

HAWAII ARMY WEEKLY

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Serving the U.S. Army Community in Hawaii | www.garrison.hawaii.army.mil/haw.asp

INSIDE

Lt. Gen. reviews USAG-HI

IMCOM commander asks pointed questions, gives frank feedback to garrison

Story and Photo by
JACK WIERS
U.S. Army Garrison-Hawaii Public Affairs

SCHOFIELD BARRACKS — Kicking off an aggressive four-day schedule, the commanding general of Installation Management Command, or IMCOM, reviewed operations at many U.S. Army Garrison-Hawaii facilities and programs, Tuesday.

Lt. Gen. Rick Lynch met with garrison command and program leaders and stressed the

SEE LYNCH, A-8



Lt. Gen. Rick Lynch, commander, Installation Management Command, and Debra Zedalis, director, IMCOM-Pacific, listen to a brief, here, during a worldwide IMCOM regional directors teleconference, Thursday.

DLI teaches Korean to MEDCOM

Story and Photo By
SGT. 1ST CLASS RODNEY JACKSON
18th Medical Deployment Support Command Public Affairs

FORT SHAFTER — 18th Medical Deployment Support Command Soldiers participated in a four-day Korean language training class at the religious activities center, here, Jan. 11-14.

Staff from the Defense Language Institute Foreign Language School and Presidio of Monterey, Calif., instructed the class.

Kenny Lee, assistant professor, DLI-Korean language program, reviewed four basic principles with the group that will help the Soldiers function if ever in a joint environment with Korean military or civilian personnel.

The class allowed the Soldiers to learn Korean words, practice saying complete sentences individually, and role-play different situations, which made the training a more realistic experience.

"During these four days there was not enough time to teach the phonetic alphabet, so the group went over the four likely situations in which the Korean language would be most relevant," Lee said. "The likely situations included social gatherings, at the market, at a doctor's office or with medics, and at a restaurant."

"The phonetic alphabet takes about two weeks to teach, and that's normally what is taught at the beginning of this class," Lee added. "At DLI, we normally instruct a 63-week course. There are some 12-week courses that are similar to this four-day training, but normally the courses are 63 weeks."

Just knowing the phrases of the language was not all the class needed to know, according to Lee.

The group watched a couple of movies with the intent of learning more about Korean culture. The movies allowed the class to see the similarities and differences between Korean and American cultures.

Interested in scheduling language training for your organization? Contact Linda Villarreal at Fort Huachuca DLI at 520-533-8663, or Fred Holt, California DLI, at 831-242-6224.

The training was significant to one Soldier just arriving to the island.

"It was a very good class," said Capt. Torrance Beck, operations officer, 18th MEDCOM (DS). "I have learned a few (Korean) words that I didn't know and have a better understanding of the language and the culture. The movies dispelled some of the myths and beliefs."

"The training worksheets and study material enhanced some of the phrases and terms that we learned," Beck continued, "so if we go to Korea or interact with someone from there, we can actually have a conversation."

"Just knowing how to express the language doesn't allow one to speak with the natives," Lee explained. "They have to know how the people think. The intent of the movies were to show parts of the Korean culture that could mesh with what they learned, so they would

SEE DLI, A-8

Partners

Task Force Lightning Horse trains with Iraqi Security Forces.

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25th on the run

Plan your travels on Schofield Barracks accordingly on the morning of Jan. 29, as the 25th Infantry Division will amass for its Division Run.

See News Briefs, A-7



Parachute riggers from Fort Bragg's Aerial Delivery Platoon, 11th Quartermaster Company, 189th Combat Sustainment Support Battalion, 82nd Sustainment Brigade, XVIII Airborne Corps, prepare container delivery system bundles of bottles of water and meals-ready-to-eat for delivery to Haitian people in support of Operation Unified Response. CDS bundles are aeryally dispatched from military aircraft to supply airborne units as well as to resupply ground units.

Gates orders more capability for Haiti

DONNA MILES
American Forces Press Service

NEW DELHI — Just hours before another earthquake hit Haiti early Wednesday morning, Defense Secretary Robert M. Gates said the Defense Department is sending a port-clearing ship and evaluating additional capabilities to assist the disaster relief effort.

Gates announced that he signed deployment orders Wednesday morning to send a port-clearing ship equipped with cranes to get the port operating within a week or two to speed up aid distribution.

"We are looking at a variety of other capabilities," he said. "We are trying to look at alternative routes there might be to get bulk food and bulk supplies in there."

Gates responded to a reporter's question during a news conference in New Delhi, where he met earlier Thursday with Defense Minister A.K. Antony.

Shortly afterward, a magnitude 6.1 tremor struck northwest of the capital of Port-au-Prince, exacerbating difficulties already plaguing Haiti. The extent of the damage is unknown.

Getting around Port-au-Prince remains challenging, Gates said, express-



Mass Communication Specialist Seaman Stephen G. Hale III | U.S. Navy Photo

ing hope that more routes will be cleared within the next 24 to 48 hours, so trucks can begin delivering more aid.

"You cannot fully meet the needs of over 2 million people using helicopters," he said.

Gates said he's pleased by cooperation between the U.N. peacekeeping force in Haiti, the Haitian government and U.S. commanders on the ground in supporting the relief effort.

The U.S. Coast Guard was on-site in Haiti "literally within hours after

SEE HAITI, A-8

Big guns in Waikiki

The Army has a long history in Hawaii, from defending the shores of Oahu to supporting today's international missions.

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Let your voice be heard

A town hall meeting for Oahu North residents is set for Jan. 26 at the Post Conference Room, Schofield Barracks.

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Team Equal Opportunity hosts MLK Jr. observance to honor holiday

Speakers bring awareness, laud life, accomplishments of civil rights leader

Story and Photo By
SGT. RICARDO BRANCH
8th Theater Sustainment Command Public Affairs

SCHOFIELD BARRACKS — Soldiers and family members paid special tribute to the life and times of Dr. Martin Luther King Jr. during a special observance, Jan. 13, at the Sgt. Smith Theater, here.

The theme for the night,

"A Day On ... Not a Day Off," included singing, dancing, prayers and proclamations to honor the accomplishments of King.

"Team EO Hawaii sponsors all the mandated observances that happen throughout the year," said Master Sgt. Ray McCall, 8th Sustainment Brigade (Provisional), 8th Theater Sustainment Command. "The MLK Jr. observance is one of those tasks that we all love to come together for in order to honor great Americans who paved the way for many of us today." King was an American cler-



Members of the New Life Body of Christ praise team perform a gospel song during the Martin Luther King Jr. Observance, Jan. 13, at Sgt. Smith Theater, Schofield Barracks.

gyman, activist and prominent leader in the African-American civil rights movement. His

legacy included securing progress on civil rights in the United States.

"The reason we like to celebrate Dr. King is so we can bring awareness through the military community," McCall said. "We must never forget where we were and where we are today as people because of King's work. It's working as a team, and the relationships that we have today, which are a direct result of King's actions during the civil rights movement."

During the ceremony, Soldiers bore witness to a reciting of the presidential

SEE MLK, A-4

We want to hear from you...

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

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

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

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

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Nondelivery or distribution problems in Army Hawaii Family Housing areas? If so, call 656-3155 or 656-3156.

9 days since last fatal accident

Number represents fatal accidents as defined by Army Regulation 385-10, which is inclusive of all active component U.S. Army units and personnel. Current as of 1/20/10.

Straight Talk

PT, gates, decals among DES concerns

LT. COL. DANIEL HULSEBOSCH
Directorate of Emergency Services

With the start of a new year and the return of many U.S. Army-Hawaii units and their families, I'd like to offer some tips and guidance on accommodating the increase of cars and people on the streets.

Physical training safety. With many of our tactical units back from deployment, the morning PT speed limits and road restrictions need to be followed.

All roads where PT formations are allowed are marked with the 10 mph signs with applicable PT hours stated.

Drivers need to be aware that the Soldiers have priority on these roads. Drivers need to obey the lower speed limits for the hours posted.

Individual Soldiers doing PT need to make efforts not to block traffic by staying to the side of the road. When

possible, run on the sidewalk or grass.

If both drivers and Soldiers running PT make a little extra effort, traffic will be a little smoother.

A copy of PT running routes can be found on the garrison's Web site at www.garrison.hawaii.army.mil under "USAG-HI Policies" on the left.

Traffic at the gates during PT hours. With most of our units back and doing PT again, the morning traffic can easily back up at the gates.

Motorists are urged to account for the large volume of traffic and plan accordingly.

One way to reduce the volume of traffic at the gate is to stagger the start



Hulsebosch

time for PT. Major units are asked to offset their start time for PT. Starting 15 minutes earlier or later can greatly relieve the volume of traffic at the gates.

Department of Defense decals on cars. All vehicles that regularly enter the installation must have a DoD decal posted on their windshield.

Motorists with vehicles without the DoD decal who wish to enter the installation will be directed to the Visitor Control Center to receive a one-day pass.

Anyone who has regular business on any Army installation is eligible for the DoD sticker.

There are vehicle registration offices on Fort Shafter and Schofield Barracks. Call 655-8940 for more information.

Upcoming gate construction. The Corps of Engineers will begin construction on a tactical road from Schofield Barracks to Helemano Military Reservation in February.

On The WEB

Visit www.garrison.hawaii.army.mil for the latest on gate closures, construction and other delays.

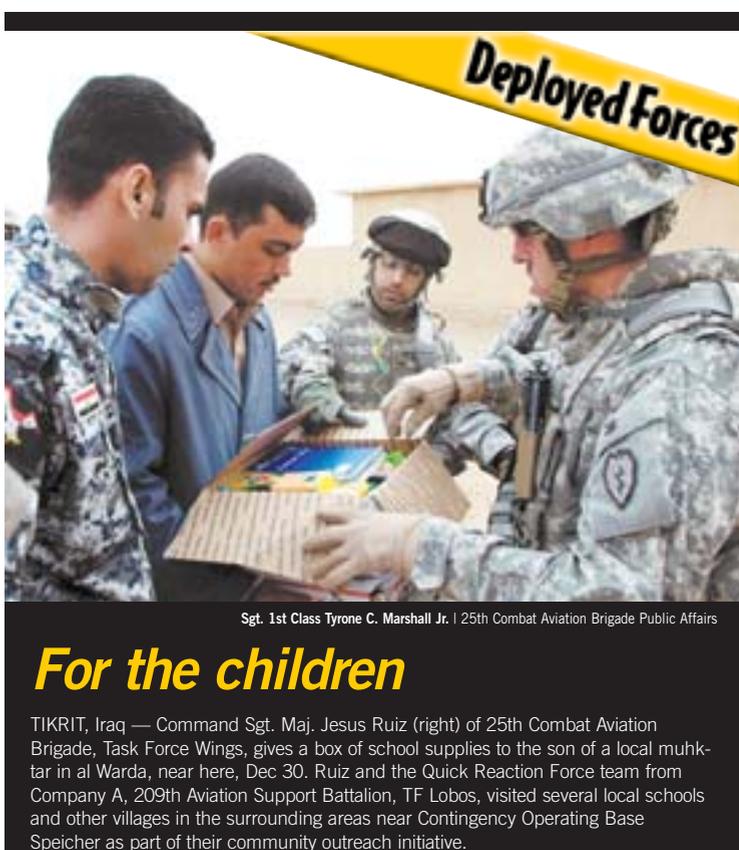
The new road will enter Schofield via McNair Gate, which will operate under modified hours for part of the construction period.

McNair Gate's inbound lane will be closed Feb. 2-6, 8 a.m.-4 p.m.

During peak traffic hours, traffic flow will change from inbound to outbound to accommodate commuters.

