

HAWAII ARMY WEEKLY

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Serving the U.S. Army Community in Hawaii ★ www.25idl.army.mil/haw.asp

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NY meets Iraq

New York native Spc. Michael Ortiz fills multiple roles with fellow Wolfhounds at Camp Taji, Iraq

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Budding new careers

Learn how to market yourself for a second career at a free seminar, June 19, 9-11:30 a.m., at Schofield's Post Conference Room.

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Calling all dads

Instead of giving him another tie this year, take Dad on a family-friendly Father's Day cruise.

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Field Day fun

Soldiers from the 25th Special Troops Battalion and children from Hale Kula Elementary take fun to the next level

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Spc. Jazz Burney | 3rd Infantry Brigade Combat Team Public Affairs

Big Island, big gun

POHAKULOA TRAINING AREA, Hawaii — A Soldier assigned to 2nd Battalion, 27th Infantry Regiment, 3rd Infantry Brigade Combat Team (3IBCT) fires a mounted .50 caliber machine gun at a pop-up target for qualification during a convoy training exercise. The 3IBCT trained here in preparation for its upcoming deployment to Iraq later this year. For more coverage, see page A-5.

Army celebrates 233rd birthday

From Washington to Wahiawa, Soldiers and families honor history and traditions

ELIZABETH M. LORGE
Army News Service

WASHINGTON — The week leading to June 14 has been filled with cake cuttings, balls, children's birthday parties and more as Soldiers, family members and civilians nationwide are celebrating the Army's 233rd birthday, Saturday.

This year's festivities kicked off June 9 in the nation's capitol. At the Child Development Center, Fort Myer, Va., a party was hosted by Secretary of the Army Pete Geren and featured the reading of a new children's book from Army Child and Youth Services about the Army family and its history.

Similar parties took place at CDCs around the Army, including at Schofield Barracks, Monday.

The Army dates its official birth to June 14, 1775, when the Continental Congress authorized 10 companies of riflemen, approved an enlistment form, and appointed a committee to draft rules and regulations for the Army, according to an article by Robert Wright at the Center of Military History.

In Washington, Senior Army leaders hosted a cake-cutting

ceremony on Capitol Hill, Tuesday, with members of Congress and warriors in transition.

Wednesday, the Army showcased Future Combat Systems before Congress and members of the public. Also Wednesday, the service celebrated its annual Twilight Tattoo, a pageant featuring Army music and ceremonial units, at Fort Myer.

Leaders and Soldiers from headquarters, Department of the Army (HQDA) returned to Fort Myer, Thursday morning, for the HQDA Staff Run, to both build camaraderie and honor fallen Soldiers.

RELATED STORY

• Read more about local heroes and children celebrating the Army's birthday, page B-1.

Then they attended the annual Pentagon cake cutting, yesterday, with Secretary Geren, Gen. Casey and SMA Preston. In keeping with the birthday tradition, the youngest Soldier and the oldest Soldier in the Pentagon participated in the cake cutting. The event included an enlistment and re-enlistment ceremony.

HQDA will honor fallen warriors, Saturday, with a wreath-laying at Arlington National Cemetery. Then national festivities

SEE BIRTHDAY, A-9

'Warrior Challenge' begins at Fort Shafter

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

SCHOFIELD BARRACKS — They come from the far reaches of the Pacific Theater, representing a variety of military occupational specialties, from food service specialists to infantrymen.

Eleven of the best Soldiers from the major subordinate commands have traveled here to compete in the "Warrior Challenge," U.S. Army, Pacific's (USARPAC) Noncommissioned Officer and Soldier of the Year competition, which began Monday.

The competitors have already earned the titles of NCO or Soldier of the Year at their respective units.

"It's very important that we recognized the contributions and service of all of our Soldiers and noncommissioned officers in the Army," said Command Sgt. Maj. Joseph P. Zettlemoyer, command sergeant major,

USARPAC. "The real purpose of this competition is to build camaraderie and pride in what our Soldiers and NCOs accomplish every day."

The winners of the USARPAC competition will be announced during the Army Birth-

day Ball in Waikiki, Saturday.

During the weeklong competition, candidates will be tested and scored on numerous physical and mental events. The top scorers will represent USARPAC in the Department of the Army NCO and Soldier of

the Year competition in Virginia during the last week of September.

"I think we have plenty of talent here in the command," Zettlemoyer said. "We have lots of Soldiers and NCOs that are fully capable of winning at the Department of the Army level. They must focus on the events in front of them and continue to educate themselves about Armywide programs and not just their units."

The "Warrior Challenge" started with an "ice breaker" social at Fort Shafter's Hale Ikena, Monday. The ice breaker gave candidates the opportunity to meet several community members and leaders from around USARPAC.

"We get to introduce our competitors, who are not normally from here, to this community," Zettlemoyer said. "Our area of responsibility covers thousands of miles,

SEE WARRIOR, A-9



Eleven Warrior Challenge competitors assemble for a keepsake photo with Command Sgt. Maj. Joseph P. Zettlemoyer (far left) and Lt. Gen. Benjamin R. Mixon (far right) during the ice breaker social at Fort Shafter, Monday.

Schofield community welcomes new chief of staff

U.S. Army Hawaii community bids aloha to Col. Guthrie, family

Story and Photo by
SPC. DURWOOD BLACKMON
25th Infantry Division Public Affairs

SCHOFIELD BARRACKS — Billowing white clouds and abundant sunshine welcomed honorary guests, Soldiers and family members to Sills Field for a ceremony honoring the outgoing and incoming chiefs of staff for the 25th Infantry Division, Tuesday.

Col. Jeffrey R. Eckstein, outgoing chief of staff, said his final farewells to the Tropic Lighting Division as he pushes onward to Carlisle Barracks, Penn.

Eckstein, who deployed with the division as the G-7, reconstruction officer, Multinational Division North-Iraq, prepares for his new assignment as a student at the U.S. Army War College.

"It is hard to move on, but it is

our time to do so," Eckstein said. "My job as chief has been easy with the trained staff that we have. I thank each of you: the officers, noncommissioned officers and Soldiers for your work. I am grateful for the opportunity to have served in this division and be part of its history."

Maj. Gen. Robert L. Caslen Jr., commander, 25th ID, thanked Eckstein for his hard work and dedication to the division.

"For the past six months, Colonel Eckstein has served as our chief of staff. In that short amount of time, he has no doubt been the right man for the job. Thank you for all that you have done for this division," said Caslen.

The incoming chief of staff, Col. Thomas P. Guthrie, is no stranger to the 25th ID. In addition to serving at Fort Drum, N.Y.; Fort Benning, Ga; and Fort Lewis, Wash.; Guthrie was commander of 2nd Battalion, 27th Infantry Regiment



Col. Thomas P. Guthrie, incoming chief of staff, 25th ID, and his wife Kimberly greet Soldiers and family members at a Flying "V" ceremony, Tuesday. Guthrie replaced Col. Jeffrey R. Eckstein as chief of staff and will deploy with the division later this year.

"Wolfhounds" at Schofield from 2001 to 2003.

Guthrie, who will deploy with the division in support of Opera-

tion Iraqi Freedom, later this year, has a long list of credentials highlighting his leadership abilities. He has served as battalion S-3,

division's chief of operations, and brigade S-3 for the 10th Mountain Division; graduated from the Naval War College, and served at Human Resources Command, just to name a few.

"A true warrior and natural leader, I'm extremely excited and happy to have him on board as our chief of staff," said Caslen.

Guthrie briefly indicated the level of responsibility he places on himself as the new chief and the commitment he intends to provide at the division.

"I really only have one thing to say, and I have said it at every company, battalion and brigade change of command ceremony where I was the incoming guy, and that is this: the new guy should have very little to say and everything to prove," said Guthrie.

At the close of the ceremony, guests bid aloha to Eckstein and Guthrie as they presented both leaders and their families with lei, hugs and handshakes.

Senior Commander defines responsibilities

In Part One of a two-part series, MG Mason explains his roles in the 8th TSC and IMCOM-Pacific arenas

TRANSCRIBED BY SGT. STEPHEN PROCTOR
8th Theater Sustainment Command Public Affairs

FORT SHAFTER – Soldiers, families and our local communities feel the effects of constant deployments, Army transformation and certainly the ongoing changes with garrisons across the Army.

Here in Hawaii, Major General Raymond V. Mason, as the Senior Commander, oversees those changes in coordination with our Garrison Commander, Colonel Matt Margotta.

MG Mason also serves as the Commanding General of the 8th Theater Sustainment Command (TSC), one of three newly established Theater Enabling Commands of U.S. Army, Pacific (USARPAC).

Recently, LTC Michael Donnelly, 8th TSC public affairs officer, sat down with MG Mason to discuss his role as the Senior Commander and the responsibilities he has to the Soldiers, families and the civilian workforce stationed in Hawaii.

LTC Michael Donnelly: Sir, to the family members and Soldiers here in Hawaii, explain how the Installation Management Command (IMCOM) affects them.

MG Raymond V. Mason: The Army stood up IMCOM at the Department of the Army level several years ago to optimize and centralize most of the garrison functions. I think that was a strategically sound move because the Army's main goal is to achieve the highest standard of support



“It’s about empowering the garrison commander and his staff to execute their critical day-to-day mission of focusing on our primary customer – our Army Soldiers, families and Department of Army civilians.”

*MG Raymond V. Mason
Commanding General, 8th TSC*

every installation so that as Soldiers and Army families move from post to post they know exactly what to expect in terms of their quality of life.

