

HAWAII ARMY WEEKLY

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CWO2 Jason Wolff, A Company, 2nd Battalion, 25th Aviation Regiment, swims to surface during the "Dunker" training. The training teaches aviators and crewmembers skills for surviving a crash in the water.

CAB 'survives' water training

Story and Photo by
SGT. BRYANNA POULIN
25th Combat Aviation Brigade Public Affairs

MARINE CORPS BASE HAWAII — Many 25th Combat Aviation Brigade Soldiers have already spent countless hours flying across the deserts of Iraq, so having the opportunity

fly in Hawaii is a refreshing change of pace.

Although the terrain has changed, the training and flight hours remain the same. As a result, pilots and crewmembers must stay proficient in reacting to any situation.

Beginning March 17, a select group of

Soldiers with 2nd Battalion, 25th Aviation Regiment, 25th Combat Aviation Brigade, took part in a three day "Dunker" course that prepares Soldiers on survival skills in the event their aircraft crashes at sea.

Taught by Survival Systems USA, the

SEE DUNKER, A-5

Army celebrates Women's History Month

Story and Photo by
MOLLY HAYDEN
Staff Writer

FORT SHAFTER — Members of the community celebrated the contributions of women in history at the Hale Ikena, Tuesday, and Schofield's Sgt. Smith Theater, Wednesday.

More than 550 listened to stories of brave

women in the Army.

March is designated as National Women's History Month to ensure the contributions of American women are recognized and celebrated.

The theme this year, "Women's Art: Women's Vision," was highlighted to honor the originality, beauty and imagination of women's lives.

Soldiers welcomed guest speaker, Maj. Tammy Duckworth, director, Illinois Department of Veteran's Affairs, as she shared her courageous acts and the hardships she has overcome as a female Soldier.

Duckworth currently serves with the Illinois National Guard. She was also commander of

SEE HISTORY, A-2

Excess flu shots sent to help Pacific Islanders stay well

Story and Photo by
KEVIN DOWNEY
Tripler Army Medical Center Public Affairs

HONOLULU — U.S.-affiliated islands in the Pacific received the Defense Department's entire stock of excess seasonal influenza vaccinations through an on-going partnership between the U.S. Army, local airlines and other federal and non-governmental agencies Monday.

This collaborative effort is expected to benefit tens of thousands of Pacific Islanders over millions of square miles, according to Col. Mike Brumage, Tripler Army Medical Center's chief of preventive medicine.

"Today's shipment represents a year's worth of collaboration between a number of agencies to deliver excess Department of Defense influenza vaccines to different jurisdictions in the Pacific," Brumage said. "This enables Pacific Islanders to be immunized against influenza, which is a year-round disease in the tropics."

Receiving the flu shot protects not only the recipient, but also all those people who work closely or live with the vaccine recipient, Brumage said, extending the benefit of the vaccines beyond the actual number of doses shipped.

In total, the team shipped nearly 30,000 doses of the vaccine to American Samoa, Northern Marianas Islands, Palau, Micronesia, Guam and the Marshall Islands, with a value of almost \$260,000. The vaccines are provided at no cost to the islands.

Each year, the Defense Department uses influenza vaccine in order to protect beneficiaries against the virus. The vaccination is mandatory for active duty and recommended for all beneficiaries who are eligible to receive it, such as family members and certain civilians.

"Invariably, the department ends up with excess doses that are destroyed at the end of the influenza season or when the vaccine expires," Brumage said. "The resources of our collective inter-agency partnership enable us to benefit large populations of our neighbors in the Pacific."

In a trial run of this partnership program during the 2006-2007 flu season, 7,800 doses of excess influenza vaccine on Oahu were



Spc. Gage Telesa, an American Samoan U.S. Army Soldier assigned to Tripler Army Medical Center, works to prepare excess flu vaccine for shipment, Monday.

shipped to the Northern Mariana Islands.

Based on the success of last year's program, the collaboration of governmental and non-governmental agencies along with local airlines expanded the scope of their efforts to include the entire Defense Department's excess vaccinations, which has never previously been done.

"Often times these islands only have a small amount of doses to

give out to the local population each year, so these extra vaccinations from the U.S. military will afford more people with protection against this particular virus," said Ron Ballajadia, Pacific Islands Health Officers Association.

Tripler medical and supply specialists collected the excess vaccines throughout the entire Army, with help from Ft. Dietrick, Md.-based U.S. Army Medical Materiel Agency.

Legislature honors fallen heroes

HAWAII STATE HOUSE OF REPRESENTATIVES
News Release

The Hawaii State Senate and House of Representatives assembled in a two separate special joint sessions, Monday and Tuesday, to recognize members of the Pacific Army Reserve and military service members who have made the ultimate sacrifice.

The Hawaii State House of Representatives held a floor presentation and reception, Monday, to thank the Army Reserve Soldiers and families and employers of the Pacific Army Reserve in Hawaii who have helped build 100 years of success for the Army Reserve.

Tuesday, the legislature presented Hawaii Medals of Honor to family members on behalf of their fallen service members.

"We are truly grateful for the sacrifices that these families have made," said Representative K. Mark Takai. "This medal is just a small token of our utmost appreciation of those service members who paid the ultimate sacrifice."

In 2005, the Legislature passed House Bill 8, which created the Hawaii Medal of Honor. This special medal is awarded on behalf of the people of the state of Hawaii to an individual who was killed in action while serving our country as part of Operation Iraqi Freedom and Operation Enduring Freedom.

Recipients of the medal include members of the armed forces, reserves, and the Hawaii National Guard, who were residents of the state of Hawaii, attended an educational institution in Hawaii, or were stationed in Hawaii by order of the Department of Defense.

"In the past five years, the war against terrorism has changed our world and our lives in a profound way," Takai said. "Ultimately, it's not about money, and it's not even about winning. It's all about the families and their loved ones and what these brave men and women sacrificed to our country."

Military Vaccine Agency Hawaii coordinated receipt of the shipment at Tripler's warehouses and maintained quality control. Each nation's embassy, in conjunction with their Ministry of Health, requested and arranged receipt of the shipment to their respective islands.

The local non-governmental agency Pacific Island Health Officers Association worked with health officials from the island nations to identify their needs for the vaccine.

Continental Airlines Micronesia and Hawaiian Airlines are shipping the vaccine at no cost to each island.

"Our network throughout the Pacific allows us to do this," said Jeff Moken, general manager of Continental Airlines. "We feel this is a very important initiative we have to take. Many of the recipients of the vaccines are not only customers, but also are our co-workers and family members."

In the U.S., seasonal influenza kills approximately 36,000 Americans on average each year. The victims are primarily infants and the elderly.

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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10 days since last fatal accident

Number represents fatal accidents as defined by Army Regulation 385-10, which is inclusive of all active component U.S. Army units and personnel. Current as of 3/26/08.

Driver training programs keeps people safe

COMMAND SGT. MAJ. TOD GLIDEWELL
U.S. Army Combat Readiness/Safety Center

As Soldiers, we have the opportunity to participate in driver's training programs offered at many of our military installations. While most of these programs are geared toward our Soldiers operating a military vehicle in a tactical environment, complete with full battle rattle, the emphasis of the training is teaching Soldiers to make smart decisions behind the wheel to avoid accidents.

One way to aid in the fight against these type incidents is to conduct personally owned vehicle (POV) check rides and continue driver's training at your installation after you return. A common trend in many communities across our nation is the availability of defensive driving training courses. For the motorcyclist, Motorcycle Safety Foundation courses are provided at most

installations by Installation Management Command (IMCOM). These courses, usually taught by certified contractors that use a standardized program of instruction, have one objective in mind – saving lives.

On The WEB https://cra.army.mil/driver_trainingtoolbox/.

A best practice I witnessed during a recent visit to an installation was a remedial driver's training program. Those individuals who had been cited for violations in which they had lost their post driving privileges were required to attend the class prior to reinstatement. The eight-hour class is taught on a Saturday and requires participants to show up in a Class A uniform with their first-line supervisor. At the end of the class, Soldiers have to pass a writ-

ten exam. It's a simple, yet effective use of corrective training that worked for this installation.