Motorists are urged to use alternate gates during the construction period.

Traffic advisories and community updates are regularly posted at the Garrison Web site and within the post newspaper's News Briefs column.



Sgt. 1st Class Tyrone C. Marshall Jr. | 25th Combat Aviation Brigade Public Affairs

For the children

TIKRIT, Iraq — Command Sgt. Maj. Jesus Ruiz (right) of 25th Combat Aviation Brigade, Task Force Wings, gives a box of school supplies to the son of a local muhtar in al Warda, near here, Dec 30. Ruiz and the Quick Reaction Force team from Company A, 209th Aviation Support Battalion, TF Lobos, visited several local schools and other villages in the surrounding areas near Contingency Operating Base Speicher as part of their community outreach initiative.

Along life's journey, two considerations should guide your every reality

CHAPLAIN (CAPT.)
NATHAN P. MCLEAN

1st Battalion, 14th Infantry Regiment

The Bible often uses the illustration of a journey, and it's an illustration I always find relevant.

As a metaphor, a journey indicates that we have begun something, but what we have begun remains unfinished.

The image of a journey has packed within it the idea of leaving one place, moving towards another, and, yet, the image catches us on the path. We are not yet there. We have not arrived, but we are on the journey.

I can appreciate the illustration because I find it relevant to my own story. In many areas of my life, I find that I have left the shore and set sail, so to speak, but I definitely have not arrived.

There is something to be said for even being on a good journey. When so many in our world seem content to waste their lives in the pursuit of nothing, the vast majority of the military community works nonstop to positively impact our nation and its culture.

As much as any community, the military community contributes to enhance the nation with our values, discipline and strong family bonds. There is little doubt that the military life can be a great adventure and journey.

Of course, we are not without our challenges. The work environment of the military can be extremely demanding on Soldiers, spouses and children. The result of these demands, coupled with family separations and our own poor personal choices, are problematic as we journey.

Yet, I find it comforting that when Christ employed the illustration of a man on a journey, he spoke to communities like ours. They were communities that were strong and proud, but were comprised of real people who were dealing with everyday life and its problems.

Christ met them where they were — in their reality. And, he

used this illustration to bring out two important and helpful considerations.

The first consideration for a good journey is to be rightly directed. In short, we need to know where we are headed.

Jesus taught that the more exact we are in our direction, the better chance we have for arriving.

I suppose, for a shorter trip, it may not be that important to have a precise coordinate.

However, any good land navigator can tell you that the more one extends the distance from start to finish, the more important it is to be accurate.

As a Christian, it then becomes important for me to understand what it means

to be accurate in my relationships, how to stay on course with my character, or how to chart my way through marital arguments in a way that honors my faith.

I have found that developing a reliable moral compass and using some common sense are very helpful when navigating some of the more rugged personal or professional paths in life.

The second consideration for a good journey is to be faithful. It's important to keep moving. Christ taught that merely knowing the path is not enough. We were created to walk the path.

Know the teachings and what it means to be faithful, and then be faithful. Be found unshamed in life by working and traveling faithfully. That is the illustration in a nutshell.

Interestingly, Christ did not limit who is a good journeyman to the morally perfect. Instead, Christ called us to be consistently faithful.

In this illustration, to be faithful is to be moving and wisely making the most of every opportunity, while realizing we are a people in process — a people, not yet there.

However, knowing we're a people not yet there is a comforting thought and one we can live up to.



McLean

Hours change for education help

BILL MOSSMAN
Staff Writer

FORT SHAFTER — Counseling services have been scaled back at the Fort Shafter/Tripler Education Complex while center officials cope with personnel shortage issues over the next two months.

The temporary reduction in hours of assistance took effect earlier this week, according to Chrissy Morris, education services officer, U.S. Army Garrison-Hawaii, and specifically led to the curtailment of three days' service at FS/TEC.

Education counselors will now only be on-site at Fort Shafter every Wednesday and Friday, between the hours of 8 a.m.-5 p.m.

Mondays, Tuesdays and Thursdays, FS/TEC staffers will report to duty at Schofield Barracks' Army Education Center, where the additional bodies are expected to provide greater support in counseling, testing and learning resource center services for both North and South community residents.

Morris blamed the temporary inconvenience on a lack of manpower.

"We're basically shorthanded," she said, "and I've had no choice but to do this. Originally, I was going to do something much more drastic. Thankfully, this is all I've had to do."

Morris said FS/TEC education counselors will revert to their normal schedules beginning March 19. In the meantime, all other services will continue to be available at the center during normal business hours, she added.

Morris wouldn't venture to guess how many people will be affected by the changes, but in-

The Fort Shafter/Tripler Education Complex is located at 823 Krukowski Rd. and may be reached at 433-4184. The Schofield Barracks Army Education Center is located at 1336 Kolekole Ave., Building 560, Yano Hall, and may be reached at 655-0805.

icated she didn't think the impact would be too great for those who frequent the FS/TEC.

"The action is really up at Schofield, as I have people up there waiting for inordinate amounts of time," she explained. "Tripler's a much smaller center, and they don't get nearly the same number of people there that they do up here. At the Fort Shafter/Tripler center, they might see five or six people, as opposed to up at Schofield, where they might be seeing 50 or more."

"If it was near the time when students are typically registering for college, then yes, it would be busy," Morris added. "But I don't think it's going to impact them too greatly over at Tripler. At least, I hope it doesn't."

Education centers offer Soldiers and their family members numerous opportunities for reaching their post-secondary educational goals, with various classes available to further a student's degree or area of interest.

Counselors provide guidance through a careful review of previous academic accomplishments, as well as assist students in qualifying for tuition assistance funds.

Voices of Ohana

As far as you're concerned, how has the Army made good on the Army Family Covenant?



"Family readiness groups, better medical, educational and employment opportunities for spouses and town hall meeting. In my 16 years of service, I have seen the progression."

Staff Sgt. Gerald Brown
Warrior Transition Bn.



"By providing numerous new programs in support of Army families, especially during times of deployment."

Debbie Chambrella
Secretary, USAG-HI



"Through the physical and mental tools given to assist Soldiers and family members. Bottom line, better quality of life for not only military families, but the single Soldiers, as well."

Pedro Gutierrez-Torres
Oahu North Community Directors Office



"Improved child care and the Blue Star Card program, which financially helps the spouses of deployed Soldiers."

Sgt. Cain Hennings
HSC, 209th, 25th CAB



"I've seen the Soldiers come home. The mental health and stress from deployment have now been addressed and services are available."

Susanna Irie,
Army spouse

Ask the Commander!

In the first of a two-part series, the colonel addresses community concerns brought up during the live town hall, Dec. 17, 2009

This month, in place of our usual "Ask the Commander" column, I would like to take the opportunity to address some of the topics that were raised during our first-ever televised town hall forum, Dec. 17, 2009.

At that time, community members could call in, e-mail, and even Twitter their questions to me; Maj. Gen. Michael Terry, senior commander, U.S. Army-Hawaii; and subject matter experts from different Garrison service organizations.

While we answered many questions that were asked by community members during the broadcast, due to time constraints, we could not get to them all, which we promised to do.

As the questions came in, what became clear was, there were similar themes being raised by our community members – the most prominent being family housing.

I'd like to address some of the key issues that were raised on the housing front because it's important for the Garrison, as your service providers, to share information and clarify for our community how decisions are made.

In subsequent articles, I will address some of the other issues.

About Housing

The privatization of and the quality of military family housing is easily one of the most important quality of life issues for our Soldiers and their families.

In 1996, Congress established the Military Housing Privatization Initiative. Congress understood that the condition of most of our military housing was sorely inadequate for our service members and not com-



Brenda Naki | U.S. Army Garrison-Hawaii Public Affairs

The partnership between Army Hawaii Family Housing and U.S. Army Garrison-Hawaii has led to the building of about 2,500 new homes, such as those located in the Kalakaua community, during the past five years. Plans exist to build an additional 1,700 four- and five-bedroom homes during the next several years.

mensurate with what they deserved, given their wonderful service to our nation.

It was projected that building newer homes or renovating existing ones using military construction would take more than 30 years to complete and about \$20 billion in taxpayer dollars.

By privatizing our housing effort, new homes are completed at a much faster rate and at a reduced cost. Thus, through a new way of doing business, we are able to significantly enhance our Soldiers' and families' quality of life.

Army Hawaii Family Housing

Here in Hawaii, our partnership with AHFH began in 2005. While we've made considerable progress with regard to constructing new homes and renovating older homes, I ask that you all keep in mind just how far we have to go given the poor

state of housing that existed prior to 2005.

In 2005, Hawaii had some of the worst military housing in the Army – so much so, that it will take us years to completely turn this around. We are still only at the start of our fifth year of a 15-year development plan (project) to provide quality homes to all our families.

This 15-year project is full of many challenges, such as finding available land space to build the quantity and type of homes we want, the high cost of construction on an island, and the impact on families who have to move from existing communities to newer homes as old homes are demolished.

Let me please address a couple of points with regard to this: AHFH and the Garrison fully understand that during the 15-year period of construction there will be disruption to families. Some will have to "sacrifice"

by being provided a home of slightly less size than they warrant.

This fact is simply because, until the project is completed, we will not have the full quantity of the right size homes to meet everyone's needs.

Even now, after building about 2,500 new homes in the past five years, we are still very short on the number of four- and five-bedroom homes that we require. They are coming, but they are not here, yet.

In fact, we have a plan to build an additional 1,700 four- and five-bedroom homes to fully meet our needs, but it will take several years to complete this.

How does this dynamic impact on the community? First of all, when families are notified that their home is scheduled for demolition, we do our very best to place them in a new or renovated home. That is our commitment.

But, given the numerous communities under development – currently four major housing communities are under demolition or construction; the number was as high as eight a year ago – there may not be a new or renovated house available that exactly meets the families' needs.

Demand exceeds supply.

Thus, we may have to do a couple of things: offer that family a new, smaller home or place that family in a "mixed-rank" neighborhood.

For example, if a staff sergeant with a family of six must move due to demolition, and the only place that a four-bedroom home is available, at that time, is in a senior noncommissioned officer or company grade neighborhood, we will place that family there.



Margotta

Our first priority is to take care of the family, which does not mean that we are doing away with the traditional Army custom of placing families in similar-rank neighborhoods, but simply trying to do what's best for our families.

Eventually, as more new homes come on board, we will return to the full traditional neighborhoods. A similar situation may occur where a major who is authorized field grade quarters may be offered a slightly smaller company grade quarters.

In keeping with our commitment to try and place families in new homes when they are required to move, we may have to offer the major's family company grade quarters as they are the only homes available.

This situation recently occurred on Fort Shafter as we moved families from Aliamanu Military Reservation. The company grade quarters were the only new homes available at that time for several field grade families.

This occurrence has absolutely nothing to do with AHFH trying to "squeeze" more money out of a home by placing a higher rank person in it or that we are purposely building an increased number of smaller homes to save money. Nothing could be further from the truth.

The number and size of homes we

SEE ASK, A-6

Points of Contact

- Call 877-487-4323 to reach AHFH's North Regional Office
- Call 888-458-8933 to reach AHFH's North Regional Office

To submit an "Ask the Commander" question, send an e-mail to AskTheCommander.usaghi@us.army.mil. For more information, call Ophelia Isreal (655-9033) at Customer Management Services, or call Aiko Brum (656-3155) or Jack Wiers (656-3489) at U.S. Army Garrison-Hawaii Public Affairs.

MLK: EO observance recalls past, present era

CONTINUED FROM A-1

proclamation, which recognized Martin Luther King Jr. Day officially as the third Monday in January, near the time of King's birthday.