LTC Donnelly: So where do you come in as the Senior Commander in the IMCOM plan?

MG Mason: At the core of my role, I make sure that our operational commanders’ requirements [25th Infantry Division, 501st Military Intelligence, 196th Infantry Brigade, 9th Mission Support Command, to name a few], here in Hawaii, are fully considered and factored into training, resourcing, budgeting and future infrastructure decisions, because each Army community does in fact have unique needs based on its geographical location and organizational structure that a centralized command (IMCOM) would not have the day-to-day visibility of.

In concert with this focus on units, I’m equally responsible for ensuring the quality of life needs of our individual Soldiers and their families are met.

LTC Donnelly: Explain the role of the

Senior Commander.

MG Mason: I really have three main functions as the Senior Commander. First, as I said earlier, I’m a spokesman, an advocate, for all of the operational commanders.

Secondly, I gather their requirements for ranges, facilities, barracks, motor pools, housing, MWR [Directorate of Family and Morale, Welfare and Recreation] programs and the day-to-day operations on an installation into a holistic consolidated plan.

Then finally, I lay out for the garrison commander what I think the priorities need to be so that we can go to our teammates at IMCOM and detail our immediate, near and long-term needs for U.S. Army Hawaii.

LTC Donnelly: And how are those requirements and priorities executed?

MG Mason: Col. Matt Margotta, and his professional team at U.S. Army Garrison-Hawaii, take care of the day-to-day activities of running our installations, and they make sure all our facilities and programs are of the highest quality possible.

As the Senior Commander, I provide overall strategic guidance, but at the end of the day, Col. Margotta’s team puts it into action.

To me, it’s about empowering the garrison commander and his staff to execute their critical day-to-day mission of focusing on our primary customer – our Army units, Soldiers, families, and Department of the Army civilians.

The other key role I play is to provide counsel and advice as a General Officer to the Garrison Commander’s staff, and I

SEE MASON, A-8

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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New Terms

The current title “Senior Commander” was formerly called “Senior Mission Commander” and traditionally filled by the 25th Infantry Division commanding general.

As operational tempo and deployments have increased, the 8th Theater Sustainment commanding general has assumed the role of Senior Commander for stability purposes.

The old term “USARHAW” (U.S. Army-Hawaii) is now called “Army Units Hawaii.”

and quality of life for our Soldiers and families at every installation across the entire Army, all the way around the globe.

It is IMCOM’s goal to ensure the Army achieves a common level of support at



Pic. Ashley M. Armstrong | 94th AAMDC Public Affairs

Standing strong

Sgt. 1st Class Willie S. Grimes, tanker, 1st Battalion, 14th Infantry Regiment, stands with a painting he painted after he was awarded a Purple Heart at a ceremony, June 6. Grimes received the award for wounds he sustained from an improvised explosive device while serving as a sniper during a mission in Sadr City, Iraq, last April.

Absentee voting kicks off

CARRIE MCLEROY
Army News Service

WASHINGTON – The nation will select a president in the 2008 elections and 34 senators, 435 congressmen, 13 state governors and thousands of local officials. As in the past, officials said the military vote promises to play an integral role.

In the 2004 general election, 79 percent of service members voted, compared to 64 percent of the general public, according to the Department of Defense’s 2005 Federal Voting Assistance Program (FVAP) report. Those numbers were up 15 percent from 2000.

“Voting assistance officers [VAOs] are working hard to ensure absentee ballots get into the hands of our Soldiers, DA [Department of the Army] civilians, and their family members who need them, in a timely manner,” said Brig. Gen. Reuben Jones, the adjutant general of the Army and senior service voting representative.

Voting rights of military, certain family members and other citizens residing outside the U.S. are covered by the Uniformed and Overseas Citizens Ab-

sentee Voting Act. The FVAP carries out the responsibilities of the Act. In an effort to raise voting awareness throughout the services, the department has designated several absentee voting events throughout the year: Overseas Citizens Voters Week (June 28 to July 7); Armed Forces Voters Week (Aug. 31 to Sept. 7); and Absentee Voting Week (Oct. 12 to 18). During these weeks, VAOs will facilitate voter registration drives, distribute forms and provide service members and their families with important absentee voting information.

“One of the freedoms we defend as Soldiers in the Army is the right to vote. It amazes me how many people take for granted the freedom to vote,” Jones said. “Every vote counts, and yours should be one of them.”

Military-connected personnel can use the Federal Post Card Application (FPCA) for registration and an absentee ballot request.

“While the military can’t tell you to vote, we can supply you with the resources to vote,” Jones said, “especially for those who are out-of-state voters, but absolutely for those who are deployed.

LIGHTNING SPIRIT

Roever inspires, turns ‘scars into stars’

CHAPLAIN (LT. COL.) MARSHALL H. PETERSON
8th Military Police Chaplain

At O’ dark thirty (4:30) Wednesday morning recently, I climbed out of a comfortable bed in the den – one place I could sleep without disturbing my wife, stumbled out the door without the usual 20-ounce mug of coffee, and traveled down the road to Fort Shafter’s Hale Ikena to hear a man named Dave Roever at the U.S. Army, Pacific, Chaplains’ Prayer Breakfast.

Roever was the son of a preacher man in south Texas. He came from a fine family and hoped to be a preacher himself, eventually. Only one obstacle stood between him and his goal.

In 1969, at the height of the Vietnam War, he received a draft notice. Not being exactly Ranger material, Roever set his sights on the Navy. After all, “there was no way the Navy could float a battleship in a rice patty!” he recalled.

But 180 days later, his crew came under fire. While serving as a riverboat gunner in the elite Brown Water Black Beret in the Mekong



Peterson

Delta area, Roever was severely wounded, July 26, 1969.

As he prepared to throw a grenade toward the enemy, a sharpshooter hit him in the hand. His white phosphorous grenade exploded six inches from his face, burning him beyond recognition.

“I looked down and saw my face on my boots,” Roever said. (Phosphorous grenades burn at 5,000 degrees, one half the heat of the sun).

“I fell over backwards to the ground. I did not have to take my pulse to see if I was still alive; I could see my heart beating!”

So severe were his burns that when his crew placed him on a litter, he burned right through it, falling to the ground.

Roever’s injuries should have ended his life. Both his boat and air rescue crews thought he was dead.

For the next few years, his fight back to a fruitful, productive life was nothing short of legendary. Roever would spend 14 months at Brooke Army Medical Center. It was there that his childhood sweetheart, now his wife, Brenda, found him.

In a moment of incomprehensible wonder, she leaned over him, kissed what should be his face, and said, “I love you, Dave.”

With his faith in the God of his childhood and his wonderful wife, he knew he would make it back.

Thirteen burn victims on his ward at Brooke would die of injuries, but Roever lived. Enduring 15 major surgeries, the man named Dave Roever would bring a powerful, hopeful message of inspiration to the world.

After hearing Roever’s story, the question comes to mind, “So what’s my problem today?” I cannot help but put life into a “little bit” better perspective after hearing Roever’s words.

Even more impressive than his eloquence is

SEE SPIRIT, A-8



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

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

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

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

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

Voices of Lightning: What are you doing for your dad on Father’s Day? (No peeking dads!)



“I want to give him a present, juice and cake.”

Alex Dameron
4 years old



“We’re giving him presents and then going to Sea Life Park.”

Alyx Duddenhoeffer
1 year old



“I’m making my dad a Father’s Day card, and I wrote a letter. I also bought him cologne.”

Delyla Francis
8 years old



“We make daddy breakfast in bed; we’ll give him his presents and then go to church. We take him out to dinner, too.”

Hailey Williams
7 years old



“We’re taking daddy out to Benihana’s [restaurant], giving him a card and tools.”

Jasmine Francis
4 years old

Wolfhound multitasks to keep Iraq safe

CAPT. BRIAN SWEIGART
1st Battalion, 27th Infantry Regiment

CAMP TAJI, Iraq — Since Sept. 11, 2001, New Yorkers have been at the epicenter of the war on terror, and a Multinational Division-Baghdad Soldier, an infantryman assigned to Company A, 1st Battalion, 27th Infantry Regiment “Wolfhounds,” 2nd Stryker Brigade Combat Team, is continuing that tradition.

Spc. Michael Ortiz, a native of Riverhead, N.Y., deployed in support of Operation Iraqi Freedom and is conducting missions daily to secure the citizens of Iraq.

Two and a half years ago, Ortiz enlisted in the Army to serve as an infantryman. He said his father and his stepfather’s service as a Seabee and infantryman influenced him to join the military.

He arrived at Schofield Barracks in December 2005, was assigned to Co. A and immediately began training and taking in the island lifestyle.

“Before deploying, I was really into surfing and hanging out with the guys on the beach,” Ortiz said. “When I get back, I want to get better at surfing and take my Denny Pang board out to Sunset Beach.”

When it came to training for the deployment, he strived to be the best with-

out taking shortcuts. His motivation and desire to learn resulted in his selection to serve as one of the company marksmen prior to deployment.

“In May 2007, I went to ... school at Fort Benning, [Ga.], and it was one of the best schools I have been to in the military,” Ortiz said.

His hard work and training culminated in December when his unit deployed to the Taji Qada, northwest Baghdad.

“I expected it, so I was ready,” he said. “I was not nervous, and I was excited to see a new culture.”

Thus far, the deployment has kept Ortiz busy. In addition to being employed in his assigned role, Ortiz has worked in the Personal Security Detachment for the commander and as a unmanned aerial vehicle operator for the company.

