families.

A-5

Redeployment Workshop at Wheeler Middle School

Workshop addresses the effects of redeployment on Soldiers and families. Held Feb. 11 from 10 - 11 a.m. at the Wheeler Middle School library. Dr. Mike Faran, a Tripler Army Medical Center Psychiatrist is the guest speaker.



Polynesian Odyssey

The Polynesian Cultural Center's tribute of song and dance.

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32 caught in major assault



Spc. Mark Gunthrope, a radio transmission operator with Co. B, TF 1-27 Inf., places flexi-cuffs on a suspected terrorist following a raid Jan. 23 in Tagtag, Iraq. TF 1-27 Inf. detained 32 suspected terrorists during the 72-hour Operation Wolfhound Fury II.

Story and photos by Sgt. Sean Kimmons
 25th ID (L) Public Affairs

HEYCHEL AREA, Iraq – More than 200 Task Force 1-27 Infantry Soldiers, packed inside 13 helicopters, ascended into the moonlit sky Jan. 21 as part of Operation Wolfhound Trap II.

Minutes later, a 70-vehicle convoy split into four groups departed Forward Operating Base McHenry to support the 72-hour operation in and around Heychel.

Located between Mosul and Hawija, the Heychel area has been described as a refuge for Anti-Iraqi Forces because of the lack of Multi-National Forces.

Read about the other side of this mission on page A-8.

“We’re going to go up there and deny their sanctuary,” said Capt. James Halloran, assistant S-3 for TF 1-27 Inf. about Wolfhound Trap II.

When TF 1-27 Inf. Soldiers finished the air assault mission – one of the largest, if not the biggest, conducted by any unit in Iraq – they raided certain homes belonging to high-value targets.

The duration of the operation included several traffic control points, patrols and additional raids. All of these missions helped capture 32 suspected terrorists and a variety of weapon caches, as well as materials used to make improvised explosive devices.

Wolfhound Fury II was the first time that this battalion-sized task force from 2nd Brigade Combat Team, 25th Infantry Division (Light), conducted prolonged missions from a patrol base approach.

“Soldiers will be outside the wire for an extended period of time.”

See “TF 1-27 Inf.” Page A-7

CTF Thunder draws from many units to form its command

By Staff Sgt. Bradley Rhen
 CTF Thunder Public Affairs

KHOST PROVINCE, Afghanistan – As the Army continues to transform to deal with emerging threats, Soldiers are finding themselves working alongside people they normally don’t work with and doing jobs they normally don’t do.

This is especially true for the 25th Infantry Division (Light) Division Artillery.

Originally left out of the division’s deployments to Iraq and Afghanistan in late 2002, the members of DIVARTY headquarters finally deployed to Afghanistan in June 2003 to fulfill a unique mission. The headquarters would serve as the headquarters of Regional Command East, which covers 16 provinces in the east of the country.

Col. Gary H. Cheek, the DIVARTY commander and a career field artillery officer, found himself in a new role. As the commander of RC East – dubbed Combined Task Force Thunder – Cheek is the commander of three infantry battalions, eight Provincial



Staff Sgt. Bradley Rhen

Col. Gary H. Cheek, commander of CTF Thunder, and Capt. Tage Rainsford, commander of Co. C, 2nd Bn., 27th Inf. Rgt., listen to village elders in Waza Khwa, Afghanistan.

Reconstruction Teams and a variety of units – Battery F, 7th Field Artillery Regiment, but they fall under the command of CTF Thunder.

There is but one field artillery unit – Battery F, 7th Field Artillery Regiment, but they fall under the command of CTF Thunder.

See “CTF Thunder” Page A-7

BG Jacoby speaks

Excerpt from speech by Brig. Gen. Charles H. Jacoby
 Assistant Commander, Support
 25th ID (L)

The assistant division commander for support, spoke at the January Town Hall meeting. This is a summarized excerpt from his speech.

He said, “Soon our focus will shift to how we get 12,000 Soldiers back to Hawaii, with our equipment, and start transforming. That effort is huge.”

“I came back for three things; our transformation order, the footprint of where we will put these Soldiers and their families, and the [welcome home] reception of our Soldiers.”

“The reception is terrific. Our Soldiers and their families deserve it and it is worth every ounce of energy you put in to it.”

“Two simple messages for you: Your spouses are doing great and could not do what they are doing without you. It’s liberating to be forward knowing how well things are going back here,” he explained.

“The deployments to Iraq and Afghanistan were historic and superbly done. We took over in the middle of the largest offensive operation (Operation Mountain Storm) that has ever taken place in Afghanistan and we did not slow down a step,” Jacoby said.

“Your spouses did some things that had never been done and they ran the enemy to the ground. It was tough on our troops, tough on equipment, and tougher on the enemy,” he said.

“The next phase was the Afghani elections, or Lightning Resolve. Our goal was 6 million registered voters. Right behind our offensive operations, our Soldiers were working on the

See “Jacoby” Page A-7

Aviation flies in 200 troops

By Spc. Charles Hayes
 Staff Writer

Almost 200 Soldiers from the 1st Battalion, 25th Aviation Regiment returned from a yearlong deployment in support of Operation Iraqi Freedom on Jan. 20.

Family and friends on Wheeler Army Air Field greeted the Soldiers in a ceremony welcoming them back to Hawaii.

In the hanger, Col. Richard Hatch, Division Support Commander, spoke to Soldiers and their families. He called them heroes and thanked all for all of their support.

During the unit’s yearlong deployment, they supported 1st Cavalry in area reconnaissance and security. 1st Bn., 25th Avn. Rgt. helped keep places like Baghdad safe from insurgents.

“One of our main missions was to

See “200 troops” Page A-7



Spc. Charles Hayes

Capt. John Shaffner leads Soldiers from the 1st Bn., 25th Avn. Rgt. into the hanger where family and friends wait to see them after a year-long deployment.

The Hawaii Army Weekly welcomes letters and commentaries from readers. To submit call the editor at 655-4816 or e-mail editor@hawaiiarmyweekly.com.

The deadline for articles is the Friday prior to the week of publication. Send all articles in Microsoft Word or text format.

OPINION & COMMENTARY



Courtesy photo

Sgt. Maj. Anthony Marrero, operations sergeant major for 2nd Battalion, 27th Infantry Regiment, hands a plate of food to an Afghan man during "Sharan Day" Jan. 19 at the Paktika Province governor's compound. The event was held in recognition of the Eid al-Adha holiday.

Soldiers' actions break down barriers in Afghanistan

Commentary

Sgt. Maj. Anthony Marrero
2nd Bn., 27th Inf. Rgt.

PAKTIKA PROVINCE, Afghanistan – As the Muslim world conducts its annual Hajj (pilgrimage to Mecca) and celebrates Eid Al-Adha (Abraham's willingness to sacrifice his son for God) this year, Soldiers from Company B, 2nd Battalion, 27th Infantry Regiment, and Soldiers from the Sharana Provincial Reconstruction Team contributed to the festivities Jan. 19.

Soldiers handed out 160 winter jackets, 170 blankets, 30 sheep and hot meals in the Sharana government compound.

As I sat and enjoyed the meal with the Afghans, I reflected on how the Soldiers have grown and matured along with the Paktika Province. Our task force has done so much since arriving in March 2004.

Many Soldiers have realized that to win the hearts and minds of the population, you must first understand their religion and be compassionate to their needs. It is not the normal duty of an infantryman, artilleryman or air defender to hand out humanitarian assistance, but the Soldiers

of this task force have adapted well to the many facets of these duties outside their military occupational specialty.

The festivities did not end in Sharana that day. Feeling like old Saint Nicholas during Christmas, we used our up-armored vehicles as sleighs to continue handing out jackets, school supplies, candy and blankets in the villages Satore and Orgun.

You know people are needy when they stand in the snow up to their ankles with no shoes or jackets waiting for a handout, especially the little girls I encountered in Satore. They cried while holding their feet since they were not protected from the ice and snow.

This country needs our help and I am proud to know that the Soldiers in the Wolfhounds' area of operations have made a difference. We can win this war by providing assistance through projects, schools or even playing a friendly game of soccer or volleyball.

Our actions in the past year have broken down some of the Afghan beliefs that Americans are anti-Muslim. Everyone needs to reflect on our contributions the past year. I am not a Muslim, but I enjoyed this Eid celebration with my friends in Afghanistan.

A letter to the Soldiers of the United States Army

Commentary

Dr. Francis J. Harvey
Secretary of the Army

I have been the Secretary of the Army for about two months and I thought it would now be appropriate to share with you – our Soldiers – some of my initial observations, as well as to discuss a number of the priorities that I have established.

I am truly honored to be appointed the 19th Secretary of the Army and to have the opportunity to serve our country during a time of war. I have been and will be working closely with the Chief of Staff as together we lead the Army in successfully meeting the challenges of the dangerous and complicated 21st Century security environment and, specifically, jointly fighting and winning the Global War on Terrorism.

My first observation is that the Army isn't just an ordinary institution, it's a great institution with an unparalleled set of enduring core values, a long, rich tradition and a demonstrated ability to change and adapt to new situations. Our traditions and the timeless Army values like loyalty, duty, respect, selfless service, honor, integrity, and personal courage have been forged on battlefields around the world by the bravery and dedication of millions of American Soldiers.

My second observation is that Soldiers are the centerpiece of the Army - without you nothing is accomplished. You are the best our Nation has to offer, and I cherish your dedication and sacrifice.

That leads me to my first priority, which is the well being of Soldiers and their families. Nothing that I do as the Secretary of the Army is more important than this. I will work hard to meet Soldiers' near term needs, including providing the best quality of life possible for families, while building the Army of the future. I am committed to ensuring that Soldiers get the best training and right equipment. I will be your advocate in seeking support from the Department of Defense and Congress.

Another important priority is the generation of the land forces required to win the Global War on Terrorism by effectively managing the force and ensuring its readiness. What does that mean for you? It means stabilized and standardized deployment cycles resulting in a high degree of predictability for Soldiers and families and, where applicable, their employers. To be successful in generating the required land forces we must be intensely focused on continuing to meet our

recruiting and retention goals for both the active and Reserve components. Finally, when we are ready to deploy Soldiers, you will be well trained and organized to fight and win with fully operational equipment.

My next priority is transforming the Army with an approach that is best described as evolutionary change leading to revolutionary outcomes. This priority, closely related to our effort to generate the land forces required for the GWOT, means we must make a smooth transition from the current Army to a future combat system that will be better able to meet the challenges of the 21st Century security environment. It means we must prepare our forces, in mind-set, training and equipment, to operate in future ambiguous and austere environments. But to be truly successful, this transformation must build on our enduring Army values and rich traditions – preserving the best of the past, while changing and improving for the future.

Under the Chief's leadership, we have made significant progress on Force Transformation with initiatives such as modularity, force stabilization, and rebalancing of the force. We have made significant investments in the future combat system program and projects to develop and deploy a network centric communications and information systems infrastructure that can dominate any potential adversary, complementing force Transformation is business Transformation, our effort to maximize resources and get the biggest bang for our buck. The resources we gain through business Transformation will be used to provide more and better equipment and other resources for the war fighter.