"I think the powerful statement, which was echoed tonight by all our speakers, was that we all need to work together to renew our relationships with ourselves, our Soldiers, our units and our families," McCall said. "With regards to King's legacy, I think we all need to leave here with the understanding to remain together as one, and never as a divided people again."

Krish Dhanam, who served as the guest speaker for the event, called the event an important opportunity to recognize a milestone in history.

"Most people who have shaped history have allowed those of us to look back and benefit from it, so I have a very simple saying: 'You can either let your past meet you, or you can let it teach you,'" Dhanam said.

"As a follower of Dr. King's work, any opportunity to talk about the lessons we can learn from history allows all of us to remember our past and work toward a brighter future," Dhanam added.

The observance ended with the New Life Body of Christ Praise Team singing "Precious Lord," the song sung at King's funeral, and a commitment from those attending to never forget the accomplishments of one of America's pioneers for civil rights.

"I think we've come a long way within the last 50 years," McCall said. "From what was in the past, and how society has changed, we can move on and do bigger and better things for each other, all thanks to the work of King."

2-6th Cav. teaches IA close combat

Story and Photos By

SGT. 1ST CLASS TYRONE C. MARSHALL JR.

Task Force Wings Public Affairs

FORWARD OPERATING BASE WARRIOR, Iraq — Iraqi Security Forces, or ISF, and U.S. Special Forces operators continue to integrate combat air support into their joint partnership efforts to provide safety and security for the populace in Kirkuk Province.

The 12th Iraqi Army Special Operations Company and Operational Detachment-Alpha 1216 conducted close combat attacks with OH-58D Kiowa Warrior helicopters from 2nd Squadron, 6th Cavalry Regiment, Task Force Lightning Horse, near Hawijah, Iraq, just after Christmas.

"The objective was to go out to the range and teach these guys how to control the scout weapons team the Kiowas," said Chance, a Joint Terminal Attack controller with the ODA team, "and to be able to talk them onto a target and engage it effectively and safely."

In addition to the CCAs, the partnered training involved instruction and hands-on training on the AT-4 anti-tank weapon system, M-74 grenade launcher and the rocket-propelled grenade launcher.

ODA 1216, who has regularly advised and assisted the 12th IA SOC in Kirkuk Province, has also received support from TF Lightning Horse for missions in the past.

"We work with them a lot," said Mike, a leader within the ODA team. "(Lightning Horse executes a lot of missions) with us, but this is the first time we've done a training mission together.

"(The SWTs perform) everything: route (reconnaissance), (area reconnaissance) on an objective, looking for squitters and (providing) security. (The squadron) provides really good support for us," he continued. "We live right next door and we talk all the time."

Chance explained the need for the CCA training especially with the ISF expanding its capabilities as it enables the government of Iraq to maintain a stable and secure environment for the Iraqi people.

"(The Iraqi Air Force is) obviously training their pilots now (and they already) have their own aircraft. Eventually, (Iraqi army soldiers) are going to have to learn to control (the aircraft) them-



Pilots flying an OH-58D Kiowa Warrior helicopter from 2nd Squadron, 6th Cavalry Regiment, Task Force Lightning Horse, make a low pass during close combat attacks as part of a partnered training event with 12th Iraqi Army Special Operations Company and Operational Detachment-Alpha 1216, near Hawijah, Iraq.



An Iraqi army soldier from 12th Iraqi Army Special Operations Company receives training on firing the AT-4 anti-tank weapon system at a range near Hawijah, Iraq. The 12th IA SOC and Operational Detachment-Alpha 1216 conducted a partnered training event in Kirkuk Province, including aircraft support from 2nd Squadron, 6th Cavalry Regiment, Task Force Lightning Horse, for close combat attacks.

selves," said Chance, focusing on the training with 12th IA soldiers on the importance of being able to effectively communicate and coordinate the movement of the aircraft for safe and successful engagements.

Chief Warrant Officer 3 Stephen Beech, one of four OH-58D Kiowa Warrior pilots from TF Lightning Horse who have flown

in support of this particular mission, agreed with the criticality of the concept of building capacity through teaching ISF to effectively use aviation assets.

"The demonstration and introduction to (our tactics, techniques and procedures) using (scout and) attack aircraft (for security, reconnaissance and close attack

support to ground forces gives IA leadership and commanders at all levels a clear understanding of the need, effectiveness and correct application of aviation assets," Beech said.

Iraqi army Sgt. Maj. Sadir, the senior enlisted leader for 12th IA SOC, valued the time spent conducting CCAs.

"This was the first time (we've done CCAs)," he said, through an interpreter. "It was good ... we benefited from it for the soldiers' experience. (The training was) good and the support we had was great. It was very, very good for us. (Our CF partners) taught us how to contact the pilots and how to destroy the enemy when we have (reconnaissance and attack aircraft available for support)."

As the 12th IA SOC continue to improve its capacity to provide security in Kirkuk Province, U.S. Forces such as ODA 1216 and TF Lightning Horse continue to advise and assist.

"The demonstration of the employment of scout reconnaissance aircraft for CCAs and limited attack missions is a valuable and worthwhile effort, both for our units, and as a tool to guide the IA in a direction for their armed forces to develop," Beech said.

The 12th IA SOC sergeant major recognizes this critical necessity.

"We need that for the future," concluded Sadir. "Everybody needs air support."

Deployed Forces

TF Hammerhead MEDEVACs fly to save lives

Deployed Forces

FSMTs provide lifeline for injured CAB Soldiers

Story and Photo By

STAFF SGT. MIKE ALBERTS

25th Combat Aviation Brigade Public Affairs

CONTINGENCY OPERATING BASE SPEICHER, Iraq – Whether a Soldier survives a traumatic combat injury may depend on whether medical treatment is administered within the first hour from the time of the injury.

Military medical professionals refer to this core principle of emergency intervention as the “golden hour.”

In U.S. Division-North, the medical evacuation Soldiers of Company C, 3rd General Support Aviation Battalion, 25th Combat Aviation Brigade, Task Force Hammerhead, deploy Forward Support Medical Teams, or FSMTs, to ensure injured Soldiers receive treatment and evacuation to a higher level of medical care within that critical time period.

According to Lt. Col. Gregory Baker, commander, 3-25th GSAB, Co. C, is the primary MEDEVAC company in USD-North. Its lifesaving personnel and assets are distributed among four forward locations, including here, just outside of Tikrit, and forward operating bases Warrior in Kirkuk, Sykes in Tall Afar, and Diamond Back near Mosul.

An FSMT operates from each location, primarily supporting local ground commanders who are partnered with a variety of Iraqi Security Forces.

“We’ve arranged MEDEVAC coverage so that no Soldier will be out of range of a medical facility by more than an hour,” Baker said. “That philosophy reflects our mandate to launch an aircraft within 15 minutes of receiving a (MEDEVAC call) and fly to an injured



A UH-60A Blackhawk helicopter operated by MEDEVAC Soldiers of Company C, 3-25th General Support Aviation Battalion, Task Force Hammerhead, takes off from a Combat Support Hospital located at Contingency Operating Base Speicher, near Tikrit, Iraq. Company C is the primary MEDEVAC company operating in U.S. Division-North.

Soldier in order to deliver that person to a medical treatment facility in less than 60 minutes.”

For Baker, his unit’s operational capability is simply part of the 3-25th GSAB’s contract with the Soldiers working throughout USD-North.

“A Soldier who is asked to risk his life on a (route-clearance) mission or key leader engagement has in the back of his mind (a certain comfort and reasonable expectation) that, if something happens, MEDEVAC will be there to provide care and to transport that Soldier as quickly as possible,” Baker said.

COB Speicher FSMT’s unique mission requires teams to rotate through 24-hour shifts, much like a civilian fire station. At any time, the lead FSMT can be awakened and expected to fly a mission.

FSMTs sleep and eat near their aircraft. Their equipment and weapons are staged, and they conduct all mission planning and aircraft preparation in advance.

The reason is simple.

“We have no room for error,” Baker said. “Each FSMT must be ready to go at a moment’s notice. If we’re not ready to fly, (someone may lose their

life). That would be an absolute catastrophe. We cannot and we will not let that happen.”

Maj. Jake Dlugosz is the company’s senior leader, charged to ensure Co. C’s readiness – all the time. The native of Olean, N.Y., and veteran of three combat tours in Iraq, is the company commander and one of several MEDEVAC pilots.

Dlugosz said his company has flown more than 1,100 miles and conducted more than 100 missions during its first 90 days in Iraq. The missions have ranged from transporting drugs needed at a clinic to moving Soldiers

with critical combat injuries.

“Of the Soldiers transported, about 40 percent of the cases involved combat-related incidents, and the remainder have been non-combat (accidents and incidents),” Dlugosz said.

Dlugosz’s unit is comprised of a small administrative element, instructor pilots, maintenance pilots, non-rated aviators, tactical operations officers, crew chiefs and flight medics, among others. Dlugosz attributes his unit’s success to the quality of his Soldiers, two of whom are Spc. Brian Kelley and Sgt. Zachary Marconett.

Marconett is a flight medic, from Belton, Mo., and he is on his third combat tour to Iraq.

Kelley, a Boston, Mass., native, is a UH-60 Blackhawk mechanic and crew chief. He’s responsible for helping maintain the aircraft and conducting routine, daily maintenance, in addition to working as a member of the flight crew with all of its attendant flight responsibilities.

Both love their jobs.

“I’ll do this job as long as the Army will allow me,” Marconett said. “I truly want to be the guy that is the best part of someone’s worst moment,” he said. “I know that when an injured Soldier sees that red cross on the helicopter, they know that they’re going to make it. That’s why I do what I do.”

“I love this unit,” agreed Kelley. “MEDEVAC is all about helping people. I know that when I’m (awakened) at 2:30 a.m. ... a Soldier is hurt and needs evacuation. I get up because I want that Soldier to make it home safe.”

“When you work for those reasons,” Kelley continued, “you can wake me up any time.”

Units announce upcoming changes in leadership

The Army Hawaii community is invited to attend upcoming changes of command ceremonies.

The change of command ceremony is a time-honored tradition that formally symbolizes the continuity of authority when a command is passed from one commander to another.

The following ceremonies will take place at Sills Field, Schofield Barracks,

unless otherwise noted.

- Jan. 26, at 10 a.m., 3rd Squadron, 4th Cavalry Regiment, 3rd Infantry Brigade Combat Team; Lt. Col. David Hodne will relinquish command to Lt. Col. Jerry Turner.
- Jan. 26, at 2 p.m., 3rd Special Troops Battalion, 3IBCT; Lt. Col. Christopher Stenman will relinquish command to Lt. Col. Douglas Jones.
- Jan. 27, at 10 a.m., 325th Brigade

Support Battalion, 3IBCT; Lt. Col. Mark Shade will relinquish command to Lt. Col. Joseph Morrow.

- Jan. 27, 2 p.m., 3rd Battalion, 7th Field Artillery Regiment, 3IBCT; Lt. Col. Glenn Walters will relinquish command to Lt. Col. Richard Kelling.
- Jan. 28, 10 a.m., 2nd Battalion, 27th Infantry Regiment, 3IBCT; Lt. Col. Raul Gonzalez will relinquish command to

Lt. Col. Daniel Wilson.

- Jan. 28, 2 p.m., 2nd Battalion, 35th Inf. Regt., 3IBCT; Lt. Col. Samuel Whitehurst will relinquish command to Lt. Col. Colin Tuley.
- Jan. 29, 10 a.m., Joint POW/MIA Accounting Command; Navy Rear Adm. Donna Crisp will relinquish command to Brig. Gen. Stephen Tom. This ceremony will take place at Building

45, Hickam Air Force Base.