Tactical driving can be another story. For example, we currently have those that have never driven to those that have logged thousands of miles in combat conditions. For that reason, it is best to start driver's training early in the reset period in a controlled environment, not in combat. I know of no better way to engage our young Soldiers than for noncommissioned officers to mentor them on the "do's and don'ts" of operating vehicles. The best driver's training programs incorporate on- and off-duty driving in all types of weather and visibility. They then move on to more advanced tasks, such as driving with night vision devices, load planning and security of loads.

Many installations have moved toward a driving center of excellence. Fort Polk

and U.S. Army Central (USARCENT) in Kuwait have done so in tactical driving. Fort Drum has taken it one step further with its driver's training program. Set in a real-world environment, the program combines both POV and tactical training in a one-stop building. Fort Drum also is working to partner with the state of New York to teach driver's education on post. The program will focus primarily on Soldiers, but it may also be made available to families.

To expand the program your post offers, check into ways to work with your local and state enforcement agencies. Also check out what we have to offer here at the U.S. Army Combat Readiness/Safety Center by visiting our Driver's Training Toolbox. It has the resources to either get you started or enhance the program you currently have in place.

History: Former pilot speaks at event

CONTINUED FROM A-1

a 15-ship, UH-60A Black Hawk Helicopter Company. She supervised the training for 60 aircrew members and oversaw maintenance for more than \$50 million in equipment. As battle captain and assistant operations officer, she helped with planning, assigning and tracking combat missions of a 500-Soldier aviation taskforce in Iraq, and flew more than 200 combat hours as a Black Hawk pilot. It was during a mission in November 2004 that a rocket-propelled grenade struck the cockpit of her helicopter and exploded. Director Duckworth suffered grave injuries, losing both legs.

"In the Army, it's not about you as an individual," said Duckworth. "It's about the Soldier and the warrior spirit."

Duckworth praised her crew and the men and women she worked with when deployed for their life-saving techniques that enabled her survive and continually share her story. She also thanked Soldiers in the audience for their dedication to the military.

"It is your service and the diversity you bring that makes our Army stronger," Duckworth said. "You can and do live up to the Soldiers around you."

As a Soldier, Duckworth received the Purple Heart, the Air Medal, the Army Commendation Medal, the Meritorious Service Medal, and the National Defense Service Medal, along with other decorations, citations and badges.

"I find her the personification of the woman's warrior spirit," said Master Sgt.



Members of the Army ohana gathered together, Tuesday, to celebrate Women's History Month. Soldiers and family members shared stories and honored the Army's brave women.

Sophia Mendoza, Senior Equal Opportunity advisor, 9th Regional Readiness Command. "She has literally turned poison into medicine and now serves for the betterment of her life and the lives of our Soldiers."

"[Duckworth] is an amazing part of women's history," added Mendoza.

Since coming home from Iraq, Duckworth has remained active in the public arena, regularly speaking to veterans' groups, testifying before Congress on issues of medical care for returning veterans, and

running for a U.S. Congressional seat.

"Soldier is a great term in the fact is has no gender," said Brig. Gen. Raymond V. Mason, commander, 8th Theater Sustainment Command, in his closing remarks. "It is great to see men and women serving side-by-side."

The U.S. Army Garrison, Hawaii, in participation with team Equal Opportunity Hawaii and the Fort Shafter Equal Employment Opportunity community, sponsored the event.



Chaplain (Maj.) Mark Knox, chaplain for the 2nd Stryker Brigade Combat Team, 25th Infantry Division, delivers a message at the 1st Sustainment Brigade prayer breakfast, March 18.

Soldiers take time out to seek God

Story and Photo by
SPC. ANDREA MERRITT
1st Sustainment Brigade

CAMP TAJI, Iraq – Leaders and Soldiers of the 1st Sustainment Brigade rose early in the morning to gather for the brigade's first prayer breakfast at the Cantigny Dining Facility, March 18.

Guests enjoyed a medley of praise songs from the Praise and Worship Team.

During the event, Maj. Mark Knox, the chaplain for the 2nd Stryker Brigade Combat Team, 25th Infantry Division, delivered an inspirational message.

Knox spoke about staying encouraged through the tough times a deployment may bring.

"No matter where you are, no matter how it comes, when the bottom drops out, look up," Knox said. "When you look up and get a glimpse of God and his glory, you get the strength to make it."

After the message, Col. Kevin O'Connell, 1st Sust. Bde. commander, said a few words and presented participants a commander's coin for excellence.

"You're mentally fit and physically fit, and the purpose of this is for us to work out spiritual fitness," O'Connell said.

At the close of the prayer breakfast, members of the 1st Sust. Bde.'s unit ministry teams sang patriotic pieces.

"I think it's important for people to draw aside on a regular basis and just be reminded of the importance of spiritual values and of prayer, whatever their faith background may be," said 1st Sust. Bde. Chaplain (Maj.) Terry Hayes.

LIGHTNING SPIRIT

Forgiveness, mercy, grace correct any mistake

CHAPLAIN (CAPT.) ANDREW ROPP
2nd Squadron, 6th Cavalry Regiment

I have fallen and I can't get up!

Some would argue that because of my short stature I have never been "up" and therefore could not have "fallen" to end up where I am. I suppose that for most, when they fall, they only end up where I am already. But, I would have to insist that even though the experience of falling may be a "short" one for me, it is nonetheless very real. Unfortunately, when I do fall others tend to not notice – they were already looking down anyway.

Most of us have fallen in some way in our lifetimes. We have experienced the pain of scrapes and bruises. We have made mistakes in judgment that wounded our pride, egos and even our self-esteem. We have, in a time of weakness, made choices that brought only guilt, regret and painful remorse. They say that falling doesn't hurt until you hit the ground. I say that it is the sudden impact with reality that makes the memory of the fall very unpleasant.

(This article is for you who experientially know what I am talking about. For those of you who have never fallen and don't know the struggle of getting up, you can stop reading now, unless you are completely bored and have nothing else to do.)

While down after a fall I found myself in a desperate situation. I quickly discovered

that in spite of all my effort I could not find a way to fully recover on my own. I have learned that I needed someone else to reach out and offer a helping hand that held at least three things before I could get up, nurse my wounds, and begin to move on again.



Ropp

The first thing I needed to see in the helping hand was forgiveness. Forgiveness from others does not mean that they forget my mistakes, but that they demonstrate a willingness to treat me with compassion. I need them to be willing to accept my remorse and regret for my mistakes and begin to accept me as though I had never fallen. As they show compassion and sympathy, I am empowered to more easily begin to forgive myself (perhaps the most important and difficult part of recovering from a fall).

The second thing I needed was mercy. In simple terms, mercy is withholding punishment or condemnation when it is deserved. Yes, I am guilty of my mistakes. Yes, I deserve to be punished for the wrongs I have committed, but the sad reality is that the punishment I deserve would keep me bound in chains for eternity and I could never walk again. The hand of mercy reaches out to me and declares: "The punishment for your

wrongs has been paid in full by another and will not be required of you."

The third thing I needed was grace. Grace is that opportunity or blessing offered to one who does not deserve it. The hand of grace reaches out and says: "Walk when you should not be able to walk. Be blessed when you are the last to deserve a blessing. Accept a new opportunity at a new beginning filled with hope, potential and inexplicable contentment."

It is this offering of grace that turns the pain of a fall into a memory and gives me the strength to rejoice, in spite of the wounds, while returning to the journey with gratitude for a new chance to walk again.

If you have ever fallen, you know all too well that complete recovery from the fall requires a helping hand. And you know that the helping hand filled with forgiveness, mercy and grace makes an impact on your life with lifetime consequences.

Now, as a veteran of the recovered fallen ones, do not close your eyes to others who have made similar mistakes. Look for those who cry out in various voices for a helping hand. Reach out with your own supply of forgiveness, mercy and grace and watch to see the miracle you create in another person's life. It is the least we can do when God has already done this and much, much more for us.

Voices of Lightning: If your life could be a current release movie what would its title be?



"The Army Nomad."

Col. Patrick M. Manners
USARPAC

"Saving Corporal Dantin."

Cpl. Robert Dantin
8th STB

"Nancy Drew."

Master Sgt. Sophia Mendoza
9th MSC

"Sleepless in Hawaii."

SpC. Stephen Higon
8th STB

"One of the Madea movies."