“On [our] missions, we overwatch areas of interest for the company and look for improvised explosive device emplacements and suspicious activity,” said Ortiz, adding that he typically operates at night.

Beyond the overwatch missions, Ortiz has served as an integral part of other security missions in the Taji area, to include the capture of two high-value individuals and multiple weapons caches con-

sisting of rocket-propelled grenades and mortars.

Ortiz is “very dedicated to the mission and always accomplishes it with minimal supervision,” said Capt. Lucas Yoho, commander, A Co. “He’s a team player.”

The numerous missions have also brought Spc. Ortiz into close contact with local residents in the area.

“The locals have all been friendly, but the language barrier gets in the way a lot,” Ortiz said.

One area that the language has not impeded the cross-cultural experience for Ortiz is with food.

“I’ve tried the Iraqi cuisine, as they always offer it to us first as their guests,” he said. “It’s good, but it’s not like New York pizza!”

While deployed, Ortiz is continuing to look toward the future by taking college classes online and preparing for his next move. He said he’s considering staying in the military with the goal of becoming a special forces operator or warrant officer.

In the meantime, Ortiz continues to carry on the tradition of excellence, and he patrols the streets to help secure the people of Iraq. At the end of the road, he knows Riverhead and his family will be waiting and ready for his safe return.



Spc. Michael Ortiz assists the Iraqi Army in securing the northern region of the Taji Qada, May 18. Ortiz is an infantryman assigned to Company A, 1st Battalion, 27th Infantry Regiment, 2nd Stryker Brigade Combat Team.



Brian Melaneph | 9th Mission Support Command Public Affairs

A welcome reprieve

HONOLULU — Lt. Col. Juan Diaz, 411 Engineering Battalion commander (left), and members of the 9th Mission Support Command (not pictured) welcome Army Reservists from the 400th Combat Support Platoon (CSP), during their stopover at Honolulu International Airport, June 3.

Soldiers from the 400th CSP received lei, hugs and food while they waited for their connecting flight to American Samoa.

The Soldiers had just completed their year-long deployment to Iraq.

Medical team prepares Northern Marianas for bird flu

KEVIN DOWNEY

Tripler Army Medical Center Public Affairs

SAIPAN, Northern Marianas — More reality-based than reality show, a U.S. Pacific partnership tested the U.S. Commonwealth of the Northern Marianas Islands' ability to deal with overwhelming disaster, May 22, the first exercise of its kind.

Led by Pacific Regional Medical Command's Chief of Preventive Medicine, Dr. (Col.) Michael Brumage, exercise directors simulated an outbreak of avian influenza, commonly called bird flu, on the three commonwealth islands — Saipan, Tinian and Rota.

"This exercise creates a better understanding of what their needs are in the event of a true pandemic here and how we might deliver relief," Brumage said. "The U.S. commonwealth islands have their own pandemic emergency response plan, and this is an opportunity for them to exercise their own plan."

"Unfortunately," Brumage continued, "to conduct exercises like this, it requires a number of resources the islands don't have, which is where we come in."

Using Federal Emergency Management Agency's National Incident Management System (NIMS), a command structure for crises, U.S. and island health officials set up headquarters in Saipan, the largest and most populated island in the chain.

Emergency Operation Centers in the outer islands of Tinian and Rota funneled local disaster information to the headquarters, enabling swift, organized communication to national leadership.

"Drills like this are essential for the preparedness of our local government and



Photo by Spc. Pedro Garcia

Col. (Dr.) Michael Brumage, chief of Preventive Medicine, Pacific Regional Medical Command, familiarizes himself with graphic representations of the Commonwealth Islands. About him, exercise directors discuss information funneling in from Tinian and Rota.

the community at large," said Joseph Kevin Villagomez, commonwealth public health secretary. "During disaster time, it's very difficult figuring out what we need."

Island officials are experienced in dealing with a number of frequently occurring natural disasters, including typhoons, earthquakes and volcanic eruptions.

"A pandemic is a more protracted disaster, lasting weeks or months," Brumage said. "A key part of this exercise was managing emergency responders and staff members efficiently to decrease immediate burnout."

Preceding the one-day exercise, subject matter experts from the co-located Honolulu Veterans Affairs and Tripler Army Medical Center presented facts about emer-

gency preparedness to members of local health centers and government officials on each island.

Topics discussed were the intricacies of NIMS and nonpharmaceutical intervention, such as isolation and quarantine.

"We've gathered valuable information here to prepare us in a pandemic influenza emergency," said Julian Calvo, Rota's

Health Center director. "We focused on tying together strategic planning to what is actually happening on the ground on an individual level."

Stephen Yamada, Tripler's infection control and epidemiology officer, said often overlooked in an infectious outbreak is the importance of nonpharmaceutical intervention.

"Once a pandemic starts, more than likely there won't be enough antibiotics for the population," he said. "Also, there more than likely won't be a vaccine against the strain of the virus causing the outbreak," Yamada explained. "That's where intervention by isolation, quarantine or other infection control measures can be effective in controlling the spread."

The multiagency exercise team also included members of the Joint Task Force for Homeland Defense, Center for Disease Control (CDC), Quarantine Station Honolulu, and Pacific Disaster Management Center.

Health and Human Services members participated live from San Francisco, as did staff from the CDC's national influenza stockpile in Atlanta.

Brumage, who is transitioning into his new role as commander of Schofield Barracks Health Clinic, recently organized another prominent first. In March, he led an interagency partnership to send the Defense Department's entire stock of excess flu shots to U.S.-affiliated islands in the Pacific.

His efforts helped immunize tens of thousands of people over millions of miles against the year-round threat of influenza in those tropical environments.

Wounded Warrior gives local reps new name of 'AW2 advocates'

U. S. ARMY HUMAN RESOURCES COMMAND

News Release

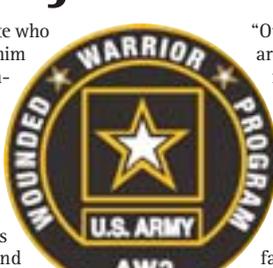
WASHINGTON — The U.S. Army Wounded Warrior (AW2) Program is proud to announce the new name for its local representatives: AW2 advocate. The new name replaces the former name of Soldier Family Management Specialist (SFMS).

AW2 advocate was selected because it better describes the comprehensive role these individuals have in assisting and advocating for severely wounded Soldiers and their families.

Upon entrance into the AW2 Program, each Soldier is assigned

to an AW2 advocate who personally assists him or her and the family. More than 75 AW2 advocates are located at or near military installations across the country.

AW2 advocates serve Soldiers and families in a variety of ways, including working with them to obtain full benefits, educational opportunities, and financial and career counseling, as well as helping those who want to stay in the Army and continue their service.



"Our AW2 advocates are truly champions for our Soldiers," said Col. Jim Rice, director of the Army Wounded Warrior Program. "They personally connect with Soldiers and families, supporting them in countless ways, for as long as it takes."

AW2 assists and advocates for the most severely wounded Soldiers by providing individualized support, throughout their lifetimes, wherever they are located, and regardless of their military status.

AW2 also assists the unique population of Soldiers who have, or are expected to receive, an Army disability rating of 30 percent or more in one of several specific categories.

Lt. Col. Gregory Gadson, an AW2 Soldier, spoke about his experience with the program.

"AW2 has been there for me and my wife throughout my recovery, addressing all of our needs," he said. "The support of

For more details on the Army Wounded Warrior Program, including a list of specific AW2 advocates, visit AW2's secure Web site, <https://www.AW2.army.mil>, or call 1-800-237-1336.

my AW2 advocate has been invaluable, and she has made sure that I'm taken care of. I trust her

to look out for me."

All wounded Soldiers are assigned to a Warrior Transition Unit (WTU) to focus on their recovery. Soldiers in a WTU receive focused support from the triad of care: a primary care manager, nurse case manager and military squad leader. Those Soldiers with extensive medical needs are simultaneously assigned to the Army Wounded Warrior Program and receive a local AW2 advocate to assist long-term.

3IBCT 'Broncos' train for Iraq deployment at PTA

After 3 weeks on Big Isle, units set sights on Iraq

**STAFF SGT. TIM MEYER AND
SPC. JAZZ BURNEY**

3rd Infantry Brigade Combat Team Public Affairs

POHAKULOA TRAINING AREA, Hawaii — As humvees drove up and stopped on the streets surrounding buildings, Soldiers filed out to set up security. Meanwhile, Gunners on the trucks kept watch while Middle Eastern music played over a loud-speaker.

Men in robes slowly approached, watching the Soldiers. A reporter and cameraman arrived from an Arabic-language news network.

Speaking through translators, Soldiers told civilians that they were going to search the surrounding area.

This scene was not in Iraq; however, Soldiers from 3rd Squadron, 4th Cavalry Regiment treated it with the same intensity during a time-sensitive target training mission, here.

The 3-4th Cav. Regt. and four battalions of the 3rd Infantry Brigade Combat Team (IBCT), 25th Infantry Division (ID), trained at the Pohakuloa Training Area (PTA) from May 12–June 4 as part of their preparation for deployment to Iraq later this year.

"I'm very impressed," said Maj. Gen. Robert L. Caslen Jr., commanding general, 25th ID, commenting on the training he observed. "And I'll give you an example. Four years ago, when I was the assistant division commander, we were teaching company commanders how to do close combat attacks. Today, I saw E-5s do it like it was nothing."

The 2nd Battalion, 27th Infantry Regiment; 2nd Battalion, 35th Infantry Regiment; 3-4th Cav. Regt.; and 3rd Battalion, 7th Field Artillery Regiment, all honed their squad-level tactics, including reflexive fire, glass house and shoot house training, to reinforce their patrol and room-clearing skills.