- Feb. 10, 10 a.m., 84th Engineer Battalion (Construction Effects); Lt. Col. Nicholas Katers will relinquish command to Lt. Col. Jerry Farnsworth.

(Editor's Note: Information listed is subject to change due to inclement weather. Times listed are start times for the changes of command; awards ceremonies usually precede the change of command.)

Ask: Margotta emphasizes, 'We are doing our best' to get there

CONTINUED FROM A-3

build is strictly determined by our communities' needs and is rigidly adhered to as a part of the overall building plan.

Basic Allowance for Housing

Another concept that is often misunderstood is BAH, which is often thought to be rent — that is, money that the service member is paying to our housing partner. It is not.

BAH is determined by the Department of Defense and the Office of the Secretary of Defense. It is designed solely to "offset" the cost of renting a home off-post.

For those who reside on post, BAH is the primary source of funding used for this new DoD-wide privatized housing initiative. As I mentioned, there is no way our government can allocate billions of dollars to support the construction of new homes. BAH that is transferred to the private company (in our case, ACTUS Lend Lease) is used to build new homes, renovate existing homes, provide property management services, maintenance and upkeep on the homes, community events, etc.

Another way of looking at BAH is, BAH monies are the "fuel" that powers the engine of our housing revitalization project. Without it, we get no new homes, community centers, etc.

While a service member sees BAH on his or her Leave and Earnings Statement, or LES, BAH does not belong to the service member. BAH is simply a means of tracking the funds.

In a sense, there is no change to the way the sys-

tem worked previously — if you chose to live off post, you received BAH. If you chose to live on post, you did not. Also previously, if you lived on post, BAH didn't appear on your LES as government quarters were considered "free" to the occupants.

The concept is the same today. AHFH homes are considered "free" to residents, and BAH monies are being rerouted and used for a different purpose. Remember, too, BAH is based on rank and was not designed to be adjusted based on the quality or size of a home.

We often hear comments such as, "I am a captain living near a sergeant first class; yet, I am paying more money for the same type home."

As stated above, no, this is not true. Congress is paying our housing partner the money for you to live in this home. The money is really not yours. If you think about it, this makes sense.

The Army can never get to a point allowing every resident in a housing community (throughout the Army) to negotiate the "rent" on the home. There are too many differences in the quality, sizes, types, etc., of homes throughout all of our installations to do this.

As I mentioned at the beginning of this article, I and every member of the AHFH team fully understand the sensitivity and importance of providing quality housing and services to our great Soldiers and their families. Each and every member of the team is dedicated to this.

Are we perfect, no, but we are doing our best during this period of transition.

Bottom line, we are not there, yet, but we are getting there.



Spc. Jesus J. Aranda | 25th Infantry Division Public Affairs

Bidding aloha

SCHOFIELD BARRACKS — Sgt. Maj. Julian Padilla (right), the outgoing command sergeant major for 25th Infantry Division G3 operations, embraces his long-time friend and leader Command Sgt. Maj. Frank Leota, 25th ID command sergeant major, following an award presentation ceremony, at Sills Field, here, Tuesday.

During the ceremony, Padilla was awarded an Army Meritorious Service Medal for his seven years of service since January 2003 to the Tropic Lightning Division — three years of which he deployed with the division.

Corps of Engineers civilian shares inspiration from Afghanistan

LACEY JUSTINGER

Corps of Engineers-Honolulu District Public Affairs

FORT SHAFTER — “The moon is beautiful over Kandahar!” said Laureen Vizcarra, a civilian with the U.S. Army Corps of Engineers-Honolulu District.

Vizcarra volunteered for an Afghanistan deployment and periodically shared her experiences and journal entries. She wrote when she was in bunkers during rocket attacks and when time was available after performing her everyday duties as a data manager for the Corps in Afghanistan.

“We want our Soldiers to go home safe and sound, but until then, we try to give them a quality of life here,” she said.

Vizcarra stated her first “ramp ceremony” was the one experience that personified the mission to keep Soldiers safe. During a ceremony, people gather to pay respects and send a fallen U.S. service member home with honors. Vizcarra described her first observance as the single most moving moment that she has experienced so far.

Uniformed and civilian men and women from many different countries marched to the flight line, rendered a salute, and then stood at attention as a young sergeant’s unit carried his flag-draped coffin past with “graceful fluidity.”

The song “Going Home” was playing on some bagpipes and followed by Taps on a trumpet. A chaplain recited Psalm 23 and a short bio.

“The night was bitter cold, and a cold wind was stirring above us, but it was beautifully solemn and almost cathedral-like,” Vizcarra said.

“I was frozen, but somehow I felt warm. You could not help but be emotional, feel that lump stick in your throat, and have tears roll down your face,” she continued.

Vizcarra said she attends all ramp ceremonies, no matter how late at night they are held.

“Being here, in the place where this conflict is happening, drives all these feelings and philosophies home. It’s the least I could do for what he did for us,” she wrote in a journal entry.

“In a place where a rocket attack often sends us to the bunkers, this event put it in a perspective. It gives more meaning to our everyday



Courtesy Photo

Laureen Vizcarra dismounts from a Humvee while deployed to Afghanistan with the U.S. Army Corps of Engineers.

small responsibilities.”

During her six-month deployment at the Afghanistan Engineer District-South, Vizcarra

has controlled access, offered troubleshooting guidance and developed guidance on step-by-step weekly training for a resident management system and quality control system database, besides teaching courses.

“The aspect of my job that I thrive upon is interacting with so many different nationals from all over the world — Afghanistan ... also Egypt, Turkey, Uzbekistan, Australia, New Zealand, Britain, Philippines, Kyrgyzstan, India and Pakistan,” Vizcarra said. “I even did step-by-step training on the phone with a contractor in Abu Dhabi, United Arab Emirates.”

Vizcarra credits her Corps teammates and Soldiers with helping her face each day.

“Because of this surprising ‘MASH’-like cast ... I am able to find such meaning and value in what I do,” she said. “I can wake up every morning and have the strength to face it, all its tensions and anxieties, because I am surrounded by many people of like mind and purpose.”

(Editor’s Note: Laureen Vizcarra is scheduled to redeploy to Hawaii this weekend. She will have spent six months and two weeks in theater.)

News Briefs

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

22 / Today

Macomb Gate Closure — Macomb Gate will be closed through today to complete a security upgrade. McNair, Foote and Lyman gates will all remain open 24 hours during the closure.

Motorists are urged to allow additional travel time in light of expected traffic congestion. Call 656-6734.

White House Driver — The White House Transportation Agency is looking for promotable sergeants through sergeants first class with a military occupational specialty of 88M/Z, and at least eight years time, to serve a four-year assignment with the agency.

Applicants must have a good driving record and credit histories, and be eligible to receive a top secret security clear-

ance with a presidential support duty clearance. Visit www.mdw.army.mil/wha.

29 / Friday

Division Run — The 25th Infantry Division will hold a four-mile “Tropic Lightning” Division run, Jan. 29, 6:30-8:30 a.m. The run route will begin at the 25th ID headquarters building.

Personnel living and working on Schofield Barracks will need to be aware of the planned route and adjust travel accordingly.

February

2 / Tuesday

McNair Gate Closure — Schofield Barracks’ McNair Gate will be partially closed, Feb. 2-6, 8 a.m.-4 p.m., due to road construction.

All inbound traffic will be directed to use Macomb Gate. Outbound traffic will not be affected. Call 656-1305.

3 / Wednesday

National Prayer Breakfast — Soldiers, families and civilians are invited to attend the Religious Support Office’s National Prayer Breakfast, Feb. 3, 7-8:30 a.m., in the main ball room at the Nehealani, Schofield Barracks.

Guest speaker Dave Roeber, a decorated Vietnam veteran and international conference speaker, will discuss resiliency. Tickets may be obtained from unit command sergeants major, the deputy north community chaplain at the Schofield Barracks Main Post Chapel, or at the door on the day of the event.

A donation of any amount is requested in order to obtain a ticket. The suggested amount of the donation is \$8 (for E6 & above, their family members and civilians) or \$5 (for E5 & below and their family members). Call 655-9307.

8 / Monday

GSA Facility Closure — The Gener-

al Services Administration store on Schofield Barracks will be closed for inventory, Feb. 8-12. Customers can shop at the GSA Hickam Store during this time. For more info, call 655-0280.

9 / Tuesday

Annual Training — The Army Substance Abuse Program and Risk Reduction Program will host “Feelin’ Lucky,” an uncensored look at alcohol, drugs and sexual assault prevention training, Feb. 9, 2-3:30 p.m., at Sgt. Smith Theater, Schofield Barracks. Service members and civilian employees are required to attend required numbers of hours of training each year.

10 / Wednesday

Train as You Ride — The Directorate of Installation Safety will offer “Train as You Ride,” an advanced motorcycle safety class, Feb. 10 and 11, at Wheeler Army Airfield. The half-day classes are limited to

military personnel of all branches.

To register, visit <https://airs.lmi.org>, select “Pacific,” “Hawaii,” and then “Advanced Motorcycle Course.”

19 / Friday

Orientation for New Employees

— The next Orientation for New Employees, or ONE, class will be held Feb. 19, 8 a.m.-3:30 p.m., at the Post Conference Room, Schofield Barracks. The class is mandatory for all new garrison employees.

25 / Thursday

Pre-Retirement Orientation — The

Retirement Services Office will hold the next orientation, Feb. 25, 8-11:30 a.m., at the Soldiers’ Support Center, Building 750, Schofield Barracks. This orientation is for Soldiers with 18 or more years of active service. Spouses of applicable Soldiers are also encouraged to attend. Call 655-1585/1514 for more info.

Lynch: IMCOM commander praises Safety, FMWR

CONTINUED FROM A-1

need for customer service tempered by the economic reality that more austere times lie immediately ahead for U.S. Army garrisons.

Lynch also serves as assistant Army chief of staff for installation management at the Pentagon and is responsible for barracks and family housing, family care, well-being, construction and installation funding, among other facets of installation management for all Army posts and installations worldwide.

At a midday meeting with installation commanders and directorates, Lynch repeatedly underscored the need for IMCOM to adopt what he termed a cost cul-

ture – reducing waste while identifying and eliminating duplication of services that fall beyond common levels of support, or CLS.

As a former Corps and Division commander, Lynch added he was a frequent offender in the recent past when budgets were plentiful. He previously had asked for many programs beyond CLS, “but now we can no longer afford to do so,” he emphasized to his various audiences.

Lynch cited expensive contract services that fueled unrealistic expectations by families. However as one who calls himself as “the Family First General,” he pointedly noted, “We are a nation at war ... the stress on families is almost un-

bearable, and we will fully fund and support the Army Family Covenant.”

Lynch assumed command of IMCOM last November. He is known for his fundamental approach to problem solving: “Are we doing the right things?”

What follows is, if yes, a second question: “Are we doing things right?”

He challenged attendees to share not only the nice things that make them feel good, but also what is wrong in order to improve those things.

The development of an advanced motorcycle safety program received Lynch’s praise as an example of a low-cost and realistic approach.

“This is one of the best practices I’ve been talking about ... this is a great pro-

gram that saves lives,” Lynch said.

A garrison customer service campaign spurred several queries, encouragement and emphasis on maximizing the existing Interactive Customer Evaluation, or ICE, program.

Lynch discussed the importance of ICE, his direct involvement as the senior commander previously at Fort Hood and Fort Stewart, and his benchmark of reviewing and responding with action within 72 hours.

While endorsing garrison development and ownership of customer service, Lynch also reinforced the need for strategic communications across all levels of command.