SpC. Shakema McClean
HHD USAG-HI



Maj. Gen. Kaadim Hameed Sharhaan al Muhamadani, commander of police, Baghdad, cuts the ribbon during the grand opening ceremony of the Iraqi Police station in Shat al Taji, March 15. The new police station employs approximately 530 police officers.

Police station brings law to Taji constituents

Story and Photo by
SGT. 1ST CLASS CHRISTINA BHATTI
2nd Stryker Brigade Combat Team

CAMP TAJI, Iraq — A new era of law ushered in as a new Iraqi police station opened in Shat al Taji, March 15.

“Our goal is to serve the people and impose the law on all the people,” said Maj. Gen. Kaadim Hameed Sharhaan al Muhamadani, commander of police, Baghdad, to a large attentive audience.

The crowd hung on his every word and nodded in agreement

as Muhamadani preached about the security of the people, the importance of the new police station, and what it will bring to the Taji Qada, or rural district.

“This is about the security of the people of Iraq,” he said. “Stability and peace were brought here with the help of the coalition forces. We will keep that peace by imposing the law for everyone, regardless if they are Sunni or Shia.”

Breaking through the sectarian

SEE POLICE, A-4

Release promotes healing

OIF

Time for 22 detainees to put wrongs in the past and move forward in their community

MAJ. ALLEN HING
2nd Stryker Brigade Combat Team Public Affairs

CAMP TAJI, Iraq — Twenty-two detainees were released March 19 as part of Operation Forgiving Dragon.

“The release of these men today reflects the improving security conditions in this community,” said Col. Todd McCaffrey, 2nd Stryker Brigade Combat Team (2SBCT) commander. “Iraqi leaders and security forces are now capable of ensuring these returned men abide by the rule of law and can effectively reintegrate into this society.”

The Iraqi army, Iraqi police and local leaders joined forces with Soldiers from 1st Battalion, 14th Infantry Regiment, 2SBCT, to assist in taking the men back home.

Sheik Saad Jassim warmly welcomed seven former detainees back to Tarmiya. His words were firm to them.

“Some of you have done wrong, but it is time to put that in the past,” he said. “We thank the Americans for allowing you to return to Tarmiya — to your family. Your time in prison is done. It is time to move forward.”

With unanimous nods, the seven looked knowingly to their leader with acknowledgement that it was time to move forward.

Col. Tawfiq al Janabi, the chief of police, also welcomed the men back to Tarmiya.

“You have paid the price [for your transgressions],” he said, “and you have been giv-



Tech. Sgt. William Greer | 2nd Stryker Brigade Combat Team Public Affairs

Lt. Col. Thomas Boccardi, commander, 1st Bn., 14th Inf. Regt., 2SBCT, shakes hands with a newly freed man in Tarmiya, March 19. Seven men were released from prison to Tarmiya, and 15 were transported to Taji.

en a second chance. It is time for you to be part of the ‘Tarmiya family.’ Do as your pledges say — with honor and loyalty.”

Each man was required to sign an agreement that he would honor and follow the rule of law and commit no crimes against the Government of Iraq or coalition forces.

“I offer my hand in friendship,” said Lt. Col. Thomas Boccardi, commander, 1st Bn., 14th Inf. Regt., 2nd SBCT. “You will see me; I live here. Together, we can move forward.”

The seven former detainees stood and readily took Boccardi’s handshake. After applause and hugs, the men then joined their families.



Sgt. Jerome Bishop | 2nd Stryker Brigade Combat Team Public Affairs

Making plans

CAMP TAJI, Iraq — Capt. Timothy Cho, 2nd Stryker Brigade Combat Team, talks with a teacher from Taji following the ribbon-cutting ceremony of a new internet café, March 23. The internet café is part of a civic center which also has a store, a kitchen and a sewing center. Cho serves as the deputy U.S. Agency for International Development officer with the embedded Provincial Reconstruction Team.

Police: Station provides rule of law

CONTINUED FROM A-3

violence and uniting the Sunni and Shia people was the theme, which rang clearly through the crowd and echoed by Col. Todd B. McCaffrey, commander, 2nd Stryker Brigade Combat Team.

"The concern is the law," McCaffrey said, "not Sunni or Shia, but protecting all."

It was just a year ago that the people of Taji were living in "dark days," McCaffrey said.

There were hardly any businesses open and people lived in fear of terrorists. Things have changed in Taji. McCaffrey accredited the area's peace and stability to the Iraqi security forces, which include the Iraqi police, Iraqi army and the Sons of Iraq.

The project of the police station happened in two steps, said Sheik Nadeem Hatem Sultan al Tamimi, a local leader in Taji.

"We first had to take control and rid our town of terrorists," he said. "Next, we had to establish a police station."

Now that those two steps are complete, Nadeem said he hopes the people of Taji will be happy to live in peace, and encourages them to abide by the laws to help keep the peace.

The newly opened police station has approximately 530 police officers. The officers have gone through rigorous training and are ready to enforce the law, Muhamadani said.

"We will do our best to impose the laws," he said. "No longer will violence prevail."

Pfc. serves proudly in Iraq **OIF**

STAFF SGT. J.B. JASO III

2nd Stryker Brigade Combat Team Public Affairs

CAMP TAJI, Iraq — Eight months ago, Pfc. Steven Murphy, a native of Westford, Mass., married his wife Sarah in front of family and friends. Now thousands of miles away from his wife, he serves with the 1st Battalion, 27th Infantry Regiment "Wolfhounds," 2nd Stryker Brigade Combat Team, in support of Operation Iraqi Freedom.

"I was sick of not being a part of the war efforts," the 22-year-old infantryman said.

Murphy said he joined the Army in 2007 to deploy.

"It wasn't a matter of if, it was a matter of when," he said.

He said he chose to become an infantryman because it "seemed more fun, and it was just right for me."

Before embarking on his 15-month deployment to Iraq, Murphy trained with his unit at the National Training Center in Fort Irwin, Calif.

His training in California has already come in handy; his squad has identified enemy cache locations throughout his unit's area of operations in northwest Baghdad.

During his first cache recovery mission, his unit captured armor-piercing rounds, which could have been used in attacks against either Iraqi security forces or coalition forces.

"We're doing good things over here, and we are noticing that [Iraqis] are moving back in [the area] because it's safe," he said.

"Murphy is highly motivated and works incredibly hard," said 1st Lt. Pete Walther, Murphy's platoon leader.



Spc. Brian Pierce | 2nd Stryker Brigade Combat Team Public Affairs

Pfc. Steven Murphy, infantryman, 1st Battalion, 27th Infantry Regiment "Wolfhounds," receives his 25th Infantry Division shoulder sleeve combat patch from Col. Todd B. McCaffrey, commander, 2SBCT.

toon leader. "I've never seen a frown on his face."

Murphy's positive attitude and motivation has spread throughout his platoon, which is one reason he was selected as the only Soldier from his company to participate in the division's combat patch ceremony.

"I'm going home with it on," he said.

Murphy will be home in Hawaii in approximately 13 months, but for now, he said he's happy he and his unit are making a difference in the lives of local Iraqis.

Gracie family teaches Soldiers no-holds-barred combatives

Story and Photo By
PFC. JAZZ BURNEY

3rd Infantry Brigade Combat Team Public Affairs

SCHOFIELD BARRACKS – The sound of bodies thumping the mat, students discussing techniques and excitement filled the air as Soldiers of the 3rd Infantry Brigade Combat Team participated in a combatives training program taught by Master Relson Gracie in the gymnasium here, March 20.

The Gracie family has produced many exceptional martial artists. Relson Gracie, the second oldest son in the family, primary training instructor, and an undefeated red-black belt 8th degree national champion, used his family's jiu-jitsu techniques to create a no-holds-barred style that has become the standard for today's Army combatives.

Gracie explained the basic meaning of the Army-style combatives.

"No-holds-barred is a new style with combinations of different martial arts," he said. "The arts are always changing ... now there are adaptations to use the best



A Soldier practices a Jiu-Jitsu technique with Master Relson Gracie, an undefeated red-black belt, during a no-holds-barred combatives training program, March 20.

style combinations. This adaptation, however, is specifically geared toward survival, where everything is allowed.