They also performed cordon and search and time-sensitive target training missions, where Soldiers secured an area, searched buildings, separated and searched suspects, photographed items such as weapons and information, and then took



Spc. Jazz Burney | 3rd Infantry Brigade Combat Team Public Affairs

Spc. Jason Williams, an automated logistics specialist assigned to A Company, 325th Brigade Support Battalion (BSB), plays the role of patient as combat medics Pvt. Kathleen Cooper and Sgt. Crystal Blanco from C Company, 325th BSB perform first aid during a convoy react to fire exercise.

terrorist suspects into custody.

To make the training realistic, Soldiers role-played as Iraqi civilians, interpreters and Arabic-language media.

"We're going to accomplish our mission [in Iraq] by building a strong team together, with the Iraq veterans helping the new Soldiers who haven't been there yet," said Caslen.

During the 3IBCT's last deployment to

Iraq, 20 percent of its Soldiers were Iraq veterans, and 80 percent were deploying there for the first time. For this deployment, the numbers are reversed, giving the brigade a wealth of experience to build upon during preparation, according to Col. Walter Piatt, 3IBCT commander.

"During the last deployment, we were engaged in various combat situations, so every training scenario is based upon what



Staff Sgt. Tim Meyer | 3rd Infantry Brigade Combat Team Public Affairs

Cpl. Ian Holmes, a radio telephone operator assigned to Headquarters, D Company, 2nd Battalion, 27th Infantry Regiment, 3rd Infantry Brigade Combat Team, negotiates a reflexive fire range during his unit's three-week training exercise at PTA.

happened downrange," said Capt. Jose Hernandez, A Company commander, 325th Brigade Support Battalion. "We emphasized the value of performing battle drills and learning the necessities to protect a battle buddy."

"The training included convoy operations, where they experienced simulated improvised explosive devices, reaction of battle drills, and the value of pre-combat inspections and checks," Hernandez added.

Training reinforced individual skills, such as weapons qualification, but also incorporated different levels working together, such as squads and companies conducting small-unit tactics.

On a larger scale, 3IBCT's artillery and infantry units worked in tandem during fire control exercises that included air support from the 25th ID's Combat Aviation Brigade (CAB) and some Air Force and Navy assets, all controlled by the 3IBCT's tactical operations center.

The 3IBCT worked with Air Force B-52 bombers, Navy FA-18 fighters from the USS Ronald Reagan, OH-58D Kiowa Warrior and UH-60 Black Hawk helicopters from the 25th CAB, Soldiers of the 706th Explosive Ordnance Detachment from

Schofield, and Army safety officials.

"I'd like to express a very special mahalo to the local communities of Kailua-Kona, Hilo and all of the local citizens on the Big Island who embraced our Soldiers with kindness during our many community events," Piatt said. "The hospitality of the local communities inspired all the Soldiers and reminded us why we serve."

"But most of all, I want to thank our Soldiers for their hard work and our NCOs [noncommissioned officers] and officers for their dedication and leadership. All of them made this a great success."

The 325th BSB provided medical support on the base and out on the ranges. Its Soldiers fired individual weapons for qualification and worked with the 25th CAB to conduct medical evacuation and sling load training with UH-60 Black Hawk helicopters.

Food service specialists from several different units in the brigade prepared food for the hundreds of Soldiers who ate in the base dining facility.

The Broncos will continue deployment preparations when they train at the National Training Center at Fort Irwin, Calif., in August.

Broncos host Asian-Pacific Heritage observance

SPC. DURWOOD BLACKMON
25th Infantry Division Public Affairs

SCHOFIELD BARRACKS — Representing an immense collection of languages, cultures and heritage, Asian-Pacific Americans symbolize a diverse and extensive segment in America's rich history, both past and present.

In honor of Asian-Pacific American Heritage Month, recently families, friends and honorary guests gathered at the 3rd Infantry Brigade Combat Team's F-Quad for an observance celebration.

The theme for this year's ceremony encompassed leadership, diversity, harmony and a gateway to success.

The event included performances by local artists such as Tilamo, Essence of Polynesia, Roy Sakuma, Nicholas Acosta, and the Kenny Endo-Lion Dance & Taiko, which entertained crowds of on-lookers.

In addition to artistic talent, a special guest speaker made an appearance at the observance.

Harvard-educated leader and former star athlete Mayor Mufi Hannemann of the City and County of Honolulu spoke about the importance of diversity and leadership.



Learn more about Asian-Pacific Americans in the military. Visit www.army.mil/asian-pacificsoldiers/index.html.

"This Samoan-American mayor standing before you today is the first native-born mayor in over 40 years," Hannemann said. "What does this say? It says we respect people from all walks of life from different ethnic backgrounds."

"It says we live the creed of Martin Luther King that people



Maj. Derrick Cheng | 3rd Infantry Brigade Combat Team Public Affairs

shouldn't be judged by the color of their skin, but be judged by the content of their character," he continued, "and that is what makes us special and unique."

During the ceremony, Hannemann praised the importance of "ethnic multiplicity" and the role

of the nation's military for its involvement in the local community, its ethnic diversity, and

Performers entertain family, friends and guests at the May 29, 2008 Asian-Pacific Heritage Month Observance at Schofield Barracks.

service to nation.

"Through it all, we have embraced diversity," the mayor said. "Through it all, we have been able to see that when people work together, when they pull together, good things happen, and the military is an excellent example of that."

"When you come from different parts of the United States, you represent different ethnic extractions," Hannemann added, "but at the end of the day, your goal is to keep our country safe, secure ... and work together in that regard."

The mayor wrapped up and said, "I am proud of the fact we live in the greatest country in the world."

Bacterial infection is preventable

Leptospirosis manifests flu-like symptoms

ED KEATING

Hawaii Multiservice Market Management Office

Hawaiian summers are typically warmer and drier than the winter months, and many military personnel, family members and visitors enjoy some of the most beautiful hiking opportunities in the country.

Several local hiking trails offer scenic, fresh waterfalls and inviting swimming ponds, but hikers must beware. Many freshwater ponds in Hawaii contain dangerous bacteria called leptospira, which cause a disease called leptospirosis.

Each year, the Hawaii Department of Health monitors reported cases of leptospirosis, and health officials are encouraging people to take preventive measures.

Recently, a critically-ill active duty member with leptospirosis was under care at Tripler Army Medical Center. The service member had been swimming in freshwater ponds along a popular Oahu hiking trail a week prior to the onset of flu-like symptoms.

To reduce the risk of contracting leptospirosis, take these measures:

- Do not swim, wade or play in freshwater or mud when you have cuts or abrasions.

- When swimming in freshwater, do not place your head underwater.

- Do not drink stream water without boiling or chemically treating it first.

- Keep water catchment collection areas free from overhanging branches and prevent access to these by animals.

- Drain potentially contaminated areas of standing water.

- Control rats, mice and mongooses around the home and at work sites.

- Vaccinate pets and farm animals. Known exposure sites and all state and county parks with fresh water streams or ponds are regularly posted with leptospirosis warning signs. Residents and visitors should use additional caution when coming in contact with freshwater streams or ponds.

Historically, two-thirds of Hawaii's leptospirosis cases occur during the warmer months when increased outdoor activity takes place and more people swim in freshwater streams or ponds.

Leptospirosis is a bacterial disease

that is primarily carried by rats and mice, although dogs, pigs, cattle and horses can also become infected. The disease is generally transmitted to humans by exposure to freshwater streams or ponds that are contaminated with urine from infected animals.



Learn more about leptospirosis at <http://hawaii.gov/health/>, or call the Oahu Disease Infection Branch at 586-4586.

Infection can take place when contaminated water enters the body through the mouth, nose, eyes or open wounds. Individuals who develop flu-like symptoms (high fever, severe headaches, muscle aches, nausea and vomiting) and have been exposed to freshwater streams, ponds or mud during the preceding three weeks, should immediately see a physician and inform them of any environmental exposures and skin wounds.

Left untreated, those infected with leptospirosis may develop kidney, liver, blood and nervous system damage. In rare cases, death may occur.

News Briefs

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

14 / Saturday

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

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

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

17 / Tuesday

Signal Corps Regimental Association – The Hawaii Chapter of the Signal Corps Regimental Association will host a luncheon June 17, 11:30 a.m.-1 p.m., at the Nehelani, Schofield Barracks. Brig. Gen. Robert Brown, assistant division commander-support, 25th Infantry Division, will be the guest speaker. The topic is "Information Technology and the Agile-Leader Mindset."

Cost is \$15. Call Maj. J.C. Norris, 311th Signal Command, 438-4221, or e-mail jan.norris@shafter.army.mil.

19 / Thursday

Farewell Ceremony – A Flying V ceremony will be held for Big. Gen. Francis J. Wiercinski, deputy commanding general, U.S. Army Pacific, June 19, 10 a.m.

at Fort Shafter's Palm Circle.

Marketing Yourself for a Second Career

– The Army Career and Alumni Program (ACAP) Center will sponsor a free seminar, "Marketing Yourself for a Second Career," June 19, 9-11:30 a.m., at the Small Post Conference Room, Schofield Barracks.

Call ACAP at 655-1028 for more information.

26 / Thursday

732nd Military Intelligence Battalion

– Lt. Col. Ronal J. Ocker will relinquish command to Lt. Col. Parker C. Pritchard at Schofield Barrack's Sills Field, June 26, at 10 a.m.