These three priorities – well being of Soldiers and their families, generation of the land forces required to win the Global War on Terrorism, and transforming the Army – are at the top of my list, but there are also other supporting priorities. For example, we must also work hard on developing leaders for both the current and future Army. They must be effective leaders in war, but they also must be the leaders to win the peace, fully capable of making sound decisions under challenging conditions.

In closing, never forget that you are part of a great institution. Our Nation is critically dependent on the Army to keep it safe and secure. Today, that means the Army must jointly fight and win the GWOT. We must never forget that we are fighting an enemy whose fundamental objective is to destroy our Nation's way of life. Your service is essential to protecting our way of life, and our Nation greatly values the sacrifices you are making.

Voices of Lightning

What do you like most about being home from deployment?



"The main thing is when you are back, you realize what you took for granted."



"I like the fact that I'm not in a danger zone."



"Being able to drive down the road without having to worry about being shot at or IEDs exploding."



"I like the green scenery the most."



"I enjoy being able to go home at night, use the phone whenever I want, and not getting shot at."



"Enjoying time with family and friends."

Spc. Chris Robinson
HSC, 84th Engineer Bn.
Scout

Spc. David Escamilla
540th Quartermaster Co.

Spc. Douglas Clem
65th Engineer Bn.
Construction Equip. Op.

Sgt. Katherine Baron
84th Engineer Bn.
Carpentry and Mason Spec.

Sgt. Bruce Moore
2nd Bn., 27th Inf. Rgt.
Infantryman

Master Sgt. Rolando Sotelo
84th Engineer Bn.
Bn. Maintenance Sgt.

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Sharee Moore

Col. Michael T. McBride, USARHAW commander, reads the Purple Heart medal citation after presenting the award to Sgt. Robert Hall Jan. 24. Command Sgt. Maj. Willie Tate observes.

Soldier earns Purple Heart medal

By Sharee Moore
Editor

Through tear-filled eyes Bill and Barbara Hall watched their son receive the Purple Heart medal during a small ceremony on Schofield Barracks Jan. 24.

Sgt. Robert Hall of Headquarters and Headquarters Company, 1st Battalion, 27th Infantry Regiment began a patrol Nov. 5 when an improvised explosive device exploded – blasting Hall from the truck.

Ten minutes before the attack, Hall had swapped seats with another Soldier.

After the blast, "I got up and started running toward the direction of [Iraqi sheep herders] ... Apparently, in my mind, they were guilty, but I didn't do anything. I got about

50 meters and collapsed," Hall recounted.

When Hall woke up, he was at a hospital in Landstuhl, Germany.

Col. Michael McBride, commander of U.S. Army, Hawaii told attendees, "Courage in the face of danger is sometimes how we're graded – how we respond, how we react, and how we conduct our routine tasks in such hostile circumstances."

McBride described the three Soldiers attacked that day.

"Staff Sergeant Contreras and Staff Sergeant Arboine now share an experience in our history that will forever link them together as 'Wolfhounds,' as heroes, as survivors..."

"We too, are thankful for [Hall] and thankful for his sacrifice," McBride said in closing.

After the ceremony, Bill and Barbara shared thoughts about Hall's injuries, which include a scarred brain, a blown eardrum, concussion, memory loss, chronic headaches and shrapnel lodged in back of his head.

While wiping tears, Barbara said, "I was numb. I was upset because I couldn't be there with him..."

Barbara said strength, positive thoughts and prayer carried the family through the uncertainty Bill described as their life draining out of them.

Bill said, "He is our hero. But, as a daddy you never want your babies to go through war or suffer like he did. As a man and as an American - I'm so proud of my son; I glow with pride."

Contrary to his mother's

wishes, Hall still declares himself a career infantryman.

The 26-year-old infantry team leader struggled to describe the camaraderie that draws him to such dangerous work.

"To suffer with somebody is the ultimate sacrifice... It's like a drug – literally. And then when you make it through it's – insane," Hall paused and widened his eyes for emphasis.

"It's hard to explain to someone who hasn't had the experience," he admitted.

"It keeps everything in perspective and you don't take anything for granted anymore."

Missions aid Afghan families

Spc. Cheryl Ransford
17th Public Affairs Detachment

SAYED KHAIL, Afghanistan — Providing humanitarian assistance to the Afghan people is one way the coalition is working to improve their quality of life.

Task Force Eagle made a large donation last month to children in Sayed Khail, a village neighboring Bagram Air Base.

"We try to go out as often as possible to provide needed items to the people in the villages surrounding Bagram," said 1st Lt. Justin Wilkerson, TF Eagle personnel officer.

"Many of the villagers are poor and can't afford to buy the things they need to stay warm, so we are supplementing their needs with the items sent from home."

While this isn't the first time TF Eagle has provided assistance to the people of Sayed Khail, the villagers are still very responsive and thankful for what they received.

Many of the children who received the assistance were orphans who have very little of their own, said Wilkerson.

"When we look for locations to hand out donations, we try to find the people who need the most assistance and focus our efforts on how we can help them," he said. "Once the location is selected, we gather the donations we have for each age group we are expecting to help, and make sure we have enough for the number of people we could possibly help during the mission."

During most missions, the Soldiers of TF Eagle are able to provide assistance for nearly 200 people, most of whom are children.

Although the focus of humanitarian missions is the people they are helping, the Soldiers providing the assistance take away a sense of accomplishment.

"Every time we come out to Sayed Khail, the people are very friendly and welcoming of us in the village," said Sgt. Tara Holloman, TF Eagle. "Seeing their faces when they receive all the things we bring to them is something that I will remember forever. There is nothing else like it."

While not all Soldiers walk away with the exact same feeling, they all know the assistance they are providing to the people will help them in ways they never thought possible, something the Afghans greatly appreciate.

"I want to thank you all for what you are doing," said General Maulano, a local leader. "You are providing the people of my village with many things they don't have access to and will need for the winter."

By providing the villagers with clothes and food for the winter, the Soldiers of TF Eagle are showing the people of Afghanistan that they care, and are willing to help them during their time of need.

"As winter grows harsher, it is harder for the villagers to be able to get into the larger towns for some things they may need," said Holloman. "However, when we visit the villages, we are able to provide those items to them without them having to travel in the harsh winter elements."

During an afternoon tea following the assistance for the children, Maulano asked for the continued assistance from the Soldiers and promised further assistance from himself.

"I am willing to do what I can to pay you back for all you have done for the people of this village," he said. "If there is anything I can do for you, I will do it."

With a promise and a glass of tea, the bonds between the coalition and the Afghan people were strengthened once again.

Briefs

Community Meeting at Radford High

Parents and school staff are invited to attend an introduction of South Central Community Children's Council. Meeting will be held Feb. 3 from 6 - 8 p.m. at the Radford High School cafeteria in Honolulu. The focus of the meeting will be the main changes in IDEA. Call 586-5363 to reserve your seat and materials.

Wheeler Middle School Fundraiser

For an aloha ceremony for military families (slated in May). The school is selling Jamba Juice mugs (24 ounces) and it comes with a coupon for a 24 oz. drink (no expiration). Cost is \$7 per mug. Sales have already begun and mugs can be bought in the Wheeler Middle School Administrative office.

Recruit the Recruiter Team Visit

The rewards for recruiters are many. Volunteers have the option of selecting their priority assignments under the New Assignment Incentive Program.

You can earn the Recruiter Badge and promotable sergeants and staff sergeants who earn the Recruiter Ring during their 36-month tour are also eligible for meritorious promotions. Recruiters also receive \$450 per month in special duty pay upon assignment.

The briefing will address the challenges, benefits and opportunities to become recruiters. Pay grades E-4 through E-7 are highly encouraged to attend. This briefing in no way obligates you for recruiting duty and a personal interview following the briefing will determine qualifications. Briefings

will be held:

Fort Shafter at building T101 Conference Room on Feb. 14 at 10 a.m. and 1:30 p.m.

Schofield Barracks at Post Conference Room on Feb. 15, 1 p.m. and Feb. 16 at 9 a.m.

Tripler Army Medical Center in Kyser Auditorium on Feb. 17 at 9:30 a.m. and 1:30 p.m.

More information can be found at Web site www.usarec.army.mil/hq/recruiter or contact Master Sgt. Mills at (502) 626-0465, DSN: 536-0465. For information regarding the briefing contact Master Sgt. Jones at 438-1123.

Are You a 42L?

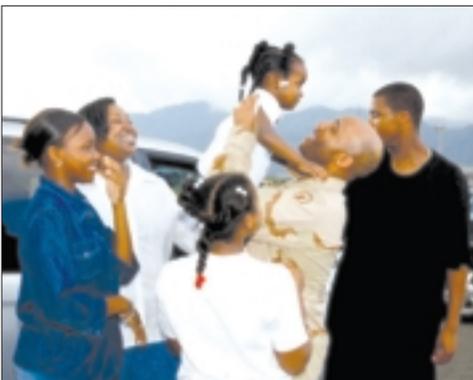
No, not your suit size - your military occupational specialty. As the administrative specialist, or 42L community transitions, Soldiers who completed their resident training before Oct. 1, 2004, will be required to complete a certification course via distance learning. The electronic course is currently available and should be taken at the earliest opportunity, in preparation for future human resource specialist, or 42A assignments and military occupational specialty substitution.

Soldiers can enroll in the nonresident course through the Army Training Requirements and Resources System at their home stations and complete the training on the Internet.

Although 42L senior non-commissioned officers in the grades of E-8 and E-9 are not required to complete the training, but they are highly encouraged to do so. Also, to meet the upcoming merger of MOS 42L and 42A, additional skill identifier training for grades E-3 to E-5 is now open to Soldiers in both MOS 42A and 42L (see MILPER message #04-336).

The required courses include: Course number 805CT12, Human Resources Specialist Certification Course:

A warm welcome home



Sharee Moore

More than 240 Soldiers were welcomed home from Iraq Jan. 25 at Wheeler Army Air Field. Col. Richard Hatch, the Division Support Command commander, thanked the Soldiers and their families for their commitment. The Soldiers were from 225th FSB, 725th MSB, 1-62nd Air Defense Artillery Regiment, and a hand full of people from seven other units. In this photo, Sgt. 1st Class Ted Lewis, 225th FSB, reunites with Tyana, 3, while his other children; (from right) Teddy, 15, Tamira, 10, Teia, 13, and wife, Chandra, enjoy the moment.

This course is designed for Soldiers in skill levels one and two. Course number 805CT35, Human Resources NCO Certification Course: This course is designed for non-commissioned officers in skill levels three through five, both courses are currently available through the following link: www.atrrs.army.mil. Click the link "Course Catalog" and that link will allow you to type the names of the courses listed above.

Local Hui Raises Funds for Afghan Women and Girls

Feb. 12, a fundraiser for Afghan women. Humanitarian Mavis Leno (Talk show host Jay Leno's

wife), an international advocate for the rights of Afghan women, will travel to the Islands to keynote an evening celebrating Afghan poetry, music, art, photography, food, and most of all, women.