"This style is 100-percent specified to give the smaller or less-advantaged op-

ponent the upper hand ... through the use and knowledge of human anatomy, body position and leverage, which gives the greater odds of success," he said.

"You have to know your fears in order

to face your fears," said Sgt. Amber Fitzpatrick, motor transportation specialist, A Company, 325th Brigade Support Battalion.

Fitzpatrick, the only female Soldier out of 100 participants in the 40-hour training program, explained the training's importance.

"This training is valuable in any aspect, whether deploying or staying stateside, because it gives the confidence needed to perform [when in danger]," she said. She recommended that all Soldiers take advantage of the self-defense programs the Army offers.

Gracie's knowledge and style of self defense has not been lost on his son, Rhalan Gracie, who is a purple belt instructor.

"What you know is what makes the difference, not so much about power, or how much you can lift or bench, but how you can manipulate joints and your opponent's body weight to accomplish submissions and successfully protect one's self," said Rhalan. "My father's training is

not from a viewpoint of one who is behind the scenes, but from one who has been through situations and has been successful in those scenarios."

Soldiers gave their undivided attention as the Gracies provided in-depth demonstrations.

"The Gracie style of combative that we have been learning is outstanding," said Spc. Manuel Solis, indirect fire infantryman, A Troop, 3rd Squadron, 4th Cavalry Regiment. "There have been so many techniques and moves that we have been exposed to. We [learned] how getting our opponents off balance using body positioning, whether offense or defense, can make all the difference in defeating the enemy."

Understand the humility and responsibility that this knowledge demands, Rhalan advised Soldiers who now know these techniques.

"Be aware of what you are capable of, knowing that these techniques are best used while always focusing on self defense."

Dunker: 'Best' and 'scariest' training prepares aviators for water landings

CONTINUED FROM A-1

course provides aviators and crewmembers traveling over water with the knowledge and skills necessary to react to an aircraft-ditching emergency, endure survival situations, and participate in their own rescue.

"This course is the best training we can get," Chief Warrant Officer 3 Bobby Remington, 2-25th Avn. Regt., said during the class. "It's also one of the scariest."

Identifying hazards and overcoming

fear are the two most important aspects of the class, explained Mike Davis, a former Marine and instructor for Survival Systems USA.

The water familiarization portion of the course began when Soldiers, dressed in Army Combat Uniform (ACU), helmet and boots, were buckled in the Shallow Water Egress Trainer (SWET) chair.

While strapped in the chair, students must remain composed and simulate ditching procedures and considerations, Davis said. The students are turned upside

down in the water, and must remove themselves from the seat and swim to the surface.

The next part of the training is the most advanced underwater escape training simulator available in the world today, according to Survival Systems USA. The Modular Egress Training Simulator (METS) also known as the Dunker, demonstrates real-time immersion and inversion that features exit specific technology replicating more than a dozen types of rotary aircraft.

"Flying is relatively safe, but there is always that chance of an accident," said Capt. Bradford Peterson, 2-25th Avn. Regt. "Sometimes we are flying for an hour over open water, so this type of training is very [necessary] here in Hawaii."

Hung on a crane-like device, the simulator is lowered into the water, and spins the students, causing disorientation, much like a real crash.

"Swimming out of the dunker is difficult enough ... I was holding my breath and a little dizzy from being spun upside down,"

Peterson said after his turn in the Dunker. "But being fully dressed with all this gear ... makes it extremely hard."

Following the Dunker, students continued to learn proper breathing techniques and skills using the Short Term Air Supply System (STASS). The compact, lightweight supply system provides aircrew with compressed air to breathe if submerged in an underwater accident.

"The STASS gives pilots and crewmembers that extra breath of air they might need to swim to the surface," Davis said.

Corps of Engineers awards several construction projects

Harbor project begins with Hawaiian blessing

**DINO BUCHANAN AND
JOE BONFIGLIO**

U.S. Army Corps of Engineers, Honolulu District, Public Affairs

FORT SHAFTER – The U.S. Army Corps of Engineers joined the Hawaii Congressional Delegation and state and local officials in a traditional Hawaiian blessing ceremony on Kauai, March 20, to initiate work on the Kikiaola Light Draft Harbor Project.

The Corps awarded a construction contract for \$18,771,500 to Kiewit Pacific Company of Kapolei, Oahu, Sept. 6, 2007, for the Kikiaola Project located in Kekaha, Kauai.

The project is being cost shared between the Corps and the State of Hawaii Department of Land and Natural Resources. The purpose of the project is to eliminate breaking



Joseph Bonfiglio | U.S. Army Corps of Engineers, Honolulu District

Corps of Engineers personnel join state and local officials at Kikiaola Harbor Project blessing ceremony, March 20.

waves and make the harbor safer for boaters.

The work will consist of dredging a 725-foot long entrance channel varying in width from 105 to 205 feet to a depth of 11 feet; dredging a 320-foot long access channel varying in width from 70 to 105 feet to a depth of seven feet; removing 150 feet of the ex-

isting outer east stub breakwater; raising the crest elevation and flattening the seaward slope of approximately 764 feet of the existing east breakwater; removing and reconstructing the 71-foot long inner east breakwater; and modifying 245 feet of the existing west breakwater.

The Corps' goal is to safely and ef-

ficiently construct the project with minimal disruption to harbor users.

Haku Aletha Kaohi of the West Kauai Technology and Visitor Center performed the traditional Hawaiian blessing ceremony.

Kikiaola Harbor is located on the southwest coast of Kauai, between the towns of Kekaha and Waimea.

Corps of Engineers awards barracks renovation and CDC contracts

FORT SHAFTER—The U.S. Army Corps of Engineers Honolulu District awarded two contracts totaling more than \$37 million to Nan Inc., doing business as Ocean House Builders, Honolulu, Hawaii.

The first contract for \$26.2 million was awarded for the fiscal year 2008 Whole Barracks Renewal, Fort Shafter. This design-build project is for a 156-person unaccompanied enlisted personnel housing (UEPH) facility. The facility will have two-bedroom, one bath dwelling units with kitchen. The complex also includes a laundry, exterior boot washing stations and mail access area.

The second contract for \$11.088 million was awarded for the fiscal year 2007, Child Development Center, Schofield Barracks. The project entails constructing a 195-child capacity Standard Design Child Development Center (CDC) for children ages six to 10 years of age. The primary facility also includes an outdoor activity area.

News Briefs

Send news announcements for Soldiers and civilian employees to community@hawaiiarmy-weekly.com.

April

1 / Tuesday

Green to Gold – The Army Green to Gold Program seeks qualified enlisted Soldiers interested in attaining their commission while completing their bachelor's or master's degree. A program briefing is the last Wednesday of every month.

The current application window will be open until April 1, 2008. Call the University of Hawaii Army ROTC Warrior Battalion at 956-7766, or e-mail gbt@hawaii.edu.

2 / Wednesday

Post Exchange Meeting - The next Fort Shafter Post Exchange/Market meeting for the Oahu South community will be held April 2, 1:30-2:30 p.m., at the Aloha Center, Building S-330, 2nd Floor OSCD Conference Room #210C.

All Fort Shafter community members are invited to attend and provide input. Call Rosey Stone at 438-6147 for more details.

3 / Thursday

AUSA Reception – The Association of the United States Army, Hawaii chapter, is holding a general membership meeting April 3, at 5 p.m., at Fort Shafter's Hale Ikena. Retired Lt. Gen. Stroup, AUSA, will provide a national update and field questions. The meeting is being held in conjunction with the Annual AUSA Pacific Region meeting.

AUSA members and their guests are invited.

7 / Monday

Schofield Barracks PX/Commissary/Nehelani Advisory Council Meeting – The next Schofield Barracks PX/Commissary/Nehelani Advisory Council Meeting is April 7, 10:15-11:15 a.m., at the Small Post Conference Room. This bimonthly forum of representatives allows the council and patrons to exchange ideas and information.

Contact Melvin Wright, 655-0497, for more information.

14 / Monday

2008 Army Family Action Plan – The 2008 Army Family Action Plan conference, "Building the Future of Hawaii," April 14-16, will kick off with an ice breaker at 6:30 p.m., April 16, at the Nehelani, Schofield Barracks. The purpose of the conference is to fix the quality of life issues submitted by the local military community. For more details, call Tracey Clark, 656-1703.