USAG-HI’s Directorate of Family and

Morale, Welfare and Recreation also captured the attention of Lynch later in the day. Kelly Andrews of its Community Recreation Division received an invitation to discuss marketing at the next Garrison Directors Conference.

“He liked our ability to customize our marketing strategies to the individual program” Andrews explained, adding that data supported DFMWR Marketing’s strategies and results.

Lynch emphasized, “How well we are doing in providing support and services are measured through the lens of our Soldiers and families.”

His tour ends today.

(Editor’s Note: See next week’s paper for more coverage of the general’s visit.)

DLI: Training dispels some myths

CONTINUED FROM A-1

have more knowledge about the Korean people.”

DLI is responsible for the Defense Language Program, and the bulk of DLI’s activities involve educating Department of Defense members in assigned languages.

“We teach many different languages ranging from Dari Pash-tu, Iraqi and Japanese to name a few,” said Fred Holt, DLI language familiarization and area studies team program manager.

“If we don’t have an instructor, we can find one for just about any language a unit needs.”



Kenny Lee, assistant professor, Defense Language Institute, instructs 18th Medical Deployment Support Command Soldiers on learning Korean words and phrases that were later practiced and used in interactive role playing during a four-day class on Fort Shafter at the Religious Activities Center Jan. 11-14.



Spc. Juan Valencia marks the fingernail of a small girl to indicate she has gone through the distribution line in Port-au-Prince, Monday. Valencia is with the 82nd Airborne Division's 1st Squadron, 73rd Cavalry Regiment. The squadron established the forward operating base Friday and has already passed out thousands of meals and bottles of water.

Haiti: Services assist effort

CONTINUED FROM A-1

providing limited support,” he said. “And, with each passing hour, more and more American forces and ships and capability have flowed into the area.”

While proud of the U.S. contribution in Haiti, Gates resisted saying he’s satisfied with the re-

sponse, because “as long as 2 million people in Haiti are still struggling to get food and water, fuel and medical care, it would probably be a mistake for anyone to say they are satisfied.”

“That said,” Gates continued, “It is hard for me to say what more the United States could make available or how we could make it available faster to deal with the tragedy there.”

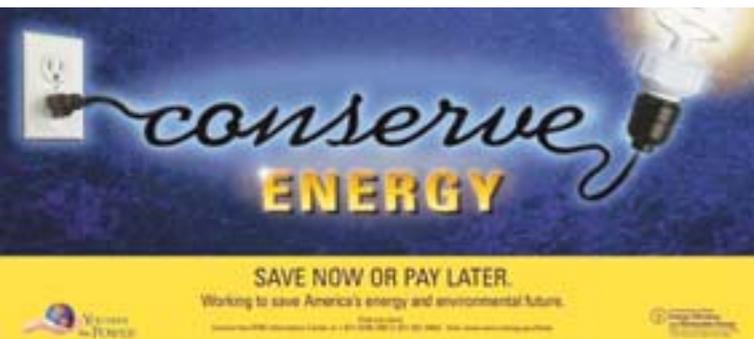




Photo Courtesy of U.S. Army Museum of Hawaii

This 1920s photograph depicts Fort DeRussy's Battery Randolph had two 14-inch guns mounted on disappearing carriages. The disappearing carriages allowed the guns to remain hidden from sight of approaching battleships by solid concrete walls. To get the gun into the firing position, the artillery crew tripped a lever attached to a 50-ton weight. As the weight fell it lifted the gun tube into battery (the firing position), and the gun was then ready to fire again. When the guns were installed, they were the largest in the entire Pacific from California to the Philippines.

Waikiki's Army Museum,

Hawaii's best kept secret

ELORAN DOANE

U.S. Army Garrison-Hawaii Public Affairs

FORT DERUSSY – The Army Museum of Hawaii, located in Fort DeRussy's Battery Randolph, in the heart of Waikiki, is a 19th century U.S. Army coastal defense gun battery that once served as a first line of defense against enemy attack on Oahu's southern shore.

“Even though Battery Randolph has been here for nearly a century, some of our island's newcomers, visitors and even local folks have yet to discover the treasures and rich military history on display here,” said Judith Bowman, museum director.

The battery was built between 1909 and 1911 and gained international, national, state and local significance at a time when British, French, Russians, Germans, and even the Japanese, all had ships in the Pacific, and were expressing interest in Hawaii.

At the time, the United States was expanding its defenses westward as other nations were looking to Hawaii as an economic and militarily significant port of call in the middle of the Pacific for their merchant and naval vessels.

Fort DeRussy was part of a series of fortifications whose mission was to defend Pearl Harbor and Honolulu Harbor from attacking battleships. It comprised two artillery batteries, Battery Randolph to the east and Battery Dudley to the west.

“Besides drawing in members of the armed forces, tourists from around the world flock to the museum daily as a way to step back in time and relive history,” Bowman said. “Some are interested in the late 1700s and early 1800s when King Kamehameha united the seven Hawaiian islands under a single rule, while others come to learn about the role their parents or grandparents played in World War II.

Visiting from Montreal, the Frijon family decided to take a break from the frigid conditions at home and enjoy a week in a little more temperate climate.

“We could have gone anywhere,” said son Stephane Frijon, “but we wanted to see paradise.”

The U.S. Army Museum of Hawaii is located in Honolulu, along the ocean side of Waikiki's Kalia Road. It is situated adjacent to the Hale Koa Hotel, at the corner of Kalia and Saratoga roads.

The museum houses a gift store that sells military memorabilia, books, clothing, military unit insignia, and World War era music, all reasonably priced.

The museum is free of charge and open to the public, Tuesday through Saturday, 9 a.m.-5 p.m., and closed on some federal holidays, but open on military holidays.

Audio tours are available. Validated parking is available across the street from the museum, and disabled parking spaces are provided in front of the museum.

Group tours can be arranged by calling 438-2825.

Travelling with his parents, Benoit and Francine, and with young son Zack in tow, the family decided to pop into the museum when they eyed it while strolling down Kalia Road in Waikiki.

“We enjoy history in general,” explained Stephane. “This visit gives us an opportunity to learn some American history and see what the museum has to offer.”

“Many visitors entering the facility don't realize that this museum is more than just about its exhibit galleries or the cannon and tanks displayed outside,” Bowman said. “The building itself is an artifact and a significant part of Hawaiian history.”

In its heyday, Battery Randolph had two 14-inch guns and Battery Dudley had two six-inch guns mounted on disappearing carriages. When they were installed, they were the largest guns in the entire Pacific from California to the Philippines.

“The disappearing carriages allowed the guns to remain hidden from sight of approaching battleships by solid concrete walls called parapets, capable of withstanding a direct hit from a 2,000-pound ar-

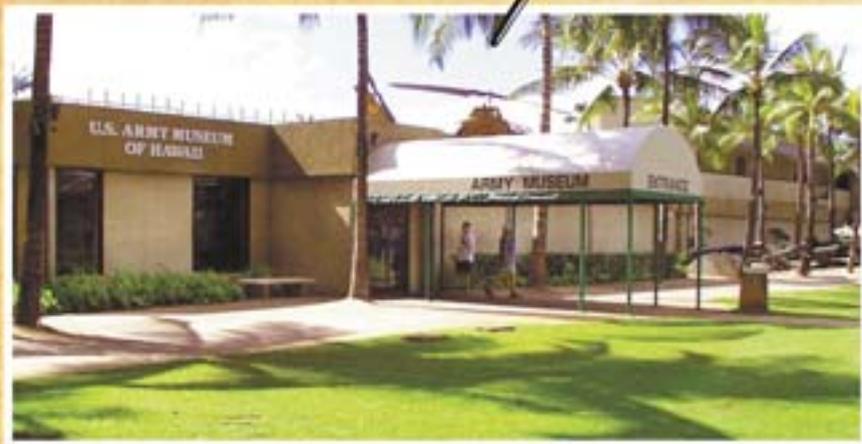


Photo Courtesy of U.S. Army Museum of Hawaii

The U.S. Army Museum of Hawaii, located in Fort DeRussy's Battery Randolph, in the heart of Waikiki, is a 19th century U.S. Army coastal defense gun battery that once served as a first line of defense against enemy attack on Oahu's southern shore.



Loran Doane | U.S. Army Garrison-Hawaii Public Affairs

Stephane Frijon and grandson Zack, visiting from Montreal, examine many of the artifacts on display at the U.S. Army Museum of Hawaii, located in Waikiki on Fort DeRussy.

tillery shell,” explained Dorian Travers, museum curator. “To get the gun into the firing position, the artillery crew tripped a lever attached to a 50-ton weight. As the weight fell, it lifted the gun tube into battery (the firing position), and the gun was then ready to fire again.”

A crew of roughly 14 artillerymen would load a ¾-ton shell in the breech, and then load 340 pounds of gun powder behind that.

After lobbing the 1,556-pound

shells up to 14 miles out to sea, the recoil automatically pushed the gun carriage back down behind its concrete parapet, protecting the Soldiers and gun from low-angle naval fire. The gun was then reloaded again.

“A well-trained crew could fire a round downrange every 30-seconds,” Travers said. “As one round was impacting its mark, the second round was already half way in flight to hit the target again.”

Protecting Soldiers inside the bat-

tery, the overhead concrete was up to 12-feet thick. On the ocean side of the battery, concrete was the equivalent of 30-feet thick. The measurements were derived from a calculation based on 15 feet of concrete and 45 feet of sand, in which three feet of sand equates to one foot of concrete.

Were these weapons, based on 1890s technology, accurate?

“They were very accurate,” Travers said, emphatically.

“Observation points on top of Diamond Head and Tantalus were used to triangulate the distance, direction and speed of potential adversaries via telephone to the plotting room at Battery Randolph.

“The guns were capable of hitting a 20-foot target from six miles away – the equivalent of hitting a bus in Kaneohe, or on a wall 60-feet away,” he explained, “with a bullet the size of a pinhead, all without the aid of a computer.”

In today's dollars, this weapon system would be a bargain to operate. In 1914 terms, when a Soldier's average daily salary was \$2 per day, it cost a pretty penny.



27 / Wednesday

Create a Card – All family members of deployed Soldiers are invited to make a Valentine card to send to their deployed loved ones, Jan. 27, 3-4 p.m., at Sgt. Yano Library, Schofield Barracks.

The library will provide all materials, but patrons must bring their creativity. No registration is required. Call 655-8002.

Community Needs Assessment Survey – Soldiers and families in the Army Hawaii community are invited to share their opinion on programs and services provided by the Army Community Service Family Advocacy Program.

Community members can win a \$100 AAFES gift certificate by participating in the Community Needs Assessment survey during the next six weeks. Call Regina Peirce at 655-0596.

28 / Thursday

Texas Hold 'Em Poker Tournament

– Do you have the best poker face on post? A weekly poker tournament is taking place Jan. 28, 6 p.m., at the Tropics Recreation Center, Schofield Barracks.

Play weekly for your chance to win \$500 in cash and advance to the finals to play against the best players the Army has to offer. Call 655-5698.

29 / Friday

Furlough Friday – Looking for Furlough Fridays activities? (The next Furlough Friday is scheduled Jan. 29.)

Family and Morale, Welfare and Recreation has families covered with a variety of options for students and teens in all grades. Programs offered at Child, Youth and School Services and Army Community Service can keep keiki busy.

An FMWR Furlough Friday activity program guide can be downloaded at www.mwrarmyhawaii.com; click on CYSS.

Upcoming Furlough Friday days are scheduled Feb. 5, 12; March 5, 12; April 23, 30; and May 7, 14.