An Evening in Solidarity with Afghan Women and Girls will be held Saturday, Feb. 12 from 6 to 9 pm, at College Hill, University of Hawaii-Manoa. Raofa Ahrary, editor of Afghanistan's first women's magazine, and Mavis Leno will speak. All monies raised will go to The Shuhada Organization, which is based in Kabul and runs schools, clinics and hospitals throughout Afghanistan and for refugees in neighboring

Pakistan. Tickets for the event are \$100, \$85 of which is tax-deductible.

Shuhada is the largest woman-led, non-governmental organization in the region dedicated to empowerment of Afghan women and children. The organization runs projects in health, education, literacy, job training and more. It operates 11 clinics and three hospitals in Afghanistan and Pakistan, and 71 schools throughout Afghanistan, and three for refugees in Pakistan. For more information on the event, to contribute or to purchase tickets, email the Afghan Women's Hui at afghanwomen-shui@yahoo.com.

Housing Assistance for Soldiers

The Directorate of Public Works Unaccompanied Personnel Housing Office offers housing assistance to all single Soldiers and those Soldiers on orders to Hawaii without command sponsorship in place. If you have a concern regarding UPH, use one of the two options below to make sure you are heard.

Fill out Interactive Customer Evaluation forms online at <https://ice.disa.mil> to provide feedback or share concerns about UPH.

Or, use the UPH Chain of Command: UPH Manager is Jan Cahela. Call 655-0453 or e-mail jan.cahela@schofield.army.mil.

Resident Liaison Staff at DPW are: Karen Goodrich, 275-3122 and e-mail Karen.Goodrich@schofield.army.mil; Fran Nix, 275-3127 or e-mail nixf@schofield.army.mil.

Director, Housing Division, DPW is Gordon Takeshita. Call 275-3110 or e-mail Gordon.takeshita@us.army.mil.

For questions regarding

service orders or furnishings, call the following numbers: DPW UPH Service Orders at 656-1275 and UPH Furnishings at 655-4165. For more information contact Kelli Wilson, DPW Housing Public Affairs at 275-3122.

The HAW Seeks Volunteer Writers

If you have good grammar and punctuation and would like to learn news writing; we want to meet you. Candidates should be reliable, able to meet deadlines, willing to give and receive honest feedback. Call 655-8728 or e-mail editor@hawaiiarmyweekly.com.

New OBGYN and Pediatric Clinic

Join Tripler Army Medical Center staff at the grand opening of a new clinic on Schofield Barracks Feb. 1 at 1 p.m.

The clinic, located within the Schofield Barracks Health Clinic has been completely renovated and is to the right of the Schofield Barracks Troop Medical Clinic. Services will include care for patients with uncomplicated pregnancies up to 40 weeks, well-woman exams, and well-baby and same-day pediatric appointments.

Pediatric patients whose families live closer to Schofield Barracks can make appointments by calling 433-6697, extension 1. Obstetrics appointments are made through the mothers' medical support assistant at Tripler. An Obstetrics Nurse Practitioner and a Pediatrician will see patients by appointment only beginning Feb. 2, 8 a.m. - 4 p.m. The clinic will eventually expand its services to meet the needs of the community. Augmentation of Special-needs Services and Information to Students and Teachers staff will also be available. Call 433-8174 for more information.

Medics provide aid to village in Khost Province

Story and photos by
Staff Sgt. Bradley Rhen
CTF Thunder Public Affairs

SADAK, Afghanistan – Medics from the Khost Provincial Reconstruction Team and Forward Operating Base Salerno traveled to this village in eastern Khost Province Jan. 18 to provide much-needed medical aid.

After conveying to the village, the medics set up two tents, one for men and one for women, and went to work.

A total of 412 patients were treated throughout the day – 152 men, 118 women and 142 children.

Most of the complaints were headaches, sore throats and symptoms of the common cold. Some villagers also complained of back and joint aches.

Many of these patients were diagnosed, given medicine and directions for use by an interpreter and then sent on their way in a matter of minutes.

Sgt. Shasta Benavente, a medic from the 725th Main Support Battalion who is deployed to Forward Operating Base Salerno, said she wanted to participate in the mission because males aren't traditionally permitted to treat female patients, so females were not getting sufficient medical attention.

"We had a good turnout," Benavente said. "They weren't frightened to talk to us, we treated them the best that we could, and I thought they were grateful."

Benavente, a native of Vallejo, Calif., said missions like this should definitely continue, because at the very least, they allow the medics to practice their skills.

"If we don't receive patients



Spc. Chony Seng, a medic from the Khost PRT, shows an Afghan girl how to open her mouth so she can examine the girl's throat.

here in the hospital, it's a good thing because none of our Soldiers are injured, so we go out and help the locals as much as we can," she said.

Spc. Scott Brennan, also a medic with the 725th MSB, said he was grateful to be able to get some hands-on experience. It was his first time taking part in a mission outside the wire since arriving in Afghanistan four months ago.

"I have been looking forward to something like this for a while now," he said. "Just seeing all the different things the people had and how the people live gives me a better understanding of how to treat them."

The Concord, N.H., native said missions like this let the local populace to see that the coalition is here to help.

"It says, 'hey, we're good people. We're not here to harm you,'" Brennan said.

There are three criteria used to determine what villages the PRT chooses for these Cooperative Medical Assistance missions, said Maj. Carl Hollister, commander of the Khost PRT.

The villages have to be far away from a hospital, there has to be a need for medical care and there has to be some sort of tactical benefit to holding a mission there.



Spc. Luke Bauer, a medic from HHB, CTF Thunder, listens to an Afghan child's heartbeat during a Cooperative Medical Assistance mission.

Monthly Town Hall provides redeployment and reunion focus

By Joy Boisselle
Staff Writer

2005's first Town Hall Meeting held Jan. 18 at Schofield Barracks provided information about reunion and redeployment of U.S. Army Hawaii troops.

The meeting began with a video montage featuring welcome home ceremonies and an address by Brig. Gen. Charles H. Jacoby, 25th Infantry Division (Light) and USARHAW, assistant division commander for support.

Jacoby spoke to the families and Soldiers about the mission in Afghanistan; see page A-1 for excerpts from the speech. Meeting highlights:

Welcome Home Ceremony Plan at Wheeler Army Airfield

Division spokesperson, Maj. Tony San Nicholas briefed the procedures followed when homecoming is imminent. San Nicholas cautioned that flexibility is the key, changes happen all the time, and all times are subject to change.

He added that families should not attempt to see arriving Soldiers at Hickam Air Force Base. Soldiers arrive at WAAF and before the formal welcome home, in-process through several stations including turn-in of sensitive items, reverse manifest, and a USO tent where they are provided with refreshments.

San Nicholas stressed that families do not have access to these areas. Video monitors are in the welcome home hangar offering families a bird's eye view of their redeployed loved ones.

After in-processing, Soldiers march into the 2nd Battalion, 25th Aviation Hangar for a brief ceremony. The division band plays,

there are short remarks, and then the Soldier is released. For planning purposes, San Nicholas advises arriving at least one hour before the ceremony.

Ready for Reunion – Eileen Godinez, chief, Army Community Service briefed the reunion and reintegration plan, a three phase program coined Tropic Lightning University, or TLU.

Phase one is ongoing training conducted for families of deployed Soldiers. Training began in October and continues for the next several months.

Upcoming topics include "Enhancing Reunion," "Combat Stress and the Effects on the Family," and a reunion lecture series which begins Feb. 9.

A reunion DVD, mailed to OIF and OEF families, is available at ACS.

Phase two begins after Soldiers return and the six-day Deployment Cycle Support, or DCS begins. Spouses are encouraged to attend specified Department of Army training, too.

Block leave begins after the completion of DCS. (Find out more about DCS and when spouses can attend training on page B-4).

Phase three commences after block leave. Soldiers attend required Tropic Lightning Academy in intense small group training groups. Godinez stressed, again, that spouses may attend.

Reunion, Godinez concluded, is a process, not an event. Information regarding TLU is available by calling ACS at 655-2400 or online at www.mwrarmyhawaii.com.

Army Hawaii Family Housing Update – Financial closing occurs Feb.

15 and work begins about 45 days later. April 1 is the projected start date for construction on junior and senior non-commissioned officer homes on the former Kalakaua golf Course and for the demolition of Porter housing area on Schofield Barracks. Renovations and vacant quarters maintenance continues.

Gordon Takeshita, Residential Communities Initiative program manager, said impacts on residents should be minimal. Some noise and dust increases may occur, as well as road closures.

Care will be taken to minimize the impacts on residents he said. Touching on the basic allowance for housing increase, Takeshita said that Aliamanu Military Reservation, scheduled originally for renovation, will now be the construction site for 1,300 new homes.

Directorate of Public Works Construction Update – See boxed insert.

Community Activities Update – Key upcoming events include the Hawaii Army Family Action Planning Conference, scheduled for March 22 and 23.

For information about upcoming events and programs, read "Discovery Magazine," go online to www.mwrarmyhawaii.com or check out page B-2.

Schofield Barracks Tax Center – The tax center opened this Monday at building 361, behind the Tropic Lightning Museum. The Fort Shafter Center opens Jan. 31. See story on page B-4 for more information.

The next Town Hall Meeting is Feb. 15, 6:30 p.m. at the Sgt. Smith Theater.



Joy Boisselle

The Popeyes and Burger King Dual Food Court nears completion at Schofield Barracks. It should be open for service in February.

USARHAW improvements in 2005

Compiled by Joy Boisselle
Staff Writer

Construction is the order of the day on U.S. Army Hawaii installations. The following is a list of ongoing improvements not related to housing.

- 2nd and 3rd Brigade headquarters, building 500 – construction scheduled for partial completion in March.
- Cadet Sheridan and Sutton roads realignment – scheduled for completion by the end of January.
- Popeyes and Burger King Dual Food Court – The \$3.3 million project should open in February. The 9,000 square foot facility consists of a drive-through, seating for 200 and an indoor play area. The old facilities at the Schofield Barracks Post Exchange complex will close.
- New Post Exchange – Construction began December 2004 with a grand opening estimated for February 2007. Cost is \$24.7 million. PX will expand to 175,000 square feet and includes a food court with 10 eateries, indoor concessionaires and specialty shops plus a more wide variety of goods.
- Wheeler Army Air Field Aviation Barracks and Dining Facility – The \$44 million barracks should be ready by March 31; the dining facility in August.
- WAAF Aviation Brigade Headquarters – Ongoing renovations to be completed by June.
- Clothing Sales Parking lot, Schofield Barracks – Completed in January, included resurfacing and lining of parking area as well as landscaping.

Assault From A-1

ed period of time on patrol base operations, which are things we normally do in the rear, but over here we have not had the opportunity," Halloran said before the operation.

Soldiers from Company B, TF 1-27 Inf. set up a patrol base out of a vacant school in the Sudayera village, which was believed to be used for harboring insurgents.

"This area has been kind of left out [and] that's why it's an asylum for the bad guys. With the elections right around the corner, [we wanted to] eliminate their safe haven," said Capt. Allen Leth, commander of Co.B.

Spc. Andrew Olson, a radio transmission operator with Co. B, thought that the effectiveness of the operation will improve safety in this area for Iraq's upcoming elections on Sunday.