Team Hawaii takes cake at annual culinary competition

**SPC. DURWOOD BLACKMON AND
SPC. CARLEE ROSS**
25th Infantry Division Public Affairs

SCHOFIELD BARRACKS — A team of the finest U.S. Army Hawaii culinary arts Soldiers participated in the 33rd Annual U.S. Army Culinary Arts Competition at Fort Lee, Virginia, March 1-15.

The competition, a meticulous test of skill and attention to detail, was comprised of chefs from all branches of the armed forces. Team Hawaii, which consisted of nine junior enlisted Soldiers and three non-commissioned officers, participated in an average of four events in the Installation of the Year category; the most distinguished event at the competition. "The Soldiers selected for the team were eager and driven to become great chefs," said Sgt. 1st Class Clinton Francis III, team manager, U.S. Army Garrison, Hawaii. "They endured countless hours of training, a strenuous 100-question written test, and a three-course tryout meal."

Team Hawaii placed in the top five for the past four years with a first place finish in 2004. Although more than 98 percent of the team took part in the competition for the



Spc. Durwood Blackmon | 25th Infantry Division Public Affairs

Team Hawaii chefs stand tall after a strong showing in the Culinary Arts Competition. From left to right are: Sgt. 1st Class Clinton Francis III (team manager), Spc. Tony Sanders, Sgt. Jeffery Morgan, Spc. Christopher Pope, Spc. Lucas Ashley, Spc. Christopher Bohn, Spc. Cesar Sumauang (Junior Chef), Sgt. Thomas Penkal, Spc. Monique Sorrell-Johnson, Spc. Emmanuel Gomez, Spc. Jason Nauta, Spc. Jacob Trevino, Staff Sgt. Anica Spencer, Sgt. Edmund Perez (team captain). Master Sgt. Randolph Hill (NCOIC), is not pictured.

first time, it brought home one gold medal, 14 silver medals, three bronze medals and one commendation medal.

While vying for top honors, Soldiers also participated in a field event category where traditional Unitized Group Rations, A-Option (UGR-A) are turned into gourmet meals and fed to Advanced Individual Training (AIT) Soldiers.

Several Team Hawaii members

also competed in events such as the All-Army Junior Chef of the Year, a category for junior enlisted Soldiers who prepare a three-course meal for four people in under three hours, and the Senior Chef of the Year for E-5s and above, where a four-course meal for four persons is prepared in less than four hours.

Team Hawaii received awards for both events with Spc. Cesar

Sumauang, A Co. 45th Special Troops Battalion, taking the gold medal for Junior Chef of the Year, and Staff Sgt. Anica Spencer, Headquarters and Headquarters Company, U.S. Army, Pacific, Special Troops Battalion, receiving a commendable for the senior chef competition.

Although the team was successful in this year's event, it was not without great challenges.

"In shipping our items to Virginia, the shipping company lost over half of our equipment," said Sgt. Edmond Perez, team captain, 84th Engineer Company. "Some of our menus had to change because of our missing equipment, but we pushed through the setbacks and worked together. I am very proud of my team."

Francis agreed. He said the unity Soldiers shared at the competition helped motivate his team, along with superior training and devout support from home.

"One of the best things about this competition was the tremendous command support we received, not only from [Department of Logistics] and the installation, but from the division, 8th Theater Support Command and all the way up to Lt. Gen. Mixon," Francis said. "The amount of training that was made available to the Soldiers was remarkable and the cohesion this team had is probably like no other I've seen before. They gelled and came together in a big melting pot of Soldiers. Some are from infantry, some from artillery units, but they all came

together as a team."

The event in itself was demanding. Long hours, timed food preparations, stout competition and ongoing strategy were necessary for the team's victory. Nonetheless, Soldiers still managed to keep their cool in the face of complexity and have fun.

"When you take a loss in one of the categories or when your team takes a loss, you have to maintain composure and continue moving on to the next categories," said Sgt. Thomas Penkal, food specialist, Troop D, 3-4 Cavalry Regiment. "That is one of the hardest challenges. I think it was really a good experience for all the Soldiers. It was competitive, there was a lot of stress in the environment, but in the end everyone came together as a team and it was a really great accomplishment."

Spc. Jason Nauta, E Co., 2-35 Infantry Regiment, has attended the event twice.

"It means a lot to know more about your job skill and how to enhance it when you get back to your unit," Nauta said. "I'm looking forward to ... next year."

PAU HANA

Pottery bowls line the shelf waiting for their final firing. Pottery is one of many art classes available at Fort Shafter and Schofield Barracks Arts and Crafts centers.

Creative projects abound at post arts and crafts centers

Story and Photos by
MOLLY HAYDEN
Staff Writer

FORT SHAFTER — The sun reflected off pieces of stained glass and freshly glazed pottery through the open door of the Arts and Crafts Center here, recently. More than 10 people sat in different areas working on projects and sharpening their creative skills.

Volunteer Phyllis Ludwig, Fort Shafter Arts and Crafts Center, Directorate of Family, Morale, Welfare and Recreation, carefully placed a piece of glass next to another and pinned it in place.

"Next step, soldering," Ludwig said. "Saturday is a chance for people to come in and work on their own, finish projects they started in the classes we offer, and utilize all the center has to offer," she said. "Of course, we are always here to help them if they need."

The Arts and Crafts Centers at Fort Shafter and Schofield Barracks offer numerous classes that provide a creative outlet for all skill levels. Classes include ceramics, painting, quilting and woodcrafts.

Run solely by volunteers, the centers provide equipment, as well as knowledgeable teachers, to guide the military ohana through artistic endeavors.

Lucy Carvalho, known to most at the center as "grandma," has volunteered at the Fort Shafter Arts and Crafts Center for three years, teaching ceramics, quilting and sewing.

As she walked around the center, she answered questions and assisted ceramics student Sheryl Budier.

With a steady hand, Carvalho added the finishing touches to a ceramic piece.

"We try to show people what we have made and what they have the potential to make," said Carvalho. "I love creating and I love teaching other people my craft."

Across the table, Lavone Ikeda quietly sewed a doily.

Steps away, Diane Kw held a clay cup, hand carving an intricate design into the mold.

"We get everyone from active duty military, retired Department of Defense employees, and civilians all meeting here for



Diane Kw hand-carves an intricate design into a clay cup. The Arts and Crafts Center at Fort Shafter has an open studio on Saturdays for class members to explore their talents in-depth and finish ongoing projects.

For more information on upcoming arts and crafts classes, call 438-1315 (Fort Shafter) or 655-4202 (Schofield Barracks).

a common purpose," said Kw. "It's a great environment filled with great people who want to work with you and help you."

Kw explained that many members of the Arts and Crafts Center collaborate on projects to donate to the Arts and Crafts store for sale.

As Kw spoke, the sound of a spinning pottery wheel whistled in the background.

Family member Margaret Tacub sat at the wheel shaping a cup. She picked up a small tool and trimmed the edges.

Dr. (Col.) Jeffrey Berenberg, chief, hematology and oncology service, Tripler Army Medical Center, stood a few feet away preparing to glaze pieces of his hand-carved pottery.

"Creating works of art centers me," said Berenberg. "I enjoy the process and creative energy here. It's my way of meditating."

A loud noise rang out from the

adjoining woodshop as military veteran Rob Semenko cut small pieces of wood. The spacious, dusty woodshop is equipped with all machines and tools needed to construct all types of projects.