Hawaiian Luau at PARC – Experience old Hawaii at a Piliiaau Army Recreation Center (PARC) luau, Jan. 29, on the Sunset Café lanai. Dinner begins at 6 p.m. and entertainment begins at 6:30 p.m.

The luau is held the last Friday of each month. Future luau include Feb. 26, March 26 and April 30. Parties of four or more should call to reserve seating at 696-4778.



Maj. Jeff Parker | 8th Military Police Brigade Public Affairs

All suited up

SCHOFIELD BARRACKS — Wyatt Phillips of Boy Scout Troop 24 puts on a glove to complete his firefighter uniform during a troop campout, held Jan. 14-16, here. The weekend of learning and fun was organized by Scout Master John Crews, 8th Military Police "Watchdog" Brigade, 8th Theater Sustainment Command. The Scouts learned life skills in crime prevention, traffic safety, drug prevention, cooking and fire safety.

February Ongoing

2 / Tuesday

Chinese New Year Craft – Welcome the Year of the Tiger by making a craft at the Sgt. Yano Library, Feb. 2, 3-5 p.m. All supplies are provided and all ages are welcome. Call 655-8002.

Valentine's Day Scrapbooking – Enjoy this holiday-themed layout challenge, Feb. 2, 6-8 p.m., at the Schofield Barracks Arts and Crafts Center.

Cost is \$5 per person; patrons must bring their own supplies, but can use the center's Cricut die-cutter. Project ideas will be supplied or patrons can work on their own. Call 655-4202.

Tutoring Available – The Department of the Army has contracted tutor.com to offer free, online tutoring to students in kindergarten through high school and college prep.

Tutor.com gives students access to live tutoring help 24 hours a day, seven days a week, and tutors are certified teachers, college professors and graduate school students who provide tutoring services in all grade levels of math, science, English and social studies.

The service is available at no cost to Army families. Visit tutor.com via the Army One Source Web site at www.myarmyonesource.com/cyss_tutor.

Shop will hold a bag sale, Jan. 28-29. Large paper bags can be filled with thrift shop property items and purchased for \$5 a bag. Service members E-4 and below receive their first bag for free.

The Fort Shafter Thrift Shop will be open 2-6 p.m., Jan. 28, and 9 a.m.-1 p.m., Jan. 29. Call 842-1074.

30 / Saturday

Waimea Valley Tour – Waimea Valley will present "Whispering Walls of Waimea," a Saturday night walking tour, Jan. 30, 6:30 p.m. This 1½-2 hour tour will include stories and legends about the high priests who once lived in the valley, the healing power of the Valley's plant life and the rumored children who played in the valley.

Each tour is limited to 50 participants, and reservations are required. Children under 12 are not allowed on the tour.

Prices start at \$35 for children and \$50 for adults. Military and kamaaina discounts are available.

Other tour dates include March 20, May 22, July 24, Sept. 25 and Nov. 6. Visit www.waimeavalley.net or call 638-7766.

31 / Sunday

Cacao Festival – The Haleiwa Farmers Market will hold its Hawaii Cacao Festival, Jan. 31, 9 a.m.-1 p.m., at Haleiwa Beach Park. Visit one of more than 50 booths, sample and purchase some fun chocolate creations and discover the many benefits of this amazing fruit. Visit www.haleiwafarmersmarket.com.

Scholarship Available – The National Military Family Association will accept applications for its Joanne Holbrook Patton Military Spouse Scholarship Program through Jan. 31.

Available in amounts up to \$1,000, the scholarships are awarded to military spouses to obtain professional certification or to attend post-secondary or graduate school.

Spouses of uniformed service members (active duty, National Guard and

Reserve, retirees and survivors) of any branch or rank are eligible to apply.

The scholarship funds may be used to assist with tuition, fees and school room and board. For more information or for an application, visit www.militaryfamily.org/ scholarships.

February 3 / Wednesday

Oahu South Town Hall – The next Oahu South town hall meeting for the Oahu South community will be held at the Aliamanu Military Reservation Chapel, Feb. 3, at 6:30 p.m. Call 438-6996.

13 / Saturday

Ukelele Festival – A ukelele festival is scheduled Feb. 13, noon to sunset, at Kakaako Waterfront Park in Honolulu.

Ukelele virtuosos and legends from Hawaii and Japan will perform on a hill-top stage overlooking Diamond Head, Honolulu Harbor, the ocean and mountains.

Admission is free. Parking is available, and a free shuttle service will be provided from Waikiki. There will be inflatables for children, and all are encouraged to bring beach mats for lawn seating. Call 545-5900 or visit www.ukulelepicnicin.hawaii.org.

Ongoing

Food for Families – The ASYMCA emergency food locker assists military families who are experiencing financial difficulty and who could use extra assistance. Generally, a supply of canned goods, frozen food, dry goods and personal care items are available.

Making a permanent change of station move? Don't throw away your excess food. The ASYMCA gladly accepts unopened, nonperishable food for its emergency food locker. And it also accepts unopened personal hygiene prod-

Contact the School Liaison Office at 655-9818.

Confidential Counseling – Military and Family Life Consultants are available to assist Soldiers and family members by providing short-term, situational, problem-solving counseling services, which are private and can be arranged by calling 222-7088. If your issue is financial-based, call an MFLC personal financial counselor at 265-8136.

Pau Hana Social Hour – After work come and enjoy a fun time with friends at Kolekole Bar & Grill, Schofield Barracks, or Mulligans, Fort Shafter.

Enjoy half-price specials on selected appetizers and beverages. Pau Hana Social Hour is 4:30-6:30 p.m., Monday-Friday. Call 655-0664 or 438-6712.

Twitter – Do you twitter? Follow Family and Morale, Welfare and Recreation's mascot, Eddie the Eagle at www.twitter.com/FMWR_Eddie.

Fort Shafter Library Closure – The Fort Shafter Library will be temporarily closed for remodeling now through Feb. 26.

When reopened, the energy-efficient library will have new windows, central air conditioning, energy-efficient lights and remodeled bathrooms.

Library activities previously advertised during this time have been cancelled.

Blue Star Card – Spouses of deployed Soldiers are eligible to sign up for a Blue Star card (BSC), which will give card holders discounts at Family and Morale, Welfare and Recreation facilities, activities and special events.

BSCs are valid throughout the deployed service member's entire deployment. To sign up, visit Army Community Service at Schofield or Tripler, or send an e-mail to sarah.chadwick@us.army.mil.

BSC Facebook – Stay current on all upcoming Blue Star Card events and activities at the BSC Facebook page.

R.S.V.P. online to attend events, see photos and tag your friends with special BSC stickers. Find BSC at www.facebook.com.

FMWR Happenings – To find out more information about Family and Morale, Welfare and Recreation activities, programs and facilities, pick up a copy of the Discovery magazine available at FMWR facilities throughout U.S. Army Garrison-Hawaii installations. Visit www.mwrarmyhawaii.com.

New Travel Specials – New travel packages are now on sale at both Information, Ticketing and Registration (ITR) locations. Enjoy Oahu hotel and car rental deals starting at just \$55 or Maui packages beginning at \$65. Big Island and Kauai travel packages are also available. Call 655-9971 (Schofield Barracks) or 438-1985 (Fort Shafter).

ucts, as well as unopened cleaning products. Call 624-5645 for more information.

Medical On-Site Child Care – Children's Waiting Room offers on-site child care for healthy children while their parents or siblings have medical appointments in any of the Schofield clinics or at Tripler Medical Center.

No set fee is charged for this service, but donations keep the program running. The Children's Waiting Room is open Monday through Friday from 8-12 a.m.

Call 624-5645 for reservations at Schofield Barracks Health Clinic or 833-1185 for reservations at Tripler Medical Center.

Military Kids Camp – Operation: Military Kids Camp-Hawaii, along with YMCA-Camp Erdman, is offering two family camps geared toward helping recently redeployed service members and their families reconnect. The camp, scheduled April 9-11 is open for registration.

Visit www.ctahr.hawaii.edu/4h/omk, e-mail omk@ctahr.hawaii.edu or call 956-4125.

Civil Air Patrol – Civil Air Patrol's Wheeler Composite Squadron will meet every Tuesday, 5:30-8:30 p.m., Wheeler Army Airfield.

The squadron regularly accepts new members, ages 12-18, who are interested in aerospace education, leadership training, physical fitness and character development. Youth can participate in a number of activities, including building model rockets and receiving power/glider flight training.

The squadron is also involved with community service projects and participates in training for disaster response and search and rescue. Call 386-1374 or e-mail tony4atmos@aol.com.

Sexual Assault Prevention – The Army has launched a new and improved sexual assault prevention program Web site as part of its new I.A.M. Strong sexual assault prevention campaign. Visit www.preventsexualassault.army.mil.



Additional religious services, children's programs, educational services and contact information can be found at www.garrison.hawaii.army.mil. (Click on "Religious Support Office" under the "Directorates and Support Staff" menu).

- AMR: Aliamanu Chapel
- FD: Fort DeRussy Chapel
- FS: Fort Shafter Chapel
- HMR: Helemanu Chapel
- MPC: Main Post Chapel, Schofield Barracks
- PH: Aloha Jewish Chapel, Pearl Harbor
- TAMC: Tripler Army Medical Center Chapel
- WAAF: Wheeler Army Airfield Chapel

Buddhist Services
 •First Sunday, 1 p.m. at FD
 •Fourth Sunday, 1 p.m. at MPC Annex

Catholic Mass
 •Friday, 9 a.m. at AMR
 •Saturday, 5 p.m. at FD, TAMC and WAAF chapels
 •Saturday, 6 p.m. a Hawaiian-style Mass (May-Aug. only) near the Army Museum (FD)
 •Sunday services:
 -7:30 a.m. at WAAF
 -8 a.m. at AMR
 -10:30 a.m. at MPC Annex
 -11 a.m. at TAMC
 •Monday-Friday, noon at MPC and TAMC

Gospel Worship
 •Sunday, noon at MPC
 •Sunday, 12:30 p.m. at AMR

Islamic Prayers and Study
 •Friday, 1 p.m. at MPC Annex
 •Saturday and Sunday, 5:30 a.m., 6, 7 and 8 p.m. at MPC Annex

Jewish Shabbat (Sabbath)
 •Monday, 6 p.m. at PH (Bible Study)
 •Friday, 7:30 p.m. and Saturday, 8:15 a.m. at PH

Orthodox Divine Liturgy
 •Sunday, 9 a.m. at TAMC

Pagan (Wicca)
 •Friday, 7 p.m. at MPC Annex

Protestant Worship
 •Sunday Services
 -9 a.m. at FD, FS, MPC, TAMC and WAAF chapels
 -10 a.m. at AMR and HMR



Call 624-2585 for movie listings or go to aafes.com under realtime movie listing.



Brothers

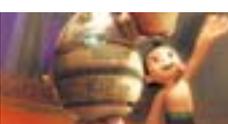
(R)
 Fri., Jan. 22, 7 p.m.

Planet 51

Community Appreciation Show
 \$2 Admission
 (PG)
 Sat., Jan. 23, 4 p.m.

The Princess and the Frog

(G)
 Sat., Jan. 23, 7 p.m.



Astro Boy

(R)
 Sun., Jan. 24, 2 p.m.

The Twilight Saga: New Moon

(PG-13)
 Wed., Jan. 27, 7 p.m.

The Blind Side

(PG-13)
 Thurs., Jan. 28, 7 p.m.

No shows on Mondays or Tuesdays



Send announcements to community@hawaiiarmyweekly.com.

22 / Today

Arrival Ceremony – The Joint POW/MIA Accounting Command will conduct an Arrival Ceremony at 9 a.m., today, in Hangar 35, Hickam Air Force Base, to honor fallen U.S. personnel whose identities remain unknown.