"I think they will go a little smoother, because we're getting a lot of the bad guys that have been 'problem [children]' in the area," Olson said.

Olson also participated in the significant air assault at the beginning of the operation that helped nab suspected terrorists.

"It was a rush and something different than the norm," Olson said. "I don't think they expected us to be there."

Another reason to bring MNF units into this area was to make sure that the Iraqi people would benefit from the humanitarian and infrastructure efforts going on in Iraq, Leth said.

Soldiers of TF 1-27 Inf., Civil Affairs and Psychological Operations units helped pre-approve \$250,000 to \$300,000 for three health clinics, two schools and many small projects in the area. They also handed out blankets, Kerosene heaters and toys.

Unfortunately for the Soldiers, most of the operation was damped by cold rain.

Spc. Jeremiah Robles was exposed to the inclement weather as he manned a M240B machine gun on top of a High Mobility Multi-Wheeled Vehicle. Even though soaked in frigid water, he kept a positive outlook on the operation.

"Being on the gun in the rain was harsh, but it was



Sgt. Sean Kimmons

Soldiers from Co. B, TF 1-27 Inf. search through the belongings of a suspected terrorist.

well worth it when you get out here and do good things," the Robles said.

TF 1-27 Inf. will continue to strive toward peaceful elections in this area by carrying out a joint security operation with the Iraqi Security Forces called "Seeds of Liberty."

"What 'Seeds of Liberty' means for us and our area is a series of disruption type of tasks down to our company and platoon levels," said Maj. Mario Diaz, S-3 for TF 1-27 Inf.

200 troops From A-1

counter [shoulder-fired missiles] and to provide mortar interdiction," said Chief Warrant Officer Chad Beck, from Company C, 1st Bn., 25th Avn. Rgt.

"Our guys had over 23,000 hours of flight time. We had a reputation as the go-to guys throughout the Division.

I feel that we went there and accomplished the mission that we were given," said Capt. John Shaffner, an operations officer with 1st Bn., 25th Avn. Rgt.

During any deployment, Soldiers get closer to their teammates and form a bond. What was once a working relationship has now changed into a family.

Chief Warrant Officer Brent South said that he brings back with him, "The closeness we had within the individual unit and the organization inside of Iraq working together with countless other units, working with so many different brigades throughout the division.

"There was also the closeness that you feel with the

ground units. When someone on the ground needs help from our aviation assets, it felt good knowing we were there to help."

The unit lost two of its Soldiers during the deployment. Capt. Christopher B. Johnson and Chief Warrant Officer William I. Brennan both died when their OH-58D, Kiowa Warrior, collided with another helicopter and crashed.

"There were so many memorable moments. But the one that will always stand out was when we lost two of our pilots in the crash," South said.

CTF Thunder From A-1

trol of one of the infantry battalions.

The infantry battalions also add to the diversity of the command. One is an active Army battalion, one is a Marine battalion and the other is an Army National Guard battalion.

"[These are] three distinct organizations that are quite different in their lineage, their upbringing, their training levels, their experiences, as well as their equipment and interoperability," Cheek said.

Despite his artillery background, Cheek said working with the infantry and the PRTs hasn't been as difficult as it might seem to be.

"We're all products of our experiences, and I've grown up in the Army working with infantry and armor units my whole career," he said.

Cheek has not had to go it alone, though. To help integrate infantry into the command, two infantry officers were assigned to the headquarters. One serves as the deputy commander and the other serves as the operations officer.

Lt. Col. Bobby Mundell, CTF Thunder's deputy commander, said although CTF Thunder looks a lot different from the outside, the inside is similar to any other brigade headquarters.

"It's typical of the type of organization we probably need to prepare ourselves to be a part of in the future, just because of the spectrum of operations we're executing right now in Iraq and here in Afghanistan," he said.

Mundell, who came to CTF Thunder from the joint U.S. Southern Command, said he has learned a lot during his time

here. Just serving with the artillerymen in the headquarters, he said, has particularly helped him learn more about the integration of artillery.

"I think the biggest thing I've had to adjust to is the ambiguity of the environment," Mundell said.

"It's a non-traditional mission that we're in, although it's becoming more traditional with the level of warfare our Army is faced with today."

Both Cheek and Mundell said working with the PRTs has been challenging, since neither has worked with a similar organization before.

However, with 11 major subordinate units and a plethora of smaller units, Cheek said he doesn't get involved in the nuts and bolts of the units' operations.

"We don't really get into supervising day-to-day operations on a low level," he said. "We do a lot of our operations by providing guidance and providing resources."

With so many units, Cheek said CTF Thunder functions more like a division headquarters than a brigade headquarters.

For Mundell, the fun of transformation will not end when this deployment is over. When he returns to Schofield Barracks, he will assume command of 1st Battalion, 14th Infantry Regiment. That battalion is part of the division's 2nd Brigade Combat Team, which will convert into a Stryker Brigade when it returns to Hawaii from its current assignment in Iraq.

Over the next few years, as the 2nd BCT transforms into a Stryker Brigade and the division's 3rd BCT transforms into an infantry brigade combat team, the Soldiers of DIVARTY will have a leg up, since they will already know what it's like to work in a new type of organization.

Jacoby From A-1

elections. By September there were 10 million registered voters. The impossible was done," Jacoby said.

"Millions of Afghans voted not just for President Kharzai and democracy, but voted for a change away from violence," he said.

"Now, we are in Lightning Freedom, the final step, the capstone of what your Soldiers have been doing, and that is the parliamentary elections.

"We have had great sacrifices. Soldiers have paid the ultimate price, and it's been painful and heartbreaking.

It's also been heartbreaking to see how the people of Afghanistan have suffered."

He added that the keys to success have been:

"One, preparation," he said. "We fought hard, trained hard, and had great support. We were ready," he emphasized.

"Two, the Soldiers. They are fearless; everyday, they strap it on, roll out the gate, and they get the mission done.

"They are remarkable, adaptable, and they overcome; they are the real key to success.

"Three, support from here. He reiterated that the focus should be on accomplishing

the mission, keeping the Soldiers alive, and defeating the enemy.

"We are doing a 24/7 job and your support is absolutely instrumental in our success," he said, pointedly.

"When our country needed a victory, the 25th Infantry Division (Light) and United States Army Hawaii, and this community gave it to them.

"When our country needed a fire brigade in Iraq to stay a little longer, [2nd BCT] was there and are still there."

"There is nothing but good news from the front. We need to do as good a job preparing for our return as you have done here," Jacoby concluded.

SJA provides free tax service at Schofield, Fort Shafter

By Capt. Beau Ruff
Legal Assistance Attorney

Want to save time and money this tax season? The Office of the Staff Judge Advocate is providing free tax assistance at the Schofield Barracks and Fort Shafter Electronic Tax Preparation and Filing Centers.

Eligible clients include active duty service members, their families and retirees. Reservists or National Guard personnel serving on active duty for more than 29 days also qualify for legal assistance.

No appointment is necessary; clients are seen on a walk-in basis. The two tax centers have federal and many state forms. Trained tax preparers can answer tax questions, electronically prepare federal and state income tax returns, ensure clients receive credits and deductions for which they are entitled, and electronically file federal and Hawaii resident returns.

Want to receive a faster refund?

Ask for e-file and direct deposit. Use of IRS e-file allows for faster refunds and accurate, secure filing. Taxpayers who e-file rather than mail in returns get refunds in half the time. Direct deposit of refunds is another option.

Generally, taxpayers have until April 15 to send in their federal income tax returns.

Federal law provides Soldiers in combat zones or qualified hazardous duty areas various benefits, including exclusion of all, or part, of compensation and tax extensions of time for federal tax actions.

If electronically filing, social security numbers and names must match social security cards. Contact the Social Security Administration at 1-800-772-1213 for applications for dependents or to verify correct names and numbers.

Besides all W2s (not the December Leave and Earning Statement), other important documents showing income are all tax year 2004 IRS Forms 1099s stating interest, dividends, capital gain distributions, distributions from pensions and IRAs, unemployment compensation, or miscellaneous income.

Claiming credits, deductions and more

To claim credits, itemized deductions or adjustments such as unreimbursed moving expenses and student loan interest payments, have receipts and totaled amounts.

Important forms

Other documents which will ease preparation or filing include the following: a copy of last year's federal and state tax returns; a copy of a personal check to verify the bank's routing number and your account number; and, a completed IRS Form 2848 (Power of Attorney), if a deployed or absent spouse wishes to authorize taxpayer to sign on his or her behalf. This form does not need to be notarized and is available at the two tax centers and the Schofield Barracks Legal Assistance office, building 2037.

The tax centers can also provides other tax-related forms.

Tax center locations and hours - The tax center on Schofield Barracks, located in building 361, (the back side of the museum, 655-5144) will operate from 9:30 a.m. - 5 p.m. on Monday, Tuesday, and Wednesday; Thursday from 9:30a.m. - 6 p.m. and Friday 9:30 a.m. - 4 p.m.

The tax center on Fort Shafter located in the Aloha Center, building 330 (438-2829), will be open for business Monday through Wednesday from 9:30 a.m. - 5 p.m. beginning Jan. 31.

Humanitarian efforts play big role in Op. Wolfhound Fury II

Sgt. Sean Kimmons
25th ID (L) Public Affairs

HEYCHEL AREA, Iraq - As Task Force 1-27 Infantry's Operation Wolfhound Fury II hunted down suspected terrorists, it also had another side - providing humanitarian and reconstruction assistance to the Iraqi people in this remote area.

Throughout the 72-hour operation, TF 1-27 Inf. units along with Civil Affairs and Psychological Operations teams improved the welfare of Iraqis in Heychel and its surrounding villages.

This was rare since many Iraqi people have not received assistance from the Multi-National Forces until this operation began Jan. 21. That is because the area lays on the boundaries of three Army units.

"We've done reconstruction all over our area, but we just recently acquired this area as part of our battle space. [So], we needed to get up here and see what they needed," said Capt. Jeremy Hopkins, civil military operations officer with TF 1-27 Inf.

Wolfhound Fury II helped kick-start the bidding process of projects on three health clinics, two schools, and the graveling of roads in at least four different areas.

More than 30 small projects for area beautification and analysis on future water and electricity projects were also initiated.

Once everything gets finalized, the Heychel area will receive at least \$250,000 to \$300,000 in reconstruction projects.

Hopkins anticipates that these projects will build a better future for the Iraqis and eliminate negative views they may have

toward Multi-National Forces.

"I really hope it changes the perceptions of the way we're seen here.

"I also hope these projects help the future children. We want them to grow up and think that there is hope for the future, not just because the Americans are here but that things are getting better in their country," Hopkins said.

The process of getting these projects underway was not an easy task. Hopkins, plus civil affairs and PSYOP personnel struggled to find contractors with a somewhat stubborn mukhtar or head sheik in the Sudayera village.

The initial reaction Soldiers received from this mukhtar was that his people didn't need assistance.

"I knew that the nature of the Arabs are known to be hospitable to peaceful guests, so Capt. Hopkins and I let our teams visit him on a more cordial visit," said Maj. David Ford, a team leader with Provisional Company A, 385th Civil Affairs Brigade.