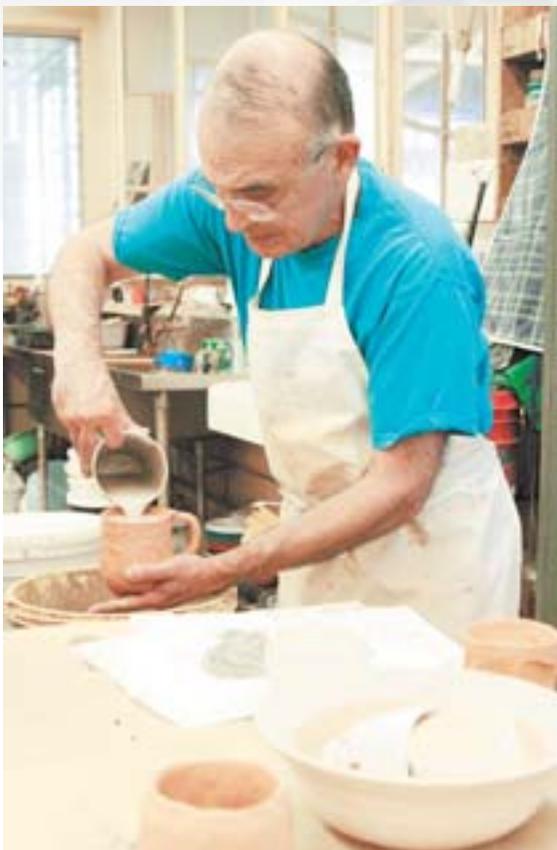
"The woodshop is mostly used for the ukulele-making course," said Semenko. "But more experienced people can use it for making jewelry boxes, cabinets ... anything."

"And we never waste wood," added Army veteran Ken Patterson, holding up a cutting board made of leftover scraps. A safety class is required before using the woodshop equipment.

"This is a great facility with so many tools and people on hand to help you create any project," said Berenberg. "I wish more people would use what it has to offer."

The centers have classes and materials to engage the artist in everyone. In addition, each offers classes for children, teens and adults, as well as a "Mommy & Me" class that allows parents and children to tackle creative projects together.

"In the end, we are all artists," said Ludwig. "And if you don't think you are one, we can show you how to be one."



Above — Dr. (Col.) Jeffery Berenberg glazes a hand-molded cup at the Fort Shafter Arts and Crafts Center. Raw materials line the center for various classes and individual projects.

Below — Margaret Tacub trims the bottom of a bowl on the pottery wheel. Artists of all ages and skill levels meet at the center to express themselves.



Raw materials and finished art projects line tables at the Fort Shafter Arts and Crafts Center. The studio is used for an array of art classes, as well as open studio time for artists to finish ongoing projects.



31 / Monday

Youth Art Contests – Keiki are invited to enter the Youth Art Contest before March 31 at Sgt. Yano Library, Schofield Barracks. Keiki ages 5 and under can pick up coloring sheets from any FMWR Army Hawaii library. Keiki ages 6 and up must submit their interpretation of a book in any medium.

Call Sgt. Yano Library at 655-8002, Fort Shafter Library at 438-9521 or Aliamanu Military Reservation (AMR) Library at 833-4851.

April

2 / Wednesday

Prom Makeover – A Mary Kay consultant will be showing makeup applications tips to create a glamorous look on April 2, 4-5 p.m., at Sgt. Yano Library. The program is for teenagers, ages 13 and up. Participants under 18 must be accompanied by a parent or have a signed consent form. Forms are available at the Sgt. Yano Library, Bldg. 560, Schofield Barracks. Call 655-8002 to register.

5 / Saturday

Aquaculture – Join Outdoor Recreation on April 5 to learn about how the ancient Hawaiians fished and lived. Learn about the birds and plants found in the tropical areas of Oahu's Northeast shore. You'll have a unique chance to participate in an authentic Hawaiian throw net experience. Bring a zip lock bag to keep what you catch. Transportation and snacks are provided. Cost is \$10 per person, and space is limited. Call Outdoor Recreation at 655-0143.

9 / Wednesday

Earth Day – Join FMWR for the Fort Shafter Library Earth Day celebration on April 9, 3-5 p.m. Sign an Earth Day pledge to help protect the environment and design and color a flowerpot. Call 438-9521 for more information.

Ongoing

Information, Ticketing and Registration – Looking for tickets to area attractions? Visit Information Ticketing and Registration (ITR) at Schofield Barracks or Fort Shafter for your tickets to paradise.

A variety of tickets to luaus, cruises, whale watching adventures, Hawaiian Waters Adventure Park, Sea Life Park and much more are available for service members, Department of Defense (DoD) civilians and family members.



Photo by Emily Harrison

Deployment support

SCHOFIELD BARRACKS — Brian Evans, project manager from Defense Web Technologies, trains several Family Readiness Support Assistants (FRSAs) at Army Community Service building here, March 19. Evans conducted Site Administrator training for FRSAs on the Virtual Family Readiness Group (vFRG) Web site. Spouses can access their FRG's vFRG Web site by visiting www.armyfrg.org and clicking the "Find an FRG" link.

Call the Schofield Barracks ITR office at 655-9971, the Fort Shafter ITR office at 438-1985, or visit www.mwrarmy-hawaii.com. Click "ITR Ticketing and Registration" for a full list of discounts at various attractions.

Active Parenting Class – Army Community Service's New Parent Support Program offers a one-day class for parents of children ages 1-4. Classes are held the first and third Monday of every month at ACS Room 1, Schofield Barracks, 9-11 a.m. Register at 655-1670.

Paint It & Take It – Ceramic parties offer a unique way to celebrate get-togethers, coffees, children's birthday parties, showers or any occasion. Your Arts & Crafts Center provides a varied selection of ceramic bisqueware to paint and take home. Call 655-6330 at Schofield Barracks or 438-1315 at Fort Shafter.

Fort Shafter Thrift Shop – Browse the Thrift Shop for all your décor.

Normal business hours are Tuesday and Friday, 9 a.m.-1 p.m. and consignment hours are 9-10:30 a.m.

Donations and volunteers are always welcome as the Thrift Shop is the main fundraising venue for the Fort Shafter Hui O Wahine Spouses club. All profits are do-

nated to charities and scholarships in the military and local community. Call 842-1074 or visit Building 342, Pierce St.

HMR Teen Lounge – The Helemano Military Reservation (HMR) Teen Lounge, located inside the HMR Youth Center, is now open Monday-Friday, 2-6 p.m. If you are in grades 6-12, the Teen Lounge is the place to go after school.

The lounge offers daily activities, including tournaments, sports, video games, crafts, games and volunteer opportunities. A nutritious snack is offered each day.

The program is free except for the annual CYS registration fee of \$18. Call 655-0451 or 653-0717.

Preschool Story Times – Family Morale, Welfare and Recreation (FMWR) libraries have Story Time at 10 a.m., Tuesdays, at Fort Shafter (438-9521); Wednesdays at the Sgt. Yano Library, Schofield Barracks (655-8002); and Thursdays at AMR Library (833-4851).

Salvage Yard Auto Sales – Fort Shafter and Schofield Barracks salvage yards will be sponsoring sealed bid auto sales twice a month. Bidding will end on the first and third Saturdays of each month, and the highest bidder will be notified the following day. A minimum bid will be marked on

each auto for sale. Call 655-9368 (Schofield Barracks) or 438-9402 (Fort Shafter).

FMWR Happenings – To find out more information about FMWR activities, programs and facilities, pick up a copy of the "Discovery" magazine available at the Schofield Barracks Commissary, Fort Shafter Post Exchange, Aliamanu shopette, Tripler mauka entrance, or any FMWR facility. Visit www.mwrarmyhawaii.com.

4H & Boys and Girls Clubs – The AMR Teen Center has a variety of social and leisure time recreation activities through local Boys & Girls Clubs and 4H (Health, Head, Hands, Heart) Clubs, including cooking, digital festivals, fine arts exhibits and photography contests. Call 833-0920.

"Starlets" – Performing Arts introduces a rhythm and motion class for 2-year-olds with parent participation. Cost is \$33 per month. Classes will be held at the School of Knowledge, Inspiration, Exploration and Skills (SKIES) Unlimited, 241 Hewitt Street, the first four Fridays of each month, 3:30-4:30 p.m. Call 655-9818 for more information.

Children must either be a member of CYS, or be enrolled in SKIES Unlimited to participate. Blue Star Card benefits apply to this class. Call 833-5393 or 655-8380.

Worship Services

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 a.m. – Sunday School

This Week at the MOVIES
Sgt. Smith Theater



Juno

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

Welcome Home Roscoe Jenkins

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



The Pirates Who Don't Do Anything: A VeggieTales Movie

(PG)
Sunday, 2 p.m.

Strange Wilderness

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

No shows on Mondays or Tuesdays.

community calendar

Send announcements to community@hawaiiarmyweekly.com.