For more information, e-mail public_affairs@jpac.pacom.mil or call 448-1934.

23 / Saturday

Customer Appreciation Show – Army and Air Force Exchange Services will host a community appreciation show, Jan. 23, for the 4 p.m. showing of "Planet 51." Admission will be discounted to \$2 per person. The film is rated PG and runs for 91 minutes.

26 / Tuesday

English as a Second Language – Wheeler Armed Services YMCA is presenting an adult education course addressing the fundamentals of English Language. The course is appropriate for beginners or those who desire to improve their written and verbal communications skills.

Classes run Jan. 26 through April 22, and are held Tuesdays and Thursday mornings from 8:30-11 a.m. Registration is required; cost is \$20. Call 624-5645.

Oahu North Town Hall

– The next Oahu North Town Hall meeting for residents of Schofield Barracks, Wheeler Army Airfield and Helemanu Military Reservation will be held Jan. 26, 6:30 p.m., at the Post Conference Room, Schofield Barracks. Call 655-0497.

28 / Thursday

Bag Sale – The Fort Shafter Thrift



Registration opens for humpback whale ocean count

Volunteers, community can learn more about humpback whales in the Hawaiian Islands during Sanctuary Ocean Count

BILL MOSSMAN
Staff Writer

SCHOFIELD BARRACKS — The peak season for whale watching is just around the corner, and the Outdoor Recreation Center, or ODR, is recruiting volunteers to help monitor the latest migration of humpback whales to coastal waters around the 50th state.

The Hawaiian Islands Humpback Whale National Marine Sanctuary Ocean Count is scheduled Saturday, Jan. 30, from 8 a.m.-12:15 p.m., at Puaena Point Beach, Haleiwa. Members of the Army community are once again being invited to take part in the annual adventure.

Sharon Nakai, an ODR recreation specialist, described the event as a fun outing for the general populace.



Photo Courtesy of Outdoor Recreation Center

Volunteers gather around and listen to a National Oceanic and Atmospheric Administration site leader as she goes over the proper way to document humpback whales observed from Puaena Point Beach, Haleiwa, during a whale counting activity in 2009.

ODR works with site leaders from the National Oceanic and Atmospheric Administration, or NOAA, Honolulu division, in tracking the number of humpback adults and calves sighted from the North Shore beach, she explained.

"It's an opportunity for us to team up with volunteers from NOAA and conduct what is essentially a census," Nakai said.

She added that whale watchers will also be asked to observe and document the animal's visible behaviors, including fluke up dives, pec and tail slaps, peduncle throws, breaches and blows.

The activity is held several times each year, with additional dates scheduled for the last Saturdays in February and March.

Still, Nakai noted, January is probably the best time for whale admirers to

Migration Patterns of Whales in Hawaii

Each year, humpback whales migrate from Alaska to Hawaii, western Mexico and Southern Japan, to mate, calve and nurse. On average, 10,000 of these creatures travel to Hawaii each winter, crossing approximately 3,000 miles in less than two months' time.

Marine experts believe that at one time in the earth's history, the humpback whale population size was between 750,000 and 2 million. Today, the National Oceanic and Atmospheric Administration officials estimate the population to be somewhere around 40,000.

Due to their dwindling numbers, humpback whales are on the endangered species list and protected by federal law. As a result, these large creatures cannot be approached, in Hawaii, within 100 yards by sea and 1,000 feet by air.

catch the large creatures as they migrate from the polar region to tropical waters.

"As we get into March," Nakai explained, "they're often moving away. Last year, for example, we didn't see any whales in March, and all we had was a bunch of cold and windy weather."

Participants are asked to bring hats, visors, sunscreen, lawn chairs and something to eat.

"We'll be able to provide them with binoculars, but they're also more than welcome to bring their own gear," Nakai said.

"They should also throw in their own lunch or snack, and a cooler for their drinks," she added. "We'll provide them with ice from our facility."

The event costs \$10 per person. To sign up for the activity or for more information, contact the Outdoor Recreation Center at 655-0143.

Teens present top issues at AFAP conference

Story and Photo By
ROB MCILVAINE

Family and Morale, Welfare and Recreation Command Public Affairs

ALEXANDRIA, Va. — Thirteen Army Teen Panel members developed posters, a cross-garrison simultaneous event, a presentation to senior Army leaders on their activities, and a "Strength of the Nation" contest for Army youth for the Month of the Military Child in April throughout the week of the Army Family Action Plan conference, Jan. 11-15.

Most importantly, the teens presented the top four issues impacting military youth the final morning of the AFAP conference.

The teens were inspired by Lt. Gen. Rick Lynch, commander, Installation Management Command, during his opening remarks at the AFAP conference, Jan. 11. They adopted his message: "Are we doing the right thing; are we doing things right?"

The teens intend to make the theme heard around the world through 30- and 60-second video spots.

"The spots are designed to involve teens in youth centers, Armywide," panel member Anthony Merriweather said.

Merriweather, currently a student at New Mexico State University, is spending his third year with the panel, serving this year as a junior advisor. With him is Elizabeth Mobley, the other junior advisor, who is attending Grambling State University, and also spending her third year with the Army Teen Panel.

"We know we are part of the Army family, and we know senior leaders are extremely interested in what we have to say and that they will do their best to resolve our issues," Merriweather said.

From the moment they entered their workspace, work was nonstop. In one room, Chris Zuhars, Child, Youth and School Services program specialist and video technician, took the script hashed out by the teens and created a 30-second spot. Before lunch, he was on to the 60-second spot, waiting only for the group to choose music.

In another corner, adult advisor Amy Leon, Family and Morale, Welfare and Recreation Command marketing specialist, helped



After helping teens formulate two posters with the theme "Everyday Heroes in our Community," Jan. 11-15, adult advisor Amy Leon (far left) of Family and Morale, Welfare and Recreation Command Marketing views the results of their labor.

the group with two posters.

"These posters were developed specifically for the teen audience. They all brainstormed their concept based on their theme, 'Everyday Heroes in our Communities,' then came up with the words and imagery," Leon said.

The drafts were sent to FMWRC marketing at Fort Sam Houston in San Antonio, Texas, and then returned as completed posters for review.

"Youth are the hardest to reach. I mean each generation seems to learn faster, and they have their own language," Mobley said.

According to Donna McGrath, CYSS Army Teen Panel program manager, the Army Teen Panel members were faced with 24 issues that rose from teen discussion at the summer conference, Jan. 11. The panel pared them down to the final four, though, last year only three issues were presented.

"This year, the teens were so passionate about a fourth issue that we allowed it," McGrath said.

The issues voted on for presentation to

Army senior leaders included the following:

- to continue Youth Leadership Forums;
- to improve marketing by teens for teens because the message is not reaching the audience;
- to help teens later in life through resume building with the Lifeskills program; and
- to "Take a Field, Make a Field" — the teens' most passionate issue — because with construction occurring on many installations, teens are losing their fields for sports, which can lead to a lack of exercise, said the teens, resulting in obesity.

"The Army Teen Panel is beginning to create a synergy between all of the FMWR programs," McGrath said. "After all, our ultimate goal is serving our customers — in our case, the military youth who need to know about the great programs we have for them and to get them involved."

"The process works because today the teens have much more than when Elizabeth and I started out on Army installations," Merriweather said. "I just wish I had as much as these younger teens have today, thanks to the Army Family Action Plan."



Photo courtesy of U.S. Army Museum of Hawaii

In this photo from Dec. 7, 1931, Soldiers of Battery "A", 16th Coast Artillery, pose with their 14-inch coastal defense gun at Fort DeRussy's Randolph Battery.

Fort DeRussy: Museum holds key to isle's history

CONTINUED FROM B-1

The cast iron practice projectiles cost around \$55 each, whereas the armor-piercing projectile cost about \$780. For both systems, the powder charge propelling the projectile was \$230.

Although an engineering marvel and weapon for its day, the emplacement proved its obsolescence with advent aircraft carriers. No longer did attacking navies need to bring their ships within eyesight of the beaches in order to effectively engage targets.

Dec. 7, 1941, Japanese planes devastated the U.S. Navy Pacific Fleet in their attack on Pearl Harbor, and on the central and leeward parts of Oahu, without firing a single round at the defenses at Fort DeRussy. There was no need.

With the end of World War II came the realization that the fort was no longer capable of meeting the needs of the U.S. military in Hawaii. The giant guns were cut up and sold for scrap, having never fired a shot

in anger or defense.

Battery Randolph was eventually abandoned and briefly became a warehouse storage facility.

Efforts were made in 1969 to demolish the batteries and free up the prime real estate for other useful purposes.

Battery Dudley was razed to the ground, but Battery Randolph proved more stubborn. Its concrete walls repeatedly defied destruction, and the demolition company contracted to remove the structure eventually went bankrupt in the process.

"In 1976, the Army designated Battery Randolph home of the U.S. Army Museum of Hawaii," Bowman said. "We continue to expand and improve exhibits in the museum, keeping the Army's history alive, current and relevant."

"You cannot find a better educational venue to learn about the history of the U.S. Army in Hawaii and the Pacific, and the vital role Hawaii's citizenry played in the defense of our nation."

Regular, periodic screenings may save your life

Tricare authorizes tests for cancer at select ages

THESE CANCERS COULD HAVE BEEN CAUGHT EARLY.

SHARI LOPATIN
TriWest Healthcare Alliance

While January is a great time to plan for your health in 2010, you will never find a wrong time to get vital screening tests.

Whether you are a man or a woman, age 25 or 65, make sure to talk with your doctor about the screening tests listed below. These services are available to you and your eligible family members at no cost.

You'll find no authorizations, cost-shares, co-payments or deductibles for eligible Tricare beneficiaries. These tests could save your life.

For women

- Breast Cancer:** Tricare covers one mammogram every 12 months for women older than 39. If a woman is considered high-risk for breast cancer, she can begin receiving mammograms at 35 years old.

- Cervical Cancer:** You can be tested for cervical cancer by getting regular Pap smear tests. Tricare covers both pelvic exams and Pap tests together, when necessary, or every year beginning at age 18.

Once a woman has three consecutive normal Pap tests, Tricare will cov-



50% of ALL new cancers are preventable

Source: American Cancer Society, Cancer Facts and Figures, 2009

On The **WEB**

For more information, visit www.TriWest.com/prevention.

er screenings once every three years, unless a doctor recommends otherwise.

For men

- Prostate Cancer:** Tricare covers prostate screenings tests for men who are older than 50, older than 40, and have had a vasectomy, or who are ages 40-49 with a family history of prostate cancer.

For everyone

- Colon Cancer:** Several screening options are available, such as the fecal occult blood test, sigmoidoscopy and colonoscopy. People who have a history of colon cancer in their family should talk with their doctor about when and how often to have screening tests.

- Cholesterol:** Know your numbers; they can affect your heart. Tricare covers a cholesterol test once every five years, starting at 18 years old, unless more frequent screenings are medically necessary.

Remember that when you obtain these services from a Tricare-authorized provider, you are not responsible for any portion of the cost, even if you have not met your deductible.

Beneficiaries should see about their benefits at next eye exam

Vision benefits protect a family's eye health

TRICARE MANAGEMENT ACTIVITY
News Release

FALLS CHURCH, Va. — Maintaining healthy eyes and vision is an important part of personal safety and quality of life, and getting an eye exam is a smart idea for anyone, whether or not someone has vision problems.

Active duty family members can get a routine eye exam every year, and retirees and their family members using Tricare Prime can get one every two years. Routine eye exams for retirees and their family members using Tricare Standard and Extra are not covered.