After politely asking for the mukhtar's blessings and support on future projects in his village, the Soldiers were invited into his conference room to talk about the details.

What started as a planned 15-minute discussion turned into a two-hour meeting with many glasses of Chai tea and a traditional Arabic meal.

"It surprised me that we were able to accomplish so much and get so much cooperation. What struck me was the nature and hospitality of the Arab people," Ford said.

Eventually, the mukhtar agreed to put out the word to his people about the need



Sgt. Sean Kimmons

Capt. Jeremy Hopkins (center), civil military operations officer for TF 1-27 Inf., discusses future reconstruction projects with the mukhtar of the Sudayera area (left) over a traditional Arab meal Jan. 22.



Sgt. Sean Kimmons

1st Lt. John Rudio (right) and Staff Sgt. Joseph Zoellner, both with Co. C, TF 1-27 Inf., purchase items at an Arab market Jan. 23 in Heychel, Iraq. TF 1-27 Inf.

for contractors and laborers.

"Our persistence is what impressed him [and] that we're genuinely interested in helping them," Ford said.

Besides infrastructure projects, TF 1-27 Inf. units purchased local items and

distributed them to local families and mosques.

"We purchased all the shoes a store had to sell, and turned right around in the same store and gave them all away," said Maj. Mario Diaz, S3 for TF 1-27 Inf.

Soldiers also donated more than 1,500 blankets, 75 Kerosene heaters and many toys.

And with Soldiers in the community, there was also an opportunity for them to engage the locals about the elections, Diaz said.



Concert, hula celebration at the Polynesian Cultural Center



By Spc. Daniel P. Kelly
Staff Writer

Hawaiian dancers and singers performed at the Polynesian Cultural Center in Laie Jan. 21 and 22 to kick off a week-long celebration called the Moanikeala Hula Festival.

Festivities began with an evening concert featuring legendary ukulele player and Hawaiian vocalist Aunty Genoa Keawe, and the Makaha Sons.

"We are thrilled that Aunty Genoa can join us for our Hawaiian cultural celebration," said Ellen Gay Dela Rosa, senior manager of special events and promotions at the PCC in a recent press release.

"What better way to honor our host culture than a performance from a living Hawaiian treasure like Aunty Genoa?"

Hula dancers performed for eager spectators at the PCC's Pacific Theater Saturday at 10 a.m. following the evening concert. More than eight hula halau from across Oahu participated in the week's festivities.

The festival, which started more than 14 years ago, has grown to become a gathering of hula enthusiasts sharing their skill. The festival's annual concert has become a North Shore tradition since it began three years ago, but this year had

the added bonus of Genoa's performance Jan. 21.

The festival is an annual tribute of song and dance in honor of the late Aunty Sally Wood Naluai, who was a renowned kumu hula from the PCC that did alot to spread the teaching of hula at the center. Wood Naluai was the PCC's first hula instructor when it opened in 1963 and continued until 1980, after which she was a consultant until she died in 2000. Her niece, Sunday Mariteragi, initiated the keiki (child) hula competition after years of teaching hula in Laie.

Founded in 1963 as a non-profit organization, the PCC has entertained more than 31 million visitors, while preserving and portraying the culture, arts, and crafts of Polynesia to the rest of the world.

In addition, the PCC has provided financial assistance to 14,000 young people from more than 70 different countries while they attend Brigham Young University-Hawaii. As a non-profit organization, 100 percent of PCC's revenue is used for daily operations and to support education.

Visit www.Polynesia.com to learn more about what's new at the PCC.

Photos by Spcs. Daniel Kelly and Charles Hayes
Photo composition by Tony Verceluz



Spc. Charles Hayes
Visitors to the Polynesian Cultural Center can enjoy a relaxing ride in canoes like this one as they are guided through replicas of the Polynesian Islands. The guide discusses historical data about each island on the tour.



Spc. Charles Hayes

Six huge Ki'i greet visitors at the entrance to the Polynesian Cultural Center. These wood carvings each have special meaning within the culture.



Spc. Daniel Kelly

Legendary Hawaiian singer and ukulele player Aunty Genoa Keawe (center) opened the concert with her band.



This Week at the MOVIES

SGT. SMITH THEATER

Today
Closer
7 p.m. (R)

Saturday Jan. 29
Flight of the Phoenix
7 p.m. (PG-13)

Sunday Jan. 30
Closer
7 p.m. (R)

Monday Jan. 31
Closed

Tuesday Feb. 1
Closed

Wednesday Feb. 2
Closed

Thursday Feb. 3
Closed

HICKAM AFB MOVIE SCHEDULE

Today
Lemony Snickets
7 p.m. (PG)

Saturday Jan. 29
Lemony Snickets
7 p.m. (PG)

Sunday Jan. 30
Lemony Snickets
7 p.m. (PG)

Monday Jan. 31
Closed

Tuesday Feb. 1
Closed

Wednesday Feb. 2
Spanglish
7 p.m. (PG-13)

Thursday Feb. 3
Spanglish
7 p.m. (PG-13)

Pro Bowl Appearances – Say Aloha to some of your favorite NFL team players, mascots, and cheerleaders. Appearances scheduled at the Tropics, building 589, Schofield Barracks, Feb. 9, 4 – 6 p.m. and at the Aliamanu Community Gymnasium Feb. 10, 4 – 6 p.m. At both locations, cheerleaders perform and sign autographs from 4 – 5 p.m. Mascots visit from 4:30 – 5:30 p.m. and players follow from 5 – 6 p.m. This is a tentative schedule. Visit www.mwrarmyhawaii.com as the event nears for dates, times and locations.

Spouse's Night Out – Makeovers at the Tropics Feb. 3. Supervised children are invited. Call 655-0002. At Army Community Service, participate in art lessons, make a piñata, learn to draw and sketch, or participate in "The New You: Skin Care Class." Call 655-2736 to sign up. MWR Blue Star Card holders receive free child care from 6 – 9 p.m. by reservation only at Peterson Child Care Center. Call 655-3929 by noon of the Tuesday before each Thursday event to make child care reservations. Reservations can be made two weeks in advance. Call 655-2400 for more information.

Super Bowl Parties – Join the excitement Feb. 6, all-you-can-eat pupus, \$10 at Reggie's on Schofield Barracks. Call 655-0660. Or, watch the game at the Waianae Beach Club and buy drink and pupu specials. Call 696-4778. Pre-game starts at 11 a.m. at both locations.

President's Day Sale at Nagorski – Take 30 percent off any red, white, or blue clothing item at Nagorski Golf Course on Feb. 19 – 21. Call 438-9587.

February Food Special at Tropics – Enjoy a spicy chicken sandwich with your choice of a side for \$4.25 or two slices of cheese or pepperoni pizza with a soda for \$5. Call 655-0002 for information.

Chinese New Year Activities – Participate in games and crafts and celebrate the New Year with other fun activities at the Tropics, Schofield Barracks Feb. 10, 4 p.m. Cost is \$1. Call 655-0002.

Yu-Gi-Oh Tournament – Feb. 12, 2 p.m. at the Tropics, registration begins at 1 p.m. Cost is \$6 and includes Yu-Gi-Oh merchandise. Prizes awarded and all ages are welcome. Call 655-8522.

Valentine's Day Crafts – Kids of all ages are welcome to make a craft at the Tropics, Schofield Barracks, Feb. 2, 6 p.m. Cost is \$1. Call 655-5698 to register. Or, make a valentine at the Fort Shafter Library, Feb. 14, 10 a.m. – 7 p.m. Call 438-9521.

Family Readiness Group Fund Raiser Available – An organizational meeting will be held on Feb. 16, 9 a.m., at Kaala Community Activities Center, room 101 for FRGs interested in operating a food or game booth at the Family Fun Fest and ITR Travel Fair event, March 26. For more information, call 655-0110, 655-0111, or 655-0112.

Honolulu Academy of Arts – Visit the Academy Feb. 20 for a keiki day with art projects, free refreshments, live entertainment and a gallery hunt. Free transportation provided for Blue Star Card holders from the Schofield Barracks Commissary departing at 11:30 a.m. and returning by 4 p.m. Registration deadline is Feb. 17. Call 655-0110 or 655-0112 to register.

Gopher Golf – A gopher has hidden a golf ball in the MWR "Discovery Magazine," find it and you could win. Pick up a copy of the magazine at the Schofield Barracks Commissary or any MWR facility for your chance to win. Golf balls will be hidden each month in the "Discovery." Call 438-0117.

Armed Forces Vacation Club – Take advantage of the Armed Forces Vacation Club, a "space available" program that offers DOD-affiliated personnel and their relatives the opportunity to take affordable condominium vacations at resorts around the world for \$259 per unit, per week (seven nights). Complete details and reservations are made online at www.afvclub.com.

Quarters Mania Bowling – Bowl for two quarters a game and two quarters for shoe rental, Mon – Fri, 10 a.m. – 5 p.m. at the Wheeler Bowling Center. Call 656-1745.

Feeling Crafty? – Visit the Arts and Crafts Center on Schofield Barracks or Fort Shafter for a listing of current or on-going craft classes. Participate in ceramics, pottery painting, picture framing, mosaic glass, stained glass, polymer clay, scrap booking and more. Call 655-4202 or 438-1315 for more information.

Paniolo Bar-B-Que – Military I.D. card holder's are invited to listen to southern rock, country and blues while enjoying a free BBQ picnic at the Nehelani, Schofield Barracks Jan. 30, 11 a.m. – 3 p.m. Eat free hotdogs, BBQ chicken, beans, chips, corn on the cob, ice cream, juice (while supplies last), and entertainment provided by the Nate Pearce Band. Craft activities,

inflatables, hayrides and other entertainment are available. Call Leisure Activities at 655-0110, 655-0111, or 655-0112 for information.

Mongolian BBQ – Select from a large variety of meats and vegetables, and have them grilled to personal preferences on Feb. 9 beginning at 5 p.m. at the Nehelani, Schofield Barracks with seating at Reggie's. Cost is \$4 for the first four ounces and 65 cents each ounce after. Reservations required by calling 655-0660.

NAF Warehouse Sale – Items for sale include: chairs, tables, office, kitchen, and refrigeration equipment. Visit the NAF Warehouse, building 1598, Fort Shafter Flats from 9 a.m. – 3 p.m.

Valentine's Flutes and Wine Glasses – Better Opportunity for Single Soldiers will be selling Valentine's Day flutes and wine glasses filled with goodies and marked with gold beginning Feb. 1. Cost is \$10 per glass. Glasses will be available at the Tropics BOSS office, building 589 on Schofield Barracks. Supplies are limited. Call 655-8169 for information.

Valentine's Dinner at Waianae Beach Club – Treat your special valentine to a romantic evening of dinner and dancing at the Waianae Beach Club on Feb. 14. Dinner starts at 5:30 p.m. with live entertainment. Reservations recommended. Call 696-4778.

Cupid's Dinner at Nehelani – Have a romantic evening at the Nehelani, Schofield Barracks Feb. 14 from 5 – 8 p.m. Call 655-0660 for reservations.