29 / Saturday

Tax Assistance – The Internal Revenue Service office in Honolulu, Prince Kuhio Federal Building, 300 Ala Moana Blvd., will be open, 9 a.m.-3 p.m., to help residents file a fax return in order to receive their Economic Stimulus Payment and answer questions about filing taxes.

The Oahu Veterans Center, 1298 Kukila St., Honolulu, will be open, March 29 and April 5, to assist Hawaii veterans and social security benefit recipients with their tax returns.

Call AARP Tax-Aide at 1-888-227-7669 or Aloha United Way at 1-877-275-6569, for more information.

31 / Monday

Hui O Wahine Scholarships – High school seniors and Hui O Wahine members continuing their education are eligible to receive scholarships from the Fort Shafter Hui O Wahine Spouses Club.

Visit www.huispirit.com to download applications. Deadline for submission is March 31. E-mail huischolarship@gmail.com for more details.

MDA Summer Camp Volunteers – Volunteer by March 31 if you can help the Muscular Dystrophy Association deliver an exciting week of swimming, horseback riding and more to children with neuromuscular diseases at the YMCA's Camp H.R. Erdman on Oahu's North Shore, June 6-13. Call 593-4454.

April

1 / Tuesday

Civil Air Patrol Open House – Wheel-

er Composite Squadron invites you to its Open House April 1, 6-8 p.m., at Hangar #229, Santos Dumont Road, across from the Fire Rescue Facility on Wheeler Army Air Field.

Glider and mission pilots, air crew search and rescue members, ground team search and rescue members, and cadet program leaders are wanted.

If you are ages 12-18 and interested in aviation, model rockets, or search and rescue missions, come check out the cadet program. Call Lt. Anthony Ferrara, 386-1374, for more details.

2 / Wednesday

Fort Shafter PX/Market Meeting – The next meeting for the Oahu South community is April 2, from 1:30-2:30 p.m. at the Aloha Center, Fort Shafter, Building S-330, 2nd Floor Conference Room #201C. Any tenant of Fort Shafter is welcome to attend and address concerns.

Noona Night – A different live band plays each week at the Schofield Barracks Tropics for Christian single Soldiers and young couples, ages 18-25. Catch the four-week trial run of this new Christian-based fellowship, Wednesdays, 6-9 p.m., April 2-16. Call Chaplain (Capt.) Ed Willis at 655-6644 for more details or visit www.noona.com.

No on-site child care is provided, and only ID cardholders 18 and above are permitted in the Tropics in the evenings.

7 / Monday

PX/Commissary/Nehelani Advisory Council Meeting – The next Schofield Barracks PX/Commissary/Nehelani Advisory Council Meeting is April 7, 10:15-11:15 a.m., at the Small Post Conference Room. This bimonthly forum of representatives allows the council and patrons to exchange ideas and information. Contact Melvin Wright, 655-0497, for more information.

11 / Friday

Romance Festival – The application deadline is April 11 to vie in the 2008 Hawaii Romance Festival. If you are engaged and ready to be married, the Matt

Catingub Orchestra of Hawaii is looking for you. One couple from each branch of the active duty military in Hawaii will be wed during the Festival at the Waikiki Shell, May 9.

As part of their Back to Romance wedding, winning couples will receive one night's hotel accommodations in Waikiki; a private car service to and from the concert; an onstage wedding ceremony; flowers, photography and video for the ceremony; preferred seating during the concert; and a champagne breakfast in their room the following morning. The orchestra will serenade couples onstage with special music arranged by the maestro just for this occasion.

The Back to Romance concert also features Motown legend Smokey Robinson, returning to Hawaii for the first time in two decades.

To be considered, couples must submit their love stories, in 300 words or less, describing their military romance. Stories can be e-mailed to teambecker@beckercommunications.com or faxed to 537-4990.

Participating service members should consult Legal Assistance regarding gifts and endorsements.

14 / Monday

Blowhole Lot Temporary Closed – The city will temporarily close the parking lot and viewing area at Halona Blow Hole, April 14, to complete renovations to the area. The construction is scheduled to be completed by September before the whale-watching season begins.

15 / Tuesday

North Town Hall – The next Oahu North Town Hall meeting, for residents of Schofield Barracks, Wheeler Army Air Field and Helemano Military Reservation is April 15. Mark your calendars for these upcoming dates, too: July 15 & Oct. 21.

Meetings begin at 6:30 p.m. at Sgt. Smith Theater, Schofield Barracks. Call 438-6996 for more details.

18 / Friday

Poster and Essay Contest – Deadline is April 18 for the Hawaiian Humane Soci-

ety "Be Kind to Animals" competition. Students can express their love for animals through art and essays that offer cash prizes. The Society welcomes K-6th grade students in the poster contest and 7th-12th-grade students in the essay contest.

Both contests will be judged by grade category, and each category will have three winners: first, \$75; second, \$50; and third, \$25. Visit www.hawaiianhumane.org for more details. Call 356-2206.

23 / Wednesday

Career and College Fair – Leilehua High School is looking for speakers and exhibitors for their upcoming 2008 Career and College Fair, which will be held April 23.

The purpose of the fair is to help students explore different careers, colleges, and other post-secondary options. Call Janet Hyrne at 622-6554.

30 / Wednesday

Days of Remembrance Observance – Holocaust survivor Dr. Robert O. Fisch will speak at Schofield's Days of Remembrance Observance, at the Sgt. Smith Theater, Schofield Barracks, April 30, 10-11:30 a.m.

Ongoing

Car-buying Classes – Learn how to get the most vehicle for your money. Car-buying classes are held on the third Wednesday of every month at the Schofield Barracks Army Community Service, Building 2091, 9-10:30 a.m. Call 655-4227 for more information.

Preschool Story Time – Parents and children ages 3-5 are invited to sing songs and read stories at Wahiawa Public Library, Wednesdays, at 10 a.m. Call 622-6345.

Baby Boot Camp – Pre- and post-natal women can maintain a healthy weight during and after pregnancy at Baby Boot Camp. Classes are available island-wide. Call 689-6668, or visit www.babybootcamp.com.

Ault builds on strong family tradition of Eagle Scouts

Family member promotes food drive at Wheeler for his Eagle Scout project

Story and Photo by
SPC. CARLEE ROSS
25th Infantry Division Public Affairs

SCHOFIELD BARRACKS — Eagle Scout Matthew Ault, 14, received a Youth Certificate of Recognition award from Brig. Gen. Robert Brown, 25th Infantry Division deputy commanding general for support, March 20.

Brown recognized Ault's service to the military community in helping more than 100 families with a food drive that collected more than 2,600 pounds of food. Ault participated in the project en route to becoming an Eagle Scout.

"I handed out flyers to five neighborhoods to promote the food drive for the food bank on Wheeler, and then collected the food a few weekends later," Ault said.

To earn the Eagle Scout rank, a Boy Scout must complete requirements in the areas of leadership, outdoor skills and service. Scouts must complete at least 21 merit badges; 12 of the badges are core requirements, while the remaining nine are chosen by the scout. In addition, a scout can choose from many different service projects. For example, one military Boy Scout painted the interior of the USS Missouri, while another helped clean up the eroding beach near the air-



From left, Scout Master Sgt. 1st Class Eric Beat, Eagle Scout Matthew Ault and Brig. Gen. Robert Brown stand together during a small ceremony to recognize Matthew for his recent service to the military community. As part of a series of projects to become an Eagle Scout, Ault conducted a food drive that helped more than 100 military families.

port. Having a family history of scouting and a competent scout master at his side,

there seemed to be little doubt that Ault would earn his Eagle Scout badge. Including his brother Ryan Ault, a total

of four grandsons from the Ault family have earned the rank of Eagle Scout. Matthew was pinned with his grandfa-

ther's 1953 Eagle Scout badge. "We really ought to highlight how involved the military is with the scouts," said Brown.

Sgt. 1st Class Eric Beat, Matthew's scout master, got involved in scouting three years ago at Fort Rucker, Ala., with his sons. He dedicates two full weekends a month to the Boy Scouts.

Matthew Ault was the first Boy Scout Beat has helped become an Eagle Scout. Beat has been a scout master for about a year.

Brown said that although the young men in Boy Scouts are accomplishing great things, they don't achieve these feats by themselves.