30 / Monday

Tropic Lightning Challenge Week – The 25th 's (ID) Tropic Lightning Challenge Week (TLCW) 2008 will kick off June 30 with a division run at 6:30 a.m.

No roads will be closed during the run, but drivers will experience significant traffic delays and are urged to use alternate routes between 5-8 a.m. A copy of the run route can be found on the Garrison's Web site, www.garrison.hawaii.army.mil, under the "Traffic Advisories" link on the left.

Other events during TLCW include the Tropic Lightning Challenge, ultimate football, soccer, basketball, volleyball, weapons assembly, tug-of-war, softball, a litter relay and golf scramble. There will be an awards ceremony July 2.

Call the 25th ID Public Affairs Office at 655-6341.

Spirit: Roever's attitude is one worth emulating

CONTINUED FROM A-2

his presence. I will never forget his humor, his hulk reaching out to encircle a service man in his arms, and his infectious love for life and others, which separates him to a company of one.

If Dave Roever has fought through to glory, turned his scars into stars through faith in God, what's keeping me down?

His story is one of supernatural intervention and fierce determination to fulfill his God-ordained destiny despite the multitude of scars. Immediately after his release from Brooke, Roever began his public ministry, speaking wherever doors opened for him.

Since 1976, his enthusiasm, contagious humor and heart-moving eloquence has exposed him to national and international audiences as diverse as schoolchildren, high school kids, clubs, businessmen, conventions, churches and military audiences from the continental U.S. to Vietnam.

Roever works extensively with the military and will be back in Iraq in December, this year, visiting sergeants major, speaking to audiences, large and small, in cities

and isolated outposts alike.

Everywhere he goes, Roever's message of hope uses his life's experiences and resonates with his audience, old and young, with practical answers to life's problems.

"Who is Dave Roever?" I think I found the answer. But a far more important question is, "Who is the God of Dave Roever?" Find the answer yourself.

The ancient wise man said, "If you seek me, you shall find me, if you search for me with all your heart. I will be found by you" (Jeremiah 29:13-14).

Dave Roever is the founder and president of two nonprofit corporations: Roever Evangelistic Association (REA) and Roever Educational Assistance Programs (REAP).

Roever is the author of four books: *Welcome Home, Davey*, his first autobiography; *Scarred*, an updated autobiography; *Nobody's Ever Cried for Me*, a collection of stories about youth and adults Roever has met; and *Magi Fountain, a Children's Fairy-tale*.

(Editor's Note: The Web site www.daveroever.org was a source for this article.)

Mason: Senior Commander explains roles

CONTINUED FROM A-2

provide recommendations to LTG Mixon, the United States Army Pacific commander concerning overall garrison capabilities and readiness. Additionally, I work very closely with Ms. Deb Zedalis, director of IMCOM-Pacific as she "rolls-up" all the garrison priorities for USARPAC units (Hawaii, Alaska and Japan).

LTC Donnelly: Sir, what is another tangible responsibility as the Senior Commander that the Army community in Hawaii will recognize?

MG Mason: I'm also an advocate and a spokesman for our families. In terms of housing, I interface with our outstanding Residential Communities Initiative partner Actus Lend Lease. Along with Col. Margotta, I look out for the health, welfare and morale of our Army families by overseeing the quality of our child care facilities, gymnasiums and other MWR facilities, and really, just making sure the community is well taken care of.

For example, the Army Family Covenant we signed a few months back is our charter, our pledge, our firm commitment to our families that we will give them the highest quality of life possible.

LTC Donnelly: What are your ties and

duties with the local community?

MG Mason: The other important role I serve is to interface with the greater community outside of our installations. In this role, I regularly meet and work with our magnificent hosts here in the beautiful State of Hawaii.

We in Army Hawaii have a solemn responsibility to be good neighbors and good stewards of the environment and to do everything we can to maintain a solid working relationship with our hosts. The members of U.S. Army Hawaii not only live in the Hawaiian community, but we are in fact part of that ohana, so we must respect and care for our fellow "local family members."

LTC Donnelly: Can you explain a bit about the community liaison role?

MG Mason: The Army is a big, visible organization with lots of people and equipment. We have helicopters flying, trucks moving and Soldiers participating in combat training across the State. All of that is necessary to ensure our Soldiers and units are combat ready and fully prepared to execute their mission of national defense — anything less would put our Soldiers and, in fact, our nation at risk.

Sometimes, however, I understand that

training can be an inconvenience to the community, and we owe it to our hosts to minimize the inconveniences.

I think the positive impacts of our Army in Hawaii, though, far outweigh any negatives. Soldiers and their families, along with the DA civilians in our Army community infuse more than \$1 billion into the Hawaii economy annually.

Over the past five years, the Army in Hawaii invested nearly \$1 billion in construction, much of that work done by local firms. In that same time frame, we've invested more than \$58 million in environmental and cultural programs at our installations, and we plan to spend another \$135 million in the next seven years to ensure the cultural sites, plants and animals located on our facilities are protected and cared for.

So we're really investing a huge amount of resources in being good stewards and protecting our community and the environment.

Let's face it, the Army needs the environment to stay healthy and sound because our Soldiers and families live and work in the same environment as every citizen of Hawaii.

(Editor's Note: In Part Two of the series, MG Mason discusses the Army's role in Hawaii and speaks directly to the U.S. Army Hawaii community and its Soldiers.)



NATIONAL SAFETY MONTH **make a difference** nsc.org/nsm

Birthday: Nation honors Army heritage

CONTINUED FROM A-1

will wrap up Saturday evening with gala balls.

The Army's top brass will gather with personnel from around the National Capitol Region, wounded Soldiers, and representatives from government and industry to celebrate 233 years.

Across the country. Army Accessions Command conducted cake-cutting and swearing-in ceremonies for future Soldiers at sporting events across the country throughout the week, including at the Florida Marlins game, Tuesday.

Still other events will take place at the Cincinnati Reds, Houston Astros, Baltimore Orioles and New York Mets games. Soldiers will throw out the first pitch during at least three of the

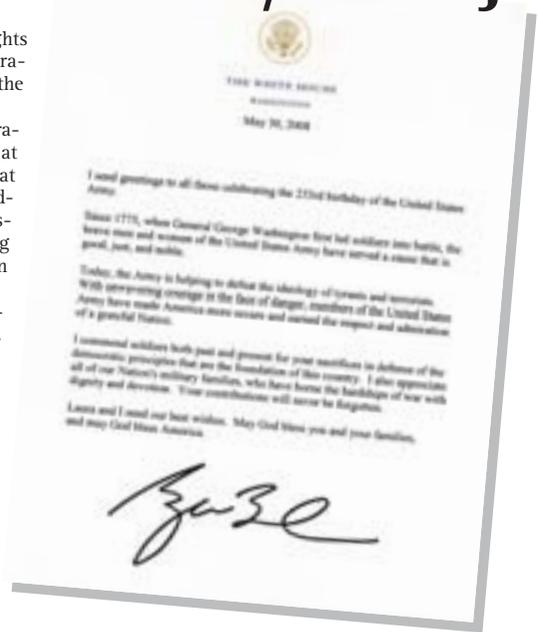
games, and the Golden Knights will conduct aerial demonstrations at the Mets game and the White Sox game, Saturday.

Special cake-cutting celebrations are also taking place at Chicago's Daley Plaza and at Redstone Arsenal, Ala. The Redstone event will include costumed interpreters representing about 12 different eras in American military history.

In Hawaii. Soldiers will attend the U.S. Army, Pacific, Army Ball, Saturday, at the Hilton Hawaiian Village.

During the 233rd birthday commemoration, USARPAC will honor the Noncommissioned Officer, Soldier, and Community Leader of the Year.

Pennsylvania Avenue penmanship. In a letter honoring the Army's birthday, President George W. Bush commends Soldiers and families for their sacrifices during a time of war. Visit www.army.mil/birthday/233.



Spc. Steven Langridge provides a perfect salute during the Command Sergeant Major Board, Tuesday, at Schofield Barracks.

Warrior: Community reaches out to Soldiers

CONTINUED FROM A-1

and most of the community members here don't get to meet USARPAC Soldiers from Japan and Alaska."

"It was a good opportunity to meet higher-ranking people," added Spc. Felipe Ortiz-Lopez, a technical engineer representing U.S. Army, Japan. "Normally, as a junior enlisted Soldier, you don't really get a chance to do that."

Also worked into the week was an opportunity for Soldiers and their sponsors to see some of the sights and sounds of Hawaii. Members of the community set up trips to the Polynesian Cultural Center and the USS Missouri and Arizona, to name a few. They also provided rooms at local hotels free of charge after the competition.

"The community is reaching out to recognize the service of our Soldiers in any way they can," Zettlemoyer said. "The community would like to take the Soldiers and NCOs of the Year from across our command and have them for the whole week, if they could."

The candidates continued Tuesday with the Command Sergeant Major Board, essay and test. Soldiers can receive a maximum of 100 points for the board and 25 points for the essay and test. Zettlemoyer said the competition is still wide open.

"I think the board was excellent as evidenced by the points the competitors received so far," he said. "The difference between the top three places is very small, and everyone is still in the running."

Throughout the rest of the week, Soldiers conducted pre-combat inspections, a media interview, M-16 qualification, the Army physical fitness test, day and night urban orienteering courses and Warrior Task Testing.

"How can you go wrong with the young Soldiers you see here today?" asked Lt. Gen. Benjamin R. Mixon, commanding general, USARPAC. "You are already winners, but someone has got to take the number one slot. You will be competing for the honor of representing this command."