Lighten Up! Tighten Up! – Eat healthy and win prizes. Pick up a "healthy" stamp card at the Schofield Bowling Center Snack bar or at the Hale Ikena on Fort Shafter. Every "healthy" meal purchased earns one stamp. Collect 10 "healthy menu" item stamps and receive a prize. Enter completed stamp cards for the grand prize drawing. For information, call 655-0573 or 438-1974.

Anti-Violence and Gang Initiative Make Youth "Street Smart" – Street SMART is a gang and violence prevention program for youth ages 11-13. The curriculum was designed to educate pre-adolescents about the destructive lifestyle of gangs; managing conflict and helping youth develop resistance skills. The conflict resolution component of the Street SMART curriculum is slated to begin in February at the four middle school and teen centers at Aliamanu Military

Reservation, Fort Shafter, Helemano Military Reservation, and Schofield Barracks. To register a child, call 655-5314 or 833-5393. For information call 836-2106.

2005 Partner Basketball Shootout – Open to youth, ages 9 – 17, born on or before March 5. Registration begins on Feb. 8 – March 3. Shootout will begin March 5 at 10:30 a.m. at the Aliamanu Gym. Prizes awarded for 1st, 2nd, and 3rd place in each age division and category. Enter to win a Shaquille O'Neal, Allen Iverson, or LeBron James jersey. Call 438-9336 or 836-1923 for information.

Youth Baseball and Softball League – Open to youth born in 1986 to 1999. Registration until Feb. 15. The season is April 2 – May 21. Cost is \$55 for baseball and softball and \$45 for t-ball and coach-pitch per child. Call 438-9336 or 655-6465.

Youth Baseball Clinic – Open to youth born in 1988 to 1999. Registration accepted until Feb. 15 at the nearest Army youth center. Cost is \$12, which includes a T-shirt. Clinic will be held at Aliamanu Field March 2 and at Schofield Barracks Youth Field March 3. Call 833-5393 or 655-5314.

Richardson Pool Closure – Richardson Pool on Schofield Barracks will close Feb. 10 – March 4 for construction and repairs. PT from 6 – 8 a.m. is available at the Helemano Pool. To schedule, call 655-9698 or 655-1128.

Dance Classes – Keiki combination dance classes, including tap, creative movement and tumbling for ages 3 to 5, combination tap, ballet, jazz and tumbling for ages 6 to 9, hip hop for children 10 and up, and hula for ages 5 to 18. Parents of registered Child and Youth Services children are welcome to enroll. Classes are \$33 per month or \$99 for the January through March semester. Call 655-5314 or 833-5393 for information.

Hawaiian Luau Lunch Buffet – Taste a traditional Hawaii-style feast this Friday from 11 a.m. – 1 p.m. at the Hale Ikena, Fort Shafter or the Nehelani on Schofield Barracks. Cost is \$8.95 per person. Call the Nehelani at 655-4466 or Hale Ikena at 438-1974 for reservations or information.

Spinning Class Now Available – Spinning, the newest group exercise class, is available at the Health and Fitness Center on Schofield Barracks. Use deluxe "Revmaster" stationary bikes guided by certified instructors and use guided imagery to "climb hills," sprint or take in the "scenery," for a challenging workout. Call 655-8007 for more information.

HACN TV Schedule Jan. 28 - Feb. 3		
Morning		
6:00	Sign on	3:45 OIF Photo Montage 5
6:30	Fit for Life	3:51 Volunteers
7:00	Bulletin Board	4:00 Pentagon Channel
7:30	SHAMU -Wild Babies	
7:54	Dash and Grab	6:00 Community Focus
8:00	Pentagon Channel	6:15 Bulletin Board
9:00	Pentagon Channel	6:44 Army Values - Respect
10:00	ASAP-Drugs	6:50 OIF Photo Montage 3
10:30	OIF Photo Montage 7	6:54 Jake Shimabukuro
10:46	Bulletin Board	7:00 NFL-Tight on the Spiral
11:30	Hawaii Hidden Beauty, Danger	8:00 Bulletin Board
11:50	OIF Photo Montage 6	8:47 History of JAG
12:00	Pentagon Channel	9:00 Anti Terrorism FP
		9:24 Oakland Army Base
Afternoon		
2:02	Hurricane Safety	10:00 Youth Protection
2:25	OIF Photo Montage 2	11:00 NFL-'58 Championship
2:30	SHAMU-The Manatee Story	12:17 Bulletin Board
3:00	SHAMU-The Sea Turtle Story	
3:35	OAHU-Aloha Begins	12:51 Pentagon Channel
Overnight		

What happens after your Soldier flies in?

By Sharee Moore
Editor

After Soldiers get off the plane there are mandatory stops before block leave can kick in. A major hurdle is the deployment cycle support process, also known as DCS.

Department of Defense has created the DCS cycle to reintegrate and reunite deployed Soldiers into their families and units. The goal is to make sure Soldiers get enough of what they need to make a difficult transition easier.

DCS is conducted on a six day schedule from either 7 a.m. – noon or

12 – 5 p.m. to accommodate Soldiers' and families' desire to be together.

A G1 information packet lists three areas in which the DCS process has improved.

First, closer coordination with division operations overseas has cut back on repetitive briefings.

Some briefings like Suicide Awareness and Medical Threat Brief are mandated by Department of Army, so Soldiers will hear those twice.

Second, the number of Soldiers who can in-process has doubled from 30 an hour since G-1 arranged for more doctors to man the medical pro-

cessing station.

The third improvement decreases the time spent at Conroy Bowl. In theater, units can save medical information on the military I.D. card, which expedites the paper-push here.

The best way to quickly negotiate DCS is for Soldiers to have all necessary paperwork and for units to send required information to G1 and Army Community Service before leaving theater.

Soldiers should include spouses in the DCS process on Day 3, but for safety reasons, children and pets are not permitted at Conroy Bowl, Sgt. Smith Theater or for vehicle pick-up.

Deployment Cycle Support

Day 0

For Soldiers

- Upon arrival to Hickam Air Base, the commander of the group will give Soldiers a safety briefing and issue DCS packets. Soldiers will need these packets every day for the next six days.
- Baggage pick up will begin, footlockers will be reissued and "at risk" Soldiers get an escort to Tripler Army Medical Center.

For families

- All reunion will take place at the welcome home ceremony on Wheeler Army Air Field. Family members cannot greet their Soldier on the flight line.
- After the ceremony, units will release Soldiers to their families for 72 hours.

Day 1

For Soldiers

- Household goods delivery to the barracks (contact unit for appointments). Units: Soldier must have a barracks room assignment to receive goods.
- Soldiers may pick up their vehicles, but must make appointments through unit representatives. Soldiers must bring \$35 (cash) for the cost of registration, safety inspections and proof of insurance. Credit cards will not be accepted. For safety reasons, no children or pets are allowed.

For spouses

- Spouses can only attend DCS in-processing on Day 3. No children or pets

are permitted to the briefings.

Day 2

For Soldiers

- Bring Soldier Readiness Packets from in-theater and DCS checklist to this phase of in-processing. To save time, some Soldiers have saved their DD 2796 on their common access card, or military identification card.

- Personnel updates for insurance and enlisted records will only be done for those heading to promotion boards or schools. No travel voucher processing.

Day 3

For Soldiers

- Soldiers should sign-in at Sgt. Smith Theater and have the DCS checklist signed by a human resources specialist. Soldiers are encouraged to bring spouses to the briefings; be prepared to take notes. Children cannot attend briefings.

For spouses

- In addition to good information, spouses have an excuse to spend quality time with their Soldier. The briefings at Sgt. Smith theater are a part of Tropic Lightning University. Topics covered include: Reunion, Suicide Awareness, Communication Training, Safety, Security, Substance Abuse, Medical Brief, Mental Health, Public Affairs, Army Career and Alumni Program, TriCare and Veteran's Affairs Benefits.

Day 4

For Soldiers

- The final medical out-processing day

for the majority of Soldiers. Bring the same documents as on Day 2 and visit the "final out" table to have results logged into Lightning Readiness.

Day 5

For Soldiers

- Final medical consultations, unit activities or required follow-up appointments. Also, Soldiers may make appointments for household goods and vehicle pick-up (with unit permission).

Day 6

For Soldiers

- Day scheduled for unit activities, levy briefings (where applicable) and Soldiers may make appointments for household goods and vehicle pick-up (with unit permission).

Block leave

Tropic Lightning Academy

- TLA is a part of Tropic Lightning University. After block leave, units will schedule Soldiers for specific classes based on marital status: Married, married with children, single parent or single Soldier. Classes include:
 - Stress On and Off the Battlefield,
 - Anger Management
 - Money Management
 - Single Soldier Workshop
 - Single Parent Workshop
 - Marriage Workshop
 - Married with Children Workshop
 - Divorce Recovery

(Editor's Note: Next week read more about DCS and get details about Tropic Lightning Academy.)

Suicide Prevention: Symptoms, intervention and treatment

By Spc. Daniel P. Kelly
Staff Writer

Suicide Prevention. Do you know someone who is thinking of suicide? Are you thinking of suicide? Someone you know could be suicidal, and you need to know what to look for.

Suicide is the 11th leading cause of death in the United States, according to the AFSP, American Foundation for Suicide Prevention. There are ways to prevent suicide. Understanding which symptoms to look for, knowing treatment and knowing how to intervene can help you if confronted with suicide. You could help save your own or someone else's life.

Symptoms and warning signs that someone may be contemplating suicide

- Talking about suicide.
- Statements about hopelessness, helplessness or worthlessness.
- Preoccupation with death.
- Suddenly happier or calmer.
- Loss of interest in things one cares about.
- Erratic visits or calls to people one cares about.
- Making arrangements; setting one's affairs in order.
- Giving things away.

If you or someone you know has these symptoms, they should be considered a suicidal person, and are in urgent need to see a doctor or psychiatrist.

Symptoms of depression

According to the AFSP, risk factors for suicide include psychiatric disorders such as impulsive aggressive behavior, bipolar dis-

order, certain anxiety disorders, drug or alcohol abuse and previous suicide attempts, with the risk increased if there is situational stress and access to firearms. Depression is the lead suicide aggravating psychiatric disorder.

The Suicide Awareness Voices of Education, SAVE, is an organization dedicated to Suicide Awareness.

According to SAVE, not everyone with depression will show all symptoms or have the same measure. If a person has four or more symptoms for more than two weeks, consult a medical doctor or psychiatrist. Only a medical doctor can diagnose depression.

Depression in adults

- Persistent sad or "empty" mood.
- Feeling hopeless, helpless, worthless, pessimistic or guilty.
- Substance abuse.
- Fatigue or loss of interest in ordinary activities, including sex.
- Disturbances in eating and sleeping patterns.
- Irritability, increased crying, anxiety or panic attacks.
- Difficulty concentrating, remembering or making decisions.
- Thoughts of suicide; suicide plans or attempts.
- Chronic physical symptoms or pain that does not respond to treatment.

Professionals are here to help if you or someone you know may be suicidal.

(Editors note: This is Part 1 of 3 in a series about suicide. Next week read about intervention.)