"The success of these children could not happen without the help of the scout masters, scout leaders and all the people behind the scenes,"

Brown said. "I know it couldn't happen for sure without mom and dad."

Only about five percent of all Boy Scouts earn the Eagle Scout rank. Ault now can say he is a part of that percentage, and his experiences will stay with him throughout the rest of his life. As the Boy Scout's saying goes, "Once an Eagle, always an Eagle."



94th AAMDC reaches out to students at Linapuni Elementary

PVT. ASHLEY M. ARMSTRONG
94th Army Air and Missile Defense Command

FORT SHAFTER FLATS — Within minutes of passing the front gates of Linapuni Elementary School in Kalihi, the presence of volunteers from the 94th Army Air and Missile Defense Command (AAMDC) is felt. Almost instantly, volunteers are flooded with hugs, high fives and alohas from students who recognize their names, faces or just their uniforms.

Through the Army's Hawaii School Partnership Program, 94th AAMDC Soldiers have created a strong bond with the children at Linapuni.

"The kids are just great. They are always excited to see us," said Sgt. 1st Class Russell Matteo, chaplain's assistant, 94th AAMDC.

The 94th AAMDC began sponsoring Linapuni after receiving the School Partnership Handbook in 2005, soon after the unit's activation. The handbook encourages partnerships between schools and Army units to enhance students' educational experiences using money from



Sgt. Christopher J. Roberts | 94th Army Air and Missile Defense Command Public Affairs

Sgt. Ebonie Woods (left), supply clerk at 94th Army Air and Missile Defense Command and Sgt. Ciji Evans, administrative noncommissioned officer at 94th AAMDC, put a temporary tattoo on a child while volunteering at the Linapuni Elementary School's annual spring fair fundraising event, March 14.

U.S. Pacific Command (PACOM). Though the School Partnership Program was not mandatory, Brig. Gen. John

Seward, former commanding general, 94th AAMDC, believed it was important to get Soldiers involved in community

service projects, said Maj. Richard Stebins, public affairs officer, 94th AAMDC. Seward had a choice between three schools and wanted to select the school that would benefit most from the sponsorship. After researching possible schools, Seward chose Linapuni, which teaches kindergarten through second grade.

"I love kids and I like to see less fortunate kids get as much help as possible," said Sgt. Jeffrey Jenkins, secretary of general staff executive administrator, 94th AAMDC. Jenkins is an active volunteer at Linapuni.

Since 94th AAMDC began sponsoring Linapuni, volunteers have participated in after-school tutoring, fundraising events and donation drives, and even chaperoned field trips.

With the money 94th AAMDC receives from PACOM, volunteers donate supplies like dry erasers, crayons, scissors and pencils, said Matteo.

The most consistent involvement Soldiers have at Linapuni is through "A+," an after-school tutoring program that

takes place every Thursday. "A-plus is my favorite activity because a lot of kids don't get the help they need at home, and the work will not get done if they aren't doing it at A-plus," said Jenkins.

Linapuni's biggest fundraiser is its annual spring fair, which was held March 14 this year. Soldiers from 94th AAMDC donated a large inflatable bounce house, worked in booths and coordinated activities, and participated in the Polynesian cultural dance.

Matteo said students also learn more about military culture through interactions with volunteers.

"They get a different look at life rather than what they see on the streets — people coming to do good for them," said Jenkins.

Jenkins said the biggest benefit he receives from volunteering at Linapuni is having the opportunity to make kids smile.

"The kids really appreciate what we do, you can tell by the smiles on their faces," he said.



March

31 / Monday

Racquetball Ladder Challenge

— The Fort Shafter Physical Fitness Center hosts a Racquetball Ladder Challenge, now–March 31. Military, family members, civilians and contractors who work on an Army installation on Oahu are eligible to participate.

Divisions include coed, open (Level A) and novice (Level B), and entries will be accepted until the end of the challenge. Call 438-1152 or stop by the front desk at Building 665.

April

22 / Tuesday

Intramural Softball League

— Applications are now being accepted for this year's softball

league. Active duty Army, National Guard and Army Reserve units within Hawaii are allowed to enter one team. Men and women's divisions will compete at Schofield Barracks, Fort Shafter and Tripler Army Medical Center. All entries must be received by the USAG-HI Sports, Fitness and Aquatics Office by 4 p.m. April 22. Entries may be sent to Stop 112, Bldg. 556, Room 100, Kaala Community Activity Center or faxed to 655-8012.

Call 655-0856/0101 for more information.

Ongoing

Physical Fitness Centers — Don't miss out on enhanced services at all Army Physical Fitness Centers, effective April 1, brought to you by the Army Family Covenant.

These enhanced services include extended weekend and holiday hours at Schofield Barracks and Fort Shafter Physical Fitness Centers, and at the Health and Fitness Center.

Hours of operation are now 6 a.m.–6 p.m., weekends and holidays. In addition, free towels and classes are provided to patrons.

Mom and Baby Yoga — Get fit with your baby at Mom and Baby Yoga, Wednesdays, 9:45 a.m., at the Heath and Fitness Center, Schofield Barracks. Mats are provided, but moms should bring a small towel or blanket for their babies to lay on. Call 655-8007 to register.

Little Ninja Classes — Parents or guardians, bring 3- to 5-year-olds to Child and Youth Services (CYS) to learn basic Tae Kwon Do skills. At these classes, children will improve their motor and communication skills, learn to focus, and build confidence and socialization skills.

Children must be enrolled in Schools of Knowledge, Inspiration, Exploration and Skills (SKIES) or be a current member of CYS. Call SKIES at 655-9818.

Ladies Golf Clinic — Ladies, looking to improve your golf game? Come to a free ladies golf clinic the first Saturday of every month, 2:20 p.m., at the Leilehua Golf Course driving range. Call 655-4653.

100-Mile Run/Walk & 50-Mile Swim Clubs — Record each

mile you run, walk or swim and win incentive prizes. Stop by any Army Physical Fitness Center or swimming pool to pick up a log sheet. Call 655-9914.

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 Child and Youth Services (CYS); cost is \$35 per month. A discount is offered for two or 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.

Belly Dance — Learn the art of belly dancing at the Health and Fitness Center, Schofield Barracks, every Tuesday, 4–5 p.m. Call 655-8007.

Paintball — Check out the new paintball facility at Wheeler Army Air Field, just off of Lauhala Road next to the baseball fields.

June

14 / Saturday

Patriot 5K — USVETS will host its annual Patriot 5K Walk/Run at Iroquois Point Island Club in Ewa Beach, June 14 at 5 p.m. The nonprofit organization is hoping to register 1,000 participants to raise funds so more veterans can participate with USVETS, a Workforce Development initiative that helps homeless veterans become self-supporting.

For more details, call Ed Kialoa at 682-6051.

Ongoing

Football League — The Hawaii Athletic League of Scholars (HALOS) is signing up youth players for its upcoming spring football season. HALOS, a no-weight limit tackle football league for ages 9-

welcome. Bring the family down for good food, good fun, and lots of excitement. Admission is \$10 for ages 12 and up, \$5 for 3–12, and keiki under 3 are free.

Visit www.gunstockranch.com for more details, or 271-4445.

Iroquois Point Island Triathlon

— Come out and test your fitness at the Iroquois Point Island Triathlon at Ewa Beach, March 29–30. Children ages 7–15 can participate in the youth triathlon March 29 at 2 p.m. The main triathlon for adults will begin at 7 a.m., March 30.

A 750-meter swim, 13-mile bike ride and 3.5-mile run comprise the triathlon. Visit www.pacific-sportsevents.com to register.

Baseball Card Day — March 29, just before the first pitch is thrown for Major League Baseball's 2008 season, a national pastime will be celebrated and re-

vived with National Baseball Card Day right here on Oahu.

Children, parents, collectors and anyone who loves baseball can come to Toys R Us and neighborhood hobby shops to receive free packs of mini-commemorative Major League Baseball cards as part of the day.

Visit www.mlb.com for more details.

April

12 / Saturday

Volksmarch — Join the Menenhone Marchers Volkspport Club on a 5K or 10K volksmarch, or walk, April 12 in West Loch. The starting point will be at Asing Community Park, 91-1450 Renton Road, Ewa. Participants can start anytime between 