These exams are more than the standard letter charts and include a check into the health of the eye. Active duty family members using Tricare Prime or Standard, and retirees and their families enrolled in Tricare Prime, can make an appointment with any Tricare-authorized optometrist or ophthalmologist for an exam. Tricare Prime beneficiaries do not need a referral unless they see a

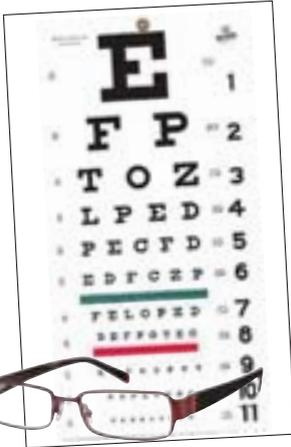
provider outside of their region's Tricare network.

To get children in the habit of eye health is important, too. With Tricare's well-child benefit, children in both Prime and Standard can receive eye and vision screenings at birth and 6 months of age, along with two eye exams between the ages of 3 and 6.

Active duty service members, or ADSMs, enrolled in Tricare Prime must get their eye care from military treatment facilities and may receive eyeglasses at MTFs at no cost. To maintain their fitness-for-duty, ADSMs enrolled in Tricare Prime Remote, or TPR, can get eye exams from a network provider without an authorization.

To order eyeglasses or contact lenses outside of an MTF, ADSMs using TPR should contact the Naval Ophthalmic Support and Training Activity through its Web site, www.med.navy.mil/sites/nostra.

Retirees may receive one pair of standard issue glasses each year from NOSTRA. Retirees can go to the NOSTRA Web site and select the "How To Order: Re-



ti-ees" link for more information.

Both active duty and retiree family members who are using Tricare Prime or Standard can cost-share eyeglasses and

On The **WEB**

Find out more about your vision benefits at tricare.mil/mybenefit. Learn more about eye health and protection at www.nei.nih.gov, the National Eye Institute.

contact lenses only for the treatment of specific eye conditions.

Many things can preserve and protect vision, along with getting eye examinations. For example, prevent eye injuries by wearing appropriate eye protection when handling tools and chemicals and while playing sports, and wear sunglasses, hats and visors to protect against the sun's harmful ultraviolet rays.

Tripler outpatient lab under renovation

TRIPLER ARMY MEDICAL CENTER
PUBLIC AFFAIRS
News Release

HONOLULU — Major renovations began Jan. 15 at Tripler Army Medical Center's outpatient lab, located on the fourth floor by the outpatient pharmacy.

During the renovation, the lab has been relocated to the second floor, Room 2G011, which is located in a corridor on the mountainside section of the hospital, behind the Blood Donor Center.

On The **WEB**

Find more information on the outpatient lab's temporary relocation, visit www.tamc.amedd.army.mil, and look under "Announcements."

Temporary yellow signs are posted near the second floor elevator area to help patients find their way to the laboratory.

When completed this summer, the fourth floor renovated outpatient lab will have a larger blood-drawing area and a larger waiting area. Also, patient privacy and patient flow through the lab will be improved.

The outpatient lab collects lab specimens from 200-300 patients, daily, from all military services. These specimens are then tested in the main lab, which performs more than 1 million tests per year.

A handout with detailed directions to the new location is available at the oceanside information desk and at the outpatient medical records desk in the mountainside lobby.



Local spouse conquers international arena of powerlifting

**SPC. MAHLET TESFAYE &
SPC. JESUS ARANDA**
25th Infantry Division Public Affairs

SCHOFIELD BARRACKS — The duties and responsibilities of military spouses can be a heavy load to carry for anyone.

One military spouse, however, has been able to lift much more than most — and earn many medals while doing so.

Jonna “JoJo” Ocampo is a three-time Team USA gold medalist in powerlifting. Standing only 5-feet tall and weighing 105 pounds, Ocampo was ranked sixth in the world for her weight class at the Open World Powerlifting Championships in New Delhi in November 2009.

Before she started competing in powerlifting, Ocampo was an amateur fitness and figure competitor. She has won several competitions, including twice winning the title of “Miss Figure America,” and she was ranked in the top 18 women in the world.

Ocampo got her start in powerlifting when she and her husband moved to Fort Hood, Texas. There she joined the Army Phantom Warriors Powerlifting Team and started competing with other service members and spouses in 1998.

While training and competing with this team, Ocampo was nicknamed “JoJo” by her coach and has been known by this name in the powerlifting circuit ever since.

“No matter where I go in the world,” says Ocampo, smiling, “people always remember (the name) ‘JoJo.’”

Ocampo’s dedication earned her a spot on the Army powerlifting team. The team is predominantly females of all shapes and sizes, with weight classes ranging from 105 to 200 pounds.

The sport involves three events: performing the squat, the bench press, and the dead lift.

“Powerlifting is understanding how your body works and what type of technique works for your body. There is nobody (who) can lift the same way as you,” Ocampo said. “People use different tech-



Spc. Jesus J. Aranda | 25th Infantry Division Public Affairs

Jonna Ocampo, military spouse and three-time Team USA gold medalist, practices her dead lift at the Martinez Physical Fitness Center at Schofield Barracks, Jan. 14. Ocampo has competed worldwide in many powerlifting competitions and ranks 6th best in the world for her weight class.

niques like squatting with a narrow or a wide stance when they train and compete.

“In a competition, whoever lifts the most weight technically correct wins,” continued Ocampo.

Ocampo can lift close to three times her own body weight in deadlifting, which is 292 pounds; she squat lifts 286 pounds; and she can bench press 154 pounds, which is world-class material for female powerlifters — and enough to make some men feel inadequate.

A powerhouse in a small package, Ocampo believes part of her appeal to the powerlifting community is the image of someone so small being so strong.

According to Ocampo, audiences abroad tend to react positively to her form and sometimes unusual lifting mannerisms.

“I have some martial arts background,” stated Ocampo. “Crowds in Asia love it when I lift with a ‘Kyah!’ It’s just how I lift, but they love it.”

After winning specific powerlifting events, Ocampo advanced to world and international level competitions.

“International competitions are the best part of the sport,” Ocampo said. “It is not just about the competition, but the whole experience of meeting people all over the world, making friends and visiting new places.”

So far she’s competed in the U.S., Norway, Brazil and India.

Ocampo is the first powerlifter in America to be invited to train abroad by the Chinese Taipei (or Taiwan) powerlifting team, one of the strongest performing teams in the world — but not because she

was the strongest lifter.

What the Chinese team saw within Ocampo led the team’s coach to invite her to train with them. She plans to train with them to prepare for the World Championships in South Africa, later this year.

According to Ocampo, powerlifting gives her the strength and drive she needs to push herself to do better and to keep going.

“The sport is not about what the person looks like (physical appearance), but is about lifting the most weight that the person possibly can the day of the competition,” Ocampo said.

The experience of powerlifting around the world is more to her than just a personal experience, Ocampo admitted. She shares her performances and successes with her team and her country as her contribution to the nation.

Even with her incredible success, the result of years of training and sacrifice, Ocampo believes her contribution is small in comparison to the hardship that spouses endure during deployments of their loved ones, and in comparison to the sacrifices her husband and Soldiers like him endure as part of their service to the country.

“It is harder to be an Army spouse than to compete in powerlifting — especially during deployment — but the sport has been a positive influence on me,” Ocampo said. “It has been my stress release, a way of bettering myself, a way for me to achieve my goals. Before I get out on the stage, I am thinking ‘boy this hurts, but what my husband is doing is a hundred times harder.’”

Ocampo is married to Maj. Lou Ocampo, assistant to the chief of information operations, G3 at Headquarters, 25th Infantry Division. He supports his wife’s athletic career by contributing to her sponsorship.

“My husband is in the military; he fights for his country. That is the way he serves his country. Powerlifting is a way I can fight for my country,” explained Ocampo. “On the platform, I feel a sense of pride, a sense of personal accomplishment that nobody can ever take away from me.”



22 / Today

HMR Partner Basketball Shootout — Entries are due Jan. 22 for the Helemano Military Reservation Physical Fitness Center Partner Basketball Shootout. Cost is \$5 per team. The event is scheduled for Jan. 27, at 5 p.m. Call 653-0719.

Valentine’s Personal Training Special — Is your loved one an exercise junkie? Purchase a personal training gift certificate for your Valentine, and for a limited time, get a free upgrade for one couple’s personal training session. Stop by the Martinez Physical Fitness Center to pick yours up today. Call 381-5944.

23 / Saturday

Fresh Water Fishing Tournament — Test your fishing prowess with Outdoor Recreation’s Fresh Water Fishing Tournament, Jan. 23, 7 a.m.-1 p.m. Cost is \$25 and includes round-trip transportation from Schofield Barracks.

Do you have what it takes to

catch the big one? Call 655-0143.

24 / Sunday

Big Surf Watch Bike Trip — Enjoy a nice relaxing bike ride along North shore beaches with Outdoor Recreation, Jan. 24, 7 a.m.-12 p.m. Check out the world-famous North Shore surfing scene and all the big waves without all the traffic hassles while moving at your own pace.

If you can’t make it this time, not to worry! Come Jan. 31.

Cost is \$30 if using your own bike with an extra \$5 if you need to use one of ODR’s. Round-trip transportation from Schofield Barracks is available. Call 655-0143.

25 / Monday

Big Game Fishing Lure Making Class — Learn how to make lures specialized for deep sea fishing, Jan. 25, 5-7:30 p.m., at Outdoor Recreation, Schofield Barracks. This free class is open to any and all. Call 655-0143.

Intramural Racquetball Tournament — Entries are now being accepted for the 2009 Intramural Racquetball Tournament from active duty Army, Reserve and National Guard Soldiers. Entries must be received by the Fort Shafter

Physical Fitness Center, Stop 112, Building 665, no later than 4 p.m., Jan. 25.

Fax entries to 655-8012 or 438-2470, or call 655-0856 or 438-9572 for more information.

26 / Tuesday

Intramural Soccer League Deadline Extension — The deadline to enter in the 2010 Intramural Men’s Soccer league has been extended to Jan. 26. Active duty Army, Reserve and National Guard units may enter a team.

Entries must be received by the USAG-HI Sports, Fitness and Aquatics Office, Stop 112, Building 556, Kaala Community Activity Center, Schofield Barracks, by 4 p.m. Jan. 26, or fax entries to 655-8012 or 438-2470. Call 655-0856 or 438-9572 for more details.

29 / Friday

Walk Off the Wait — The deadline to register for the next Makapuu Lighthouse trail hike for Blue Star Card holders is Jan. 29. Free transportation will be leaving from the parking lot of the Schofield Barracks Bowling Center at 8 a.m. and returning around 11:30 a.m.

All ages are welcome and strollers are allowed. This hike takes place along a paved path. Call 655-0112/3.

30 / Saturday

Tropics Sand Volleyball Series — Bump, set and spike your way to success in a beach volleyball tournament, Jan. 30, at the Tropics Recreation Center, Schofield Barracks.

Enjoy food and drink specials, giveaways and awards for the top players. This all-day

tournament will continue until a winner is crowned.

Participants must be 18 years or older to play; cost is \$10 per team to enter, but active duty military can play for free. Call 438-1152 for more information.

NOAA Whale Count — Enjoy one of the most unique benefits of living in Hawaii —

the annual whale migration in the Pacific Ocean.

Help the National Oceanic and Atmospheric Administration count whales, and enjoy a lovely day in the sun, Jan. 30, 9 a.m.-12 p.m.

Cost is \$10 and round-trip transportation from Schofield Barracks is included. Call 655-0143 for more information.