HAWAII **ARMY** WEEKLY

PAU HANA

www.25idl.army.mil/haw.asp

"When work is finished."

FRIDAY, JUNE 13, 2008



Children in the Family Child Care program help blow out candles on birthday cakes. They celebrated the 233rd birthday, Tuesday, with games, a lesson on Army history and the chance to try on uniforms.



Family members and their child care providers line up to sign the birthday banner, Tuesday, at Canby Field, Schofield Barracks. The banner, which was decorated with family photos, will be laminated and hung outside the Family Child Care office.

Story and Photos by
STEPHANIE RUSH
Pau Hana Editor

SCHOFIELD BARRACKS - "Turning 233 years old means there's a lot of candles on a birthday cake, doesn't it?" asked Sgt. Maj. Errol Snyder, operations sergeant major, 2nd Stryker Combat Brigade Team (SBCT), 25th Infantry Division.

The Family Child Care (FCC) offices of Aliamanu Military Reservation, Fort Shafter, Tripler Army Medical Center, Helemano Military Reservation, and Schofield Barracks held a joint birthday celebration, mirroring others going on throughout the world in honor of the Army's 233rd birthday, June 14.

Snyder read from a storybook on the Army's 233rd birthday to a crowd of nearly 60 children, child care providers and staff at a birthday celebration, Tuesday, at Canby Field.

According to Danna Foster, director, Schofield Barracks FCC, the local celebration was just like any other birthday, complete with cake and singing "Happy Birthday."

However, commemorating the Army's birthday is more than just fun and games. The occasion teaches children about the Army, its history and how everyone, from Soldiers to family members to



Sgt. Douglas M. Kollar, team leader, rear detachment, 2-14th Cavalry Regiment, helps 4-year-old Carlin "Mykel" Stokes, son of Spc. Lili Stokes, Headquarters and Headquarters Company, 45th Special Troops Battalion, try on a Kevlar helmet at the birthday celebration, Tuesday, at Canby Field, Schofield Barracks.

civilians, are part of one Army family.

"I believe during this time of war, with one brigade in Iraq and another brigade preparing to deploy, celebrations like this, stating who we are - [members of the] Army family - help children and families realize we are all in this together," Foster said, "and we will work together as a team for the best possible outcome."

"We are all here for each other, and we will all support each other because we are part of the Army Team," she added.

Children signed a large birthday

banner, which read "Happy 233rd Birthday U.S. Army from FCC." They glued pictures of their families onto the banner, which will be hung outside the FCC office, Building 645, on Leilehua Avenue, Schofield Barracks.

After decorating the banner, playing parachute games, and blowing bubbles, Soldiers from the 2nd SBCT helped the children try on Army uniforms. They let the keiki play with tools like shovels, radio phones and binoculars.

Unlike children who go to Child Development Centers on post, children in the FCC program are cared

for in an on-post home with up to five other children. The FCC is responsible for overseeing the home child care program, as well as for training and supporting military spouses who want to operate a home day care.

On The WEB
Download your free copy of the Army Birthday story book at www.army.mil/birthday/233/.

Even though each FCC provider operates independently, coordinated activities like the Army birthday celebration and the Month of the Military Child celebration's field day, held April 25, provide an opportunity for children and providers to meet others in the program and belong to a group.

"Functions like this build a camaraderie in the FCC team and allow children to meet and work with other children their age," Foster explained. "It's a time for social gathering and celebration, a change from the routines of the day."

She added, "Celebrations like this give opportunities outside the normal day [for parents] to participate in their children's lives and enjoy being an Army family."

Other birthday celebrations

• At Aliamanu Military Reservation

The Child Development Center (CDC) celebrated the Army birthday, Thursday. Parents and children listened to a reading of the Army birthday storybook, completed a craft activity, and enjoyed cake and punch.

• At Helemano Military Reservation

The CDC will celebrate the Army birthday, today. Soldier parents will read the Army birthday storybook to children. Activities will be held in every classroom, and the mural "Why We Are Army Strong Kids" will be displayed outside the classrooms. Guests will enjoy cake.

School Age Services celebrated the birthday throughout this week. Children wrote patriotic stories, which were displayed around the center. Using people in families, history and other patriotic events, children created a "path of patriotism," which was done in groups and pieced together. Older children used the Internet, books and family stories to create birthday cards.

Parents were invited to share patriotic stories or experiences with the children, as well as to attend the pool party and cupcake decorating, today.

• At Fort Shafter

The CDC celebrated the birthday, Wednesday. The center was decorated with flags and patriotic streamers, forming a maypole. In each classroom, a military parent read the birthday storybook. Various activities were included in the day's lesson plans. Everyone enjoyed cake and juice for a snack.

The Middle School and Teen Center will celebrate the Army birthday, Saturday, with a barbecue, kite making and poster design activity.

• At Schofield Barracks

The Teen Center celebrated the birthday, Monday and Wednesday. Monday, teenagers participated in a cupcake decorating contest, a barbecue and cake walk. Wednesday, they visited the Tropic Lightning Museum to learn about the past and present accomplishments of Soldiers.

The Peterson CDC will celebrate the birthday, today. The front lobby will be decorated in red, white and blue streamers, and a collage of Army children's pictures will be displayed. Parents have been invited to classrooms to enjoy cake.

The Schofield Barracks CDC will celebrate the birthday, today, too. Children in all classrooms will make a large poster-sized card for each age group and invite parents to sign the poster. Two retired Soldiers and three active duty parents, serving as guest speakers, will read the Army birthday storybook. Cake will be served in the afternoon.



13 / Today

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

The 20-foot x 25-foot reserved areas are the only place inside the Fourth of July Spectacular event where canopies, barbecues and other picnic gear will be allowed.

Non-MWR-eligible patrons can begin making reservations June 16. Each area costs \$60, and cash and checks will be accepted. Call 655-0111/0112.

14 / Saturday

Keiki Krafts – The Arts & Crafts Center, Schofield Barracks, will host a special arts session designed just for children, June 14, 1:30-3:30 p.m., at the Arts & Crafts Center. The program is designed for children 5-12 years of age. Cost is \$12 per child. Call 655-4202.

16 / Monday

Spouses in the City – Join the Blue Star Card Program for a fabulous day of shopping at the Ala Moana Shopping Center, June 19, 9 a.m.-3 p.m. Reserve a seat by June 16; call 439-2911 or e-mail sarah.r.horrigan@us.army.mil.

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

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

The class will be held June 16, 9-11 a.m., at ACS, Building 2091 at Schofield Barracks. Call 655-4227.

17 / Tuesday

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

This program is open to children ages 3-12. Weekly story times are available at all libraries and other events.

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

Pick up a summer reading program pack-



Staff Sgt. Tim Meyer | 3rd Infantry Brigade Combat Team Public Affairs

'Do you wanna ride?'

SCHOFIELD BARRACKS -- Adam Hayes, son of Alicia and Maj. Edward Hayes, planner for 3rd Infantry Brigade Combat Team (3IBCT), takes a quick moment to engage a photographer at 3IBCT's Family Day, June 4. Soon after, the youngster busily explored the military vehicle as his dad looked on.

et at your local Army library. Registration is required. Visit your local Army library for scheduled events or to pick up a reading program packet.

19 / Thursday

Texas Hold 'Em Poker – Put on your best poker face and test your skills against the best of the best in this free tournament, June 19, 6-9:30 p.m., at the Tropics, Schofield Barracks. All ID cardholders 18 and older are welcome, but only the first 120 will be able to play. Call 655-0002.

Free Investment Information – Interested in investing? Access the Morningstar Library edition via Army Knowledge Online. Get direction in choosing funds for stocks; definitions of investment terms; independent opinions on stocks, mutual funds and screeners; a portfolio X-ray to help you make solid investment decisions; and other tools.

The Sgt. Yano Library, Schofield Barracks, will host a hands-on session, June 19, 2-6 p.m. The free program is for Soldiers and their family members. Call 655-8001.

New Parents' Resource Workshop – The New Parent Support Program will hold a Resource Group Workshop, June 19, 9:15 a.m.-11 a.m. at Army Community Service (ACS), Building 2091, Schofield Barracks.

The workshop, available for new parents, provides important information on the Nurturing Parent curriculum, resources available in the community and short videos on preventing shaken baby syndrome and basic newborn care.

Call 655-4227 to register. Seating is limited to the first 20 participants.

20 / Friday

Drawing Duo Night – June 20 is the deadline to register for the Blue Star Card's fun evening of Pictionary and complimentary pupus, scheduled for June 25, 6-8 p.m., at the Nelehani, Schofield Barracks.

Free child care will be available, but spaces are limited. Call 438-0376 or e-mail Darlene.j.marshall@us.army.mil for reservations.

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

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

Soldiers and their family members are el-

igible to participate and essays should be dropped off at Army libraries by close of business, June 20.

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

23 / Monday

Baby Massage – Babies are intuitive, and their sense of touch is highly developed. In addition to many health benefits, the time spent massaging your baby greatly increases your communication and helps to understand your baby's moods, needs, desires and expressions.

Army Community Service's New Parent Support Program will hold a massage class, June 23, 9-11 a.m., at the Sgt. Yano Library, Schofield Barracks. The class is limited to 10 parents with their babies. Babies should be 4-8 months old. Call 655-4227 to register.

25 / Wednesday

Chat 'n Charm Evening – June 25 is the deadline to register for the Blue Star Card's fun night of jewelry making and socializing at the Schofield Barracks' Arts & Crafts Center, scheduled for June 28, 6-8 p.m.