For more information call: The Division Mental Health Clinic on Schofield Barracks at 433-8600, Division Chaplain's Office at 655-9307; call 1-800-SUICIDE (784-2433) for 24-hour person-to-person help or go to your nearest emergency room.

Chaplain's program saving war-torn marriages

By Patricia Ryan
Army News Service

WASHINGTON — Now there is a program that will teach new Soldiers and their families how to cope with the transition from deployment back to normal after they return home.

The Building Strong and Ready Families Program provides support, help and training for married couples. It also teaches coping skills that help a marriage survive and become stronger even under the difficult circumstances that are unique to military families, said Chaplain (Col.) Glen Bloomstrom, director of ministry initiatives for the chief of chaplains.

"The beauty of this program is that chaplains and chaplain assistants are available to assist Soldiers and spouses after the training, providing continuity," Bloomstrom said.

"They are available for support, encouragement and counseling as needed, which is a major difference from other marriage enrichment programs."

Old program updated for today's Soldiers

The BSRF program, originally developed in the 25th Infantry Division (Light), Division Artillery, has been modified due to the war on terrorism and expanded for use throughout the Army.

It also acts as a reunion program providing training and skills to assist in the stress management needed to deal with the ups-and-downs of family life, specifically upon redeployment, Bloomstrom said.

Many Soldiers and their families are taking advantage of the program, and becoming educated in strategies that will not only help their marriage become stronger he said, but provide them with tools and lifelines of support.

"Many spouses feel cut off when their loved one joins the military.

Their Soldier is now part of a new culture, receiving training and involved with new people and situations that sometimes leave the spouse at home feeling alone and wondering, what about me?" Bloomstrom

said. "The program is available where chaplains have requested the funding to support it, that is the key. The funding must be requested in advance, and the program is labor-intensive."

provided due to time and scheduling constraints, especially for the Guard and Reserves.

The cost of a Soldier going through the BSRF training program is a bargain according to

and family medical support, as well as counseling services through the chaplain's office.

Chaplains embedded in every unit

"We would like to implement a marriage program for Soldiers and spouses to be taught before they deploy, as well as when they return," Bloomstrom said.

"But due to the turmoil that exists when getting ready to deploy and the changes in schedule and location, so far we have only been able to offer it after deployment."

Bloomstrom added that it is important to remember that a chaplain is embedded with every unit.

Even if chaplains are not able to gain funding for the BSRF program on their post, they are always available to Soldiers and their families for support and counseling.

The bottom line is that Soldiers and their families should seek help before their problems end up in divorce or domestic violence, and the BSRF provides a way to do that,

Bloomstrom said. "The first step is as easy as talking to your chaplain. Chaplains are there to provide you the help and guidance you need to learn to deal with the stresses and challenges that are the product of the difficult times faced by Soldiers and their families," Bloomstrom said.

"Just reach out, the help and support is available."

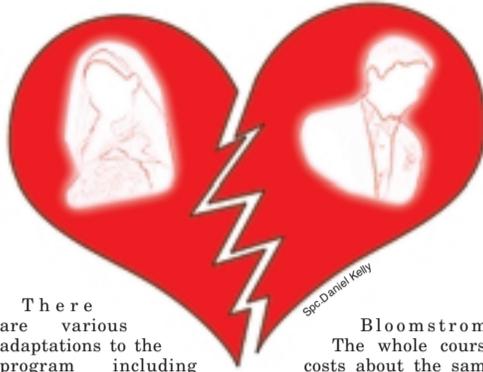
Family Life Chaplains are another resource for marital counseling.

For the Schofield Barracks area contact Chaplain (Maj.) David Baum at 655-9460. For the Fort Shafter area call Chaplain (Maj.) Norman Jones at 836-4599.

Army Community Service also offers a customized lecture series through Tropic Lightning Academy for redeployed Soldiers and their families. Call 655-2400 for more information.

Workshop topics are also listed on page B-3 in this week's HAW.

(Editor's Note: Sharee Moore contributed to this article).



There are various adaptations to the program including those that are spread out over four weeks, and those that are conducted over a weekend.

Bloomstrom says he prefers the four-week program because the retention seems to be better, but the weekend option is sometimes all that can be

Bloomstrom.

The whole course costs about the same as two hour-long sessions in marriage therapy, and offers the availability of continuous support after the training.

The program also provides a lifeline to various support services the Army has such as medical care for pregnant spouses, child care



Joan Kaminski, right, came to USARHAW to support her daughter, Joan, and son-in-law Command Sgt. Maj. Karl Morgan during the yearlong deployment. While here, she volunteered at the Hui O' Na Wahine Thrift Store as a way of giving back to the community. Pictured with Joan are Thrift Store volunteers, Patti Ryan, (left), and Kim Tribus.

Helpers on the home front provide support during deployment

Story and photo by
Joy Boisselle
Staff Writer

Deploying soon? Need help on the home front? Do what others have done; call 1-800-MOM.

No, not literally, but even before last year's deployments began across U.S. Army Hawaii, a "helper on the home front" trend emerged.

Deploying Soldiers needing help at home turned to their families for support. Dads, brothers and sisters, aunts and uncles, cousins and friends have all been a part of this trend.

The most typical home front helper has been mom. She came for a myriad of reasons. She came to help with the grandchildren, a pregnancy or health-related issue, or because of dual-military deployments. Or, she came for no other reason than to provide companionship and moral support.

Whatever the reason, she heard the call and answered. She came for a week, a month, the entire deployment, and in some cases beyond.

Take Shelley Sipe, mother of Sgts. Justin and Diandra Payne, and grandma to the Payne's children, Elijah, 7, and Breanna, 6. Sipe knew that her son would deploy to Iraq in January 2004, but the call to deploy her daughter-in-law, caught Sipe by surprise.

"My son called and asked me to take care of the grandkids. We looked at many scenarios ... for the kids, we decided it was best to keep their routines, otherwise, they would have lost housing, changed their school, and lost their friends here."

For Sipe, the decision was a difficult one. Married with other grown children, including a pregnant daughter, she said, "I really feel this is where I was supposed to be, not only for the grandkids, but for me, too."

"I became mother and father, and grandma was on the back burner." With a laugh, she added, "I did have some grandma moments, like 'junk food day', and I am looking forward to being just grandma again."

Sipe said support was everywhere. From her family readiness group to rear detachment, to her most important source of support, her neighbors, the experience has been a positive one.

"I learned how to be more open and to ask for help when I needed it," she said. "The friends I made here, I will probably have for the rest of my life."

"My grandkids will remember this year and me," Sipe said.

Then, there is Joan Kaminski, mother-in-law of Command Sgt. Maj. Karl Morgan and mother to Joan Morgan. Kaminski arrived in February 2004 and came at her son-in-law's request.

"I think he felt better knowing I was here and I have always been close to my daughter and I think she needed me to come," Kaminski said.

Kaminski left an apartment, a job, and grown children in New Jersey and prepared to stay for as long as needed. "I would do it again in a minute," she stated.

On how she helped, Kaminski said, "I think my daughter was able to cope a lot better with my support. I listened, talked, and advised her

where I could," she explained, "And, I think my son-in-law was better able to focus on his job knowing I was with Joan."

Kaminski involved herself in her daughter's life (including family readiness group activities and neighborhood get-togethers) and the military community.

To that end, she volunteered at the Hui O' Na Wahine Thrift Store where she handled numerous tasks in support of USARHAW families.

Sipe and Kaminski share some common views.

Sipe said, "We talk about our military heroes, and they are, but these spouses who keep the home fires burning are real heroes too."

Kaminski said, "While the Soldier is courageous, their spouses are very brave and have a lot of courage and strength. The civilian community has no clue what it is like to be involved in it (the deployment)."

April Pederson, wife of Col. Richard Pederson, commander of 3rd Brigade, sees the home front helper trend as an ever-increasing phenomenon given the Army's high operational tempo and future deployments throughout the Army.

"[Home front helpers are] a great thing if they are available to do it, and it is a wonderful way to support your daughter or son or grandkids when they need you most," she added.

Neither Sipe nor Kaminski regret their decisions to be a helper on the home front. Though neither relishes the possibility of future deployments, Sipe said, "This has been a once in a lifetime experience that I will remember forever."

The search is on for homes in Hawaii

By Kelli Wilson
Directorate of Public Works

The Directorate of Public Works, Army Hawaii Family Housing, is aware of the needs of returning Soldiers and families after a long deployment.

As military families begin to return to the island, finding a home will become a challenge. Soldiers and their families would have to choose between residing on-post, in AHFH, or off-post.

AHFH has outlined procedures to make this experience easier for Soldiers. New guidelines are established to help Soldiers register and place their family on the waitlist for an on-post home.

Also, the Community Homefinding Relocation and Referral Services, or CHRRS office, is fully staffed and trained to help families who decide to live off-post.

Those choosing to reside on-post will be placed in two separate categories.

First, families who kept their command sponsorship (moved at their own expense) while their service member was deployed. Secondly, those who moved at the expense of the government (Early Return of Dependents, ERD) and gave up command sponsorship.

All families are eligible to reside on-post but command sponsored families will have priority over non-command sponsored. The following guidelines set by AHFH will ensure you have the necessary forms to get your family on the waitlist for an AHFH home.

Command Sponsorship

Waiting List procedure — Families can be placed on the waiting list by submitting original orders to Hawaii and the deployment orders to the respective housing office. (Regional Office North: 275-3700; Regional Office South: 275-3800).

Date of eligibility will be the date the orders are received at the respective housing office. Families will be placed on the waiting list with a Priority 2 (Priority 1 is given to key and essential personnel).

Assignment procedure — Families may send their

travel itinerary to the respective housing office once it is finalized. The housing office will, if houses are available based on rank and place on the waiting list, hold a house for up to two weeks before a family's return to Hawaii. Family must have six months remaining on their tour in Hawaii in order to qualify for housing on post.

Lost Command Sponsorship

Waiting list procedure — Families can be placed on the waiting list by submitting their original orders to Hawaii and the deployment orders to the respective housing office. Date of eligibility will be the date the orders are received at the respective housing office.

Families will be placed on the waiting list with a Priority 3.

Assignment procedure — The housing office will offer a house, if houses are available based on rank and place on the waiting list. Family must have six months remaining on their tour in Hawaii in order to qualify for housing on post.

For more information, call 275-2700 (North) or 275-3800 (South).

Off-Post Rental of Homes

Although Basic Housing Allowance has increased the housing market off-post remains tough. Researching vacant homes before returning will save families time and money when they get to Hawaii.

The CHRRS rental Web site, which is a free service offered to all active duty and retired military, allows military families to view updated rentals and sales on island and contact potential landlords. The Web site is located at www.dodreferral.com

Located in building 344 on Fort Shafter and building 690 Schofield Barracks, the CHRRS offices provide island maps, transportation for active duty military, and detailed rental briefings to all Service Members.

For more information on CHRRS visit one of the office locations or contact a CHRRS representative at 438-1609 or 655-0642. For more information about AHFH contact Kelli Wilson, AHFH Public Affairs, at 275-3122.