Admission is \$14 and includes patriotic-themed materials to craft a charm bracelet. Call 655-4202 for reservations.

26 / Thursday

Ke Kani O Ke Kai Summer Concert Series – The Waikiki Aquarium will continue its annual oceanside concert featuring some of the island's top performers. The series will highlight singer-songwriters and feature live entertainment on the lawn, food by various restaurant partners and fun for the entire family.

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

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

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

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

27 / Friday

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

28 / Saturday

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

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

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

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

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

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

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

•June 16: USS Missouri Memorial Museum, Ford Island, 11 a.m. Call 455-1600, ext. 247. The performance is free, but admission to the museum is required.

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

•June 17: Kaimuki Library, Honolulu, 5 p.m. Call 733-8422.

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

•June 18, broadcast of the June 15 concert, KHPR 88.1 FM, 3 p.m. Call 955-8821.

"Brick Art" Lego Presentation – Pearl-ridge Center's Uptown and Downtown Center Courts will showcase Nathan Sawaya's Lego creations, June 14-July 20, as part of Hawaii's yearly free summer educational presentation.

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

In addition to the large-scale sculptures, an interactive play area will allow families to let their imaginations run wild and build their own creations Saturdays and Sundays for the duration of the exhibit.

The presentation will be available during center hours.

15 / Sunday

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

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

For reservations, call 983-7827 or visit

www.starofhonolulu.com. Kamaaina/military rate is \$52.13 for adults and \$31.13 for children (3-11) with valid ID.

17 / Tuesday

Free Online Job Training Classes – Attend job search training from your home or office. All you need is a phone and a computer.

Join Army Community Service June 17, 10-11 a.m. for a class on Strategies for Private Sector Resume Writing. Register at www.acshiemployment.com and click on the TeleSeminar link under the Virtual Classes header.

19 / Thursday

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

20 / Friday

Employment Orientation – Prepare for the job you want. Attend an Army Community Service (ACS) Employment Orientation and get employment information on federal, state, private sector and staffing agencies. Reference materials, job listings, computers, Web tour and more will be available for use.

Orientations will be held at Schofield Barracks, ACS, June 20 and 27, 9-10:30 a.m.

Child care vouchers are available if children are registered and space is reserved by a parent. Call ACS at 655-4227 or register online at www.acsclasses.com.

21 / Saturday

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

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

Call 1-877644-4896 or visit www.uss-missouri.org



Send announcements to community@hawaiiarmyweekly.com.

13 / Today

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

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

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

14 / Saturday

Hawaii Wartime Historical Tour – Historian Steven Frederick will host a four-hour walking tour to sights of World War II events, June 14, 1 p.m. The tour will include locations in downtown Honolulu and Chinatown. Comfortable shoes are recommended.

For reservations, contact Steven Frederick, 395-0674 or filmguy54@hotmail.com. Tickets are \$20.

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

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

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



Aliamanu (AMR) Chapel 836-4599

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

Fort DeRussy Chapel 836-4599

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

Fort Shafter Chapel 836-4599

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

Helemano (HMR) Chapel 653-0703

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

Main Post Chapel 655-9307

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

MPC Annex, Building 791

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

Soldiers Chapel

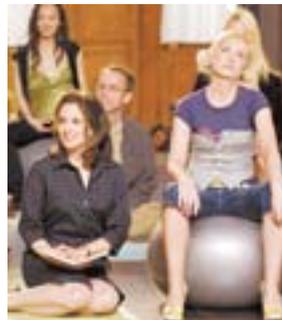
- Catholic Friday-Saturday, noon – Adoration
- Liturgical Sunday, 10:30 a.m. – Worship

Tripler AMC Chapel 433-5727

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

Wheeler Chapel 656-4481

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



Baby Mama

(PG-13)
Friday, 7 p.m.
Saturday, 4 p.m.
Wednesday, 7 p.m.

Deception

(R)
Saturday, 7 p.m.



Nim's Island

(PG)
Sunday, 2 p.m.

Forgetting Sarah Marshall

(R)
Thursday, 7 p.m.

No shows on Mondays or Tuesdays.

DVDs address issues related to deployment

Two separate DVDs encourage children, teens to share their military experiences

TRICARE MANAGEMENT ACTIVITY
News Release

FALLS CHURCH, Va. — Military pediatricians and youth professionals have developed DVDs to help military children understand and deal with the emotions related to a family member's deployment.

The U.S. Army Medical Command and the American Academy of Pediatrics have produced "Military Youth Coping with Separation: When Family Members Deploy."

For elementary age children there is the "Mr. Poe and Friends Discuss Reunion After Deployment" DVD. The animated host, Mr. Poe, mentors and provides guidance to children

and family members as they discuss deployment.

Maj. Keith Lemmon, an Army pediatrician and adolescent medicine subspecialist, first became aware of the need for more support for deployed families when he was sent to Afghanistan in 2002.

The experiences of Maj. Lemmon and his family during his deployment inspired him to address the affects of deployment on adolescents. His wife, a teacher, suffered with situational depression and his son's behavior changed negatively.

While "Military Youth Coping with Separation" tackles numerous issues teens face during deployment, including fear of injury or death, and stress brought about by changes in the home, the DVD also offers coping techniques for dealing with the absence of a parent or loved one.

"Our goal is to reduce the anxiety and fear surrounding a military deployment, and let children

know they are not alone in the struggles their families are facing," said Lemmon.

Lemmon decided to make the DVD peer to peer, with teenagers relating their own deployment-related stories and offering advice.

Videos are available for online viewing at the American Academy of Pediatrics Deployment Support: www.aap.org/sections/unifserv/deployment/index.htm. Order DVDs through Military OneSource, 1-800-342-9647 or www.militaryonresource.com/skins/MOS/home.

"We know adolescents are more comfortable discussing these kinds of emotional issues with each other rather than adults," Lemmon said.

Cameron Lucke, a teen whose family experienced deployment, guides viewers through candid interviews with other military teens. The interviews capture true feelings and coping strategies of military youth.

Teens interviewed advise their peers to listen to the deployed parent rather than the media or to avoid watching the news completely. The teens also encourage others facing the same issues to speak to someone. Recommended sources of support are family members, friends or trusted adults, such as a teacher or their doctor.

For younger children, "Mr. Poe and Friends," uses cartoon characters to talk about deployment issues. The animated Poe interacts with families at the airport as they await the return of their deployed loved ones. The video features the voices of real military children, parents, and youth serving professionals who have experienced deployment.



Up, up and away! Students pull on a parachute to launch balls into the air during Hale Kula Field Day activities. The annual event gives students and teachers a much-needed break at the end of the school year.

Hale Kula ends year with mega fun

Annual field day keeps keiki of all ages aglow with smiles

Story and Photos by
SGT. DAVID HOUSE
8th Theater Sustainment Command Public Affairs

SCHOFIELD BARRACKS — Run, jump, catch! Having fun was the order of the day for both students and 25th Infantry Division Soldiers participating in field day activities at Hale Kula Elementary School, May 28-29.

"Field Day is an event held at the end of the year and is designed to give the students a chance to have fun as well as give the teachers a much-needed break to finish up paperwork and grade exams," said Ellen Petry, Parent Community Networking Center facilitator and event coordinator.

Parents, as well as Soldiers from the 25th ID Special Troops Battalion, volunteered their time during the two days to help run the events.

"This was a change of pace," said Maj. John Henderson, 25th ID STB executive officer. "It offered the Soldiers a chance to give back to the community, as well as expose them to



Leaping pillowcases! Students hop toward the finish line in the potato sack race during the field day.

the different community relation programs the 25th has to offer."

"Changing up the daily routine is always a good thing," added Staff Sgt. Nancy Sainz,

volunteer noncommissioned officer in charge. "Being involved helps benefit and bring the community closer, and even though many do not have kids of their own, the Soldiers were still willing to give 110 percent."

Instead of traditional physical activities, games such as potato sack races, soccer ball relay and water balloon toss put a smile on even the biggest kids' faces.

"Being able to participate and having fun with the kids was a way we made sure that they themselves had fun," said Pvt. Joshua Sweet, 25th ID STB.

Culminating the 2007-2008 academic school year, the annual event is just another way to bring the community closer.

"We love having Soldiers help out with events like these," said Principal Jan Iwase, Hale Kula Elementary School.

Petry was also appreciative of the support that everyone put forth.

"We couldn't have done it all without the support of the parents and Soldiers," she said. "We love to have the Soldiers' support whenever we can get it."

Hale Kula's last day of school was June 5. Students return July 30.



14 / Saturday

Deep Sea Fishing – Don't miss your chance to catch the big one, June 14. Outdoor Recreation will provide transportation, a cooler with ice, snacks and drinks. Space is available for groups up to six. Cost is \$130 for a half-day session. Call 655-0143.

Hawaii Championship Wrestling – Be front and center for the best action local wrestling has to offer, June 14, 7-9 p.m., at the Tropics, Schofield Barracks. Call 655-0002.

18 / Wednesday

Workout Without Walls – Trying to get in shape but the same old routine has you unmotivated? Outdoor Recreation will offer a brand new program, giving the chance to try a different workout in a new location every week.

The workouts begin June 18 and run every Wednesday, 9-11 a.m. The only thing each session will have in common is that they're all outside. Each session costs \$10. Call 655-0143 for reservations.

Ongoing

Summer Hours at Army Pools

– The Aliamanu Military Reservation (AMR) and Helemano Military Reservation (HMR) pools are now maintaining their summer hours of operation. The pools, which opened Memorial Day, will remain open through October 14, Discoverer's Day.

Schofield Barracks's Richardson Pool and the Tripler Army Medical Center's pool will maintain their current hours of operation throughout the year.

Call 655-9654 or visit www.mwrarmyhawaii.com for the full schedule.

Discounted Bowling – Beat the heat and your fellow peers. Children 18 and under can bowl for \$1.75 per game until Aug. 28, 2-5 p.m., Monday-Friday. Shoes are included in price. Call 655-0573.

Pool Fees – It's almost summertime, are you ready to get wet? Monthly passes are available for use at any Army pool.

Active duty Soldiers can use all pools for free. Family members and retirees can purchase individual monthly passes for \$12 or monthly family passes for \$20.

Department of Defense, and



Spc. Durwood Blackmon | 25th Infantry Division Public Affairs

Feet made for walkin'

SCHOFIELD BARRACKS — Friends, family members, and leaders of the 2nd Stryker Brigade Combat Team participate in "Walk to Iraq and Back" at Watts Field, Saturday. Participants decided to walk the distance to Iraq and back in mileage as their way of supporting Soldiers, showing that they care for their deployed loved ones. So far, the group has reached the halfway mark of 8,361 miles. They plan to complete the walk by January 2009.

Army and Air Force Exchange Service civilians, can purchase individual monthly passes for \$15.

All passes are valid from the first day of the month until the last day of the same month, at any pool.

Call Richardson Pool, Schofield Barracks, 655-9698; Tripler Army Medical Center Pool, 433-5257;

HMR Pool, 653-0716; or AMR Pool, 833-0255.

Youth Dive Team Lessons

– Spring board and platform youth diving lessons are available Monday-Thursday, 4-6 p.m., at Richardson Pool, Schofield Barracks.

Cost is \$63 per month. Call 864-0037 for more information.

Karate Classes – Children ages 5 and older can learn Do Shudokan karate at these physical fitness centers: Aliamanu, Fort Shafter, Helemano or Schofield's Bennett Youth Center.

All youth students must be registered at CYS; cost is \$35 per month.

A discount is offered for two or



Send sports announcements to community@hawaiiarmyweekly.com.

14 / Saturday

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

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

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

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

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

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

"Build the Track!" will showcase more than 100 race vehicles (such as road, drift and sprint cars), as

well as street bikes, go karts and custom-modified performance vehicles.

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

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

15 / Sunday

Hike Oahu – Join the Hawaiian Trail & Mountain Club on a hike through the Aiea Ridge.

Explore this easily accessible, ungraded ridge hike to the Koolau summit with a lengthy series of ups and downs and the cacophony of the H3 traffic on your right side. Be mindful of your footing as you

reach the overgrown middle section of the trail, which has a precarious history of sweeping you off your feet.

This advanced hike is 12 miles. Call coordinator Ralph Valentino at 864-8130.

Save the date for these upcoming hikes, too:

- June 22, a 6-mile intermediate hike at Wahiawa Valley Ridge

- June 28, a 6-mile intermediate hike at Paumalu Ridge

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

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

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

21 / Saturday

Hawaii Rifle Association – The Hawaii Rifle Association's 15th Annual Shooting Sports Fair will be held June 21, 9:30 a.m.-4 p.m., and June 22, 9 a.m.-4 p.m., at the Koko Head Shooting Complex, Honolulu.

Participants can enjoy the various shooting venues and firearms available for use.

Displays of modern and historic firearms will include the action pistol, air guns, air soft, archery, black powder muzzleloaders, high power rifle, hunting firearms, metallic silhouette, military small arms and

more family members.

Also, adults 18 and older can learn Do Shudokan karate at the Aliamanu Physical Fitness Center, Mondays and Wednesdays, 7-8:30 p.m.

Cost is \$40 per month. Call instructor Joseph Bunch at 488-6372 or 265-5476.

Volunteer Coaches – Interested in volunteering to be a Youth Sports coach? Contact your youth sports director today.

Call 836-1923 for AMR, 438-9336 for Fort Shafter/Tripler, 655-6465 for Schofield, or 655-0883 for HMR.

All Army Sports – Soldiers interested in applying for Army level sports competitions must apply with their Army Knowledge Online (AKO) account at <https://armysports.cfsc.army.mil>. Faxed copies are no longer accepted by the DA Sports Office. Call 655-9914 or 655-0856.

Personal Training and Massage Therapy – Both are now available at Fort Shafter, Tripler Army Medical Center and AMR physical fitness centers.

Massage sessions are an hour-long, personal training sessions are 50 minutes long.

Prices for both services range from \$70 per session to \$1100 for 20 sessions.

cowboy firearms.

Eye and ear protection are mandatory and will be available for purchase at the fair.

No alcohol is allowed at any time and a lunch wagon will be on-site both days.

The Hawaii Rifle Association is a nonprofit group dedicated to promoting shooting sports in Hawaii. Call 271-8117.

Ongoing

Golfers Wanted – Are you looking for a golf group? Military or civilian golfers interested in playing golf on Sunday mornings at Leilehua Golf Course should call 347-8038 or 375-3322.

Tee time is usually before 8 a.m.

48-year-old nabs Athlete of Year

Deployed 8th HRSC sergeant major takes pleasure pushing past the pain in tough races

SGT. MATTHEW C. MOELLER

8th Theater Sustainment Command Public Affairs

CAMP ARIFJAN, Kuwait — Sgt. Major Ruben “Ben” Cavazos is addicted to running.

“I guess I’m pretty good at it,” the 48-year-old ultra-marathoner joked.

“Pretty good” is an understatement for the 8th Human Resources Sustainment Center sergeant major. At an age when most professional athletes have already retired, this sports enthusiast is still competing and winning against people half his age.

Soon after completing his seventh Hawaii Ultra Running Team 100-mile race (HURT 100), which raised more than \$12,000 for the Wounded Warrior Project, Cavazos was named the U.S. Army’s 2007 Male Athlete of the Year.

“It was my own Olympics,” he said of the HURT 100. “It didn’t happen overnight; it was a long process.”

Cavazos started running when growing up in northern Mexico and playing soccer. Not until he came to the United States in the late 1970s and enlisted in Army did he begin to consider himself a runner.

Cavazos started running for sport at Fort Bragg, N.C., a post infamous for its hard runs. He eventually represented the 82nd Airborne Division in Armywide races.

“It became a lifestyle,” he said.

That lifestyle includes more than a dozen Army 10-milers, marathons, ultra-marathons, triathlons, and injuries that threatened to keep him from the activities he loves.

Almost 10 years ago, Cavazos fractured his knee, and doctors told him he wouldn’t be able to run again. Cavazos shrugged off those concerns and continued training.

“Being able to (rehabilitate) myself and get back into shape, that is something that I don’t take for granted,” he said, “because I still remember the pain I went through getting back into physical fitness after breaking my knee.”

A self-described masochist, Cavazos said that the feeling of pushing past physical limitations is part of what continues to draw him to the HURT 100 race, giving him a chance to think while getting physically and mentally tougher.

“It is always a challenge. Regardless of how much training I do, there are a lot of



Sgt. 1st Class Paul Tuttle | 1st Sustainment Command (Theater) Public Affairs

Sgt. Maj. Ruben “Ben” Cavazos (center left), of 8th Human Resources Sustainment Center, and Navy Lt. Cmdr. Paul Allen, runs the HURT 100 at Camp Arifjan, Kuwait, Jan. 19. Cavazos received permission from Hawaii race officials to organize the race for Soldiers deployed in support of Operations Iraqi Freedom and Enduring Freedom. He completed the 100-miler in 18 hours, 59 minutes, 49 seconds.

things that will happen on the course,” Cavazos said. “So I just have to stay focused, physically and mentally, overcome those obstacles, and reach the finish line. But every year, I know that I will finish, that I will reach the finish line.”

According to Cavazos, the support of his friends has helped him get through previous races. The HURT 100 garnered him support from his unit and benefitted the Wounded Warriors project. Many at Camp Arifjan had friends or relatives wounded in Iraq or Afghanistan.

“I’ve been deployed before,” Cavazos said. “I’ve lost friends in combat before. Some were wounded and are still alive, missing a leg, an arm. ...I wanted to help. I wanted to make a difference, whether it was to help one of my friends or help someone who has just joined the Army in 2007.

“I wanted to help reach out and just tell them that we care,” he continued, “that my

unit could be a part of the solution in some small way.”

In his endorsement letter for Cavazos, Lt. Gen. James Campbell, director of Army Staff for the Office of the Chief of Staff of the Army, and former commander of the U.S. Army, Pacific, said, “I have known Sergeant Major Cavazos for more than six years, including his service as the (USARPAC) inspector general sergeant major during my tenure as commanding general of US-ARPAC.

“He is without a doubt the most physically fit man I have ever met,” Campbell said, “willing to tackle any physical test set before him. He consistently succeeds and finds enjoyment in every aspect of the challenge.”

(Editor’s Note: Portions of this story were taken from previous U.S. Army news releases by Sgt. 1st Class Paul Tuttle, 1st Theater Sustainment Command, and Lindy Dinklage, U.S. Army News Service.)



Molly Hayden | Pacific Media Publishing

‘Want some of this?’

HONOLULU — Cathy Rucker strengthens muscles by throwing punches during cardio kickboxing at Tripler Army Medical Center. Members of the military ohana can regularly participate in classes offered at Tripler for the overall health benefits and pure fun of socializing and exercising.