Sharee Moore

A surfer shows off her skill at Barber's Point recently. Military spouse surfing club, Wahine Waveriders, from Schofield Barracks meet at the beach on Mondays, 10 a.m. Life guards at the beach also give surf lessons for a \$15 fee.

Army 'wipes out' in Armed Forces surf competition

By Amanda J. Gonzalez
Contributing writer

The Hawaii Armed Forces Athletic Counsel sponsored their first amateur surf competition at the Pihila'au Army Recreation Center in Waianae Jan. 22. More than 30 competitors signed up for the inter-military event and the waves were accommodating for the days competition.

Categories included: The Men's Open Division (age 30 and below), Men's Senior Division (31 and above), and the Women's Division. Each branch of the military is allowed 12 competitors, six for open division and three each for the additional two divisions.

Men and women from all branches represented their teams well, some of them only surfing for less than two years. The HASAC team champions for the day with a combined score of 2229.2 was the Air Force, also winning the Men's Open Shortboard. The Coast Guard team came in first with a score of 898 in the Men's Open Longboard. In the individual categories, the Men's Open Longboard went to Coast Guard competitor Dennis Kaczmarek, while his teammate Johnnie Dodge took the Senior Longboard. Both of the Shortboard categories went to Air Force team members, Ben Winslow for Senior Shortboard, and Makani McDonald for Open Shortboard. The two Women's categories were both swept by Navy competitor Carmel Tomlinson.

With only two competitors, the Army team had every right to be proud. Team members Jason Barnhill, and James Anderson gave this competition their all competing in nearly every event. Both Soldiers have only competed in a few competitions and were up against men who had been surfing for many years. When asked how they felt about the event both men said that they joined the competition for the love of the sport and to get out there and have fun.

In the end this was a friendly contest between people who not only showed a great deal of respect for each other but for the sport itself.

Learning how to surf

By Amanda J. Gonzalez
Contributing writer

If you, like myself have been interested in learning to surf then the perfect place to go is White Plains Beach at Barber's Point, sponsored by the Pearl Harbor MWR. The waves are not too harsh, the beach is beautiful, and the patrons are extremely friendly.

Head life guard Marvin Nuestro was my instructor, and has been surfing for more than 15 years and grew up alongside some of Oahu's top competitive surfer's. Marvin and the other life guards at White Plains Beach are gracious, accommodating, and thorough in their hour-long lessons.

Marvin first took me through how to ride over a wave, how to stand on my board, and proper paddling techniques. By the end of the session Marvin had me feeling a sense of accomplishment unlike any other as I glided across the ocean on my board. According to Marvin and the other life guards at White Plains some important things to keep in mind are:

Be sure to start off with adequate equipment. (Equipment in good working condition and a board that fits your size).

Be sure that you know your own physical abilities and limitations.

Stay out of the way of those around you, both swimmers and

other surfers who are also trying to catch a wave.

Most important: Bring with you enthusiasm, a willingness to learn and patience.

Another interesting aspect of surfing White Plains Beach are the Wahine Waveriders, an offshoot of the Hui O'Na Wahine a military spouse club on Schofield Barracks.

The Waverider's started off as a beach club when a few of the member's decided to take it to the next level with surfing. Proud members Kim Tribus, and Louise Webb have been surfing for about 15 months, and with their husbands currently deployed they find that surfing takes their mind off the everyday pressures that entails. These adventurous women also find that surfing gives them a great workout, helps with upper body strength, and gives them a sense of accomplishment. So, if other spouses are interested in joining, the Wahine Waveriders meet every Monday from 10 a.m. to 12 p.m.

For surf lessons that are affordable and fun call the life guards at White Plains Beach at 682-4925.

Lessons are held every Monday, Wednesday, and Friday. If you already know how to surf but don't own a board they will rent them out to you with a military I.D. So get out there and take advantage of all the activities that we, as military, have available to us.

Lightning Spirit: Who's packing your parachute?

Commentary

Chaplain (Capt.) Brian L. Mead
125th MI Bn.

Charles Plumb was a US Navy jet pilot in Vietnam. After 75 combat missions, his plane was destroyed by a surface-to-air missile. Plumb ejected and parachuted into enemy hands. He was captured and spent six years in a communist Vietnamese prison. He survived the ordeal and now lectures on lessons learned from that experience.

One day, when Plumb and his wife were sitting in a restaurant, a man at another table came up and said, "You're Plumb! You flew jet fighters in Vietnam from the aircraft carrier Kitty Hawk. You were shot down!"

"How in the world did you know that?" asked Plumb. "I packed your parachute," the man replied. Plumb gasped in surprise and gratitude. The man pumped his hand and said, "I guess it worked!"

Plumb assured him, "It sure did. If your chute hadn't worked, I wouldn't be here today."

Plumb couldn't sleep that night, thinking about that man. Plumb says, "I kept wondering what he had looked like in a Navy uniform: a white hat; a bib in the back; and bell-bottom trousers. I wonder how many times I might have seen him and not even said 'Good morning, how are you?' or anything because, you see, I was a fighter pilot and he was just a Sailor."

Plumb thought of the many hours the Sailor had spent at a long wooden table in the bowels of the ship, carefully weaving the shrouds and folding the silks of each chute, holding in his hands each time the fate of someone he didn't know.

So, who's packing your parachute today? Everyone has someone who provides what they need to make it through the day. If you really think about it, we need numerous kinds and types of parachutes to get us through life.

In Plumb's story, he needed not only the physical parachute that saved his life, but he also had to rely on his mental parachute, his emotional parachute, and his spiritual parachute. He had to call on all those supports before reaching safety.

Sometimes in the daily challenges that life gives us, we miss what is really important. We may fail to say hello, please, or thank you, congratulate someone on something wonderful that has happened to them, give a compliment, or just do something nice for no reason.

As you go through this week, this month, this year, recognize people who pack your parachutes. Take time out of your busy day to bless someone else. When you do that, you are packing their chute the proper way.

God bless and keep you all!

Have a great story you'd like to submit?
email the editor at editor@hawaiiarmyweekly.com
Hawaii Army Weekly

Great Aloha Run coming to Afghanistan Sunday

By Staff Sgt. Bradley Rhen
CTF Thunder Public Affairs

FORWARD OPERATING BASE SALERNO, Afghanistan – Service members deployed to Afghanistan from Hawaii will have an opportunity to take part in one of the Aloha State's most popular traditions this Sunday.

The Great Aloha Run will be held at four bases throughout Afghanistan. Service members at Bagram and Kandahar Airfields, Forward Operating Base Salerno and FOB Salerno Orgune-E will have the opportunity to participate in the event.

Sgt. Maj. Eugene Brewer, operations sergeant major for Combined Task Force Thunder and event organizer at FOB Salerno, said 10 units will participate here for a total of about 300 runners.

The run in Afghanistan will be 10 kilometers instead of the traditional 8.15 miles, and all units will run in formation.

There is no entrance fee, but CTF Thunder is collecting donations for an orphanage in nearby Khost. After the first day of dona-

tions, which included a two-hour fund raising drive outside the dining facility, Soldiers collected \$634, Brewer said.

Even though it wasn't originally included in the GAR plans, FOB Orgun-E in Paktika Province will conduct a run as well. About 150 runners from 2nd Battalion, 27th Infantry Regiment will participate.

"Because the 'Wolfhounds' are at Orgun-E and they have several companies that are in refitting right now, I felt it was an opportune time for them to take advantage of this inspirational and morale-building run we Hawaii-based Soldiers so look forward to when we're on Oahu," Brewer said.

There are currently about 5,500 Soldiers and Marines from Oahu in Afghanistan - about 4,500 Soldiers from Schofield Barracks and about 1,000 Marines from Kaneohe Bay.

According to Carole Kai, organizer of the Great Aloha Run, the military traditionally enters more than 5,000 people in the event, with many of the units running the race in formation. The military portion of the run is

called the "Sounds of Freedom," alluding to the cadences the units sing along the way.

"For the troops, it means a lot," Kai told "The Honolulu Advertiser."

"They (the military) wanted to do it in Afghanistan to keep the feeling of being close to Hawaii."

More than 2,000 race T-shirts were donated to the military and shipped to Afghanistan for troops who plan to participate.

Since 1985, the Great Aloha Run has raised more than \$6.2 million for more than 100 charitable organizations and community groups in Hawaii. Last year, about 6,000 Hawaii-based Soldiers participated in the event and raised more than \$72,000 for charities.

Brewer said having this run in Afghanistan is designed to strengthen the military's ties with its neighbors in Hawaii and spread the aloha spirit to its neighbors in Afghanistan.

"We want to show the people of Hawaii that we don't forget where we come from, and we want to show the Afghan people our aloha spirit," he said.

Two competitors are In-Training for the Great Aloha Run



RUNNER PROFILE:

Kathleen O'Malley

"I have to get back into running," O'Malley said. She took a short break after the successful finish of her first marathon in December 2004.

Running has helped O'Malley to keep in shape, "But it's also a great stress reliever," the running veteran admitted.

Training

"In-training for the GAR, O'Malley follows a five-day running schedule with an average of five to seven hours in her running shoes every week in addition to two workouts at the Marine Corps gym to strengthen her muscles and prevent injuries.

Her favorite running routes include the Kailua Beach Park as well as Kapiolani Park.



RUNNER PROFILE:

Boris Robinson

Robinson is an officer assigned to the 500th Military Intelligence Brigade and has signed up as part of a team.

He won't be running in formation with his military unit, but with his wife.

Training

The couple is preparing together for race day. They work out during the week and are also regulars at the Sundays official GAR in-training running support group. "It's fun to run in a group with other participants and it helps to stay focused," Robinson said.

The in-training workshops are free and open to registered participants of the race. Learn tips and tricks for training, supervised warm-ups and a variety of speed and distance runs.

TriCare launches two year awareness campaign, "Healthy Choices for Life"

TriCare Management Activity
News Release

The Department of Defense announced the launch of TriCare's "Healthy Choices for Life" campaign, a two-year initiative dedicated to building awareness for three key health issues: reducing alcohol abuse, tobacco cessation and weight manage-

ment Jan. 25. TriCare is collaborating with the seven Uniformed Services, the Veterans Administration and other federal agencies to develop effective, innovative prevention programs that meet the diverse needs of the 9.1 million TriCare beneficiaries.

"Tobacco, alcohol, and obesity related issues are leading causes of preventable death in the

United States," said Dr. William Winkenwerder, Jr., assistant secretary of defense for health affairs.

"By focusing our efforts on identifying and preventing known causes of death, we will improve the quality of life for our beneficiaries, while saving health care dollars in the long run."

In 2005, three demonstration

projects will be launched in conjunction with the Healthy Choices for Life initiative, one focused on each of the three

health issues. The demonstration projects were funded for \$13.2 million in fiscal year 2005 and will span two to three years from the initial start-up.

"Preventing these unhealthy behaviors is critical to the readi-

ness of our forces and the health of our nation as a whole," said Winkenwerder.

TriCare is the DoD's health care program for active duty and retired members of the uniformed services, their families, and other eligible beneficiaries.

Visit www.tricare.osd.mil/healthychoices for more information about TriCare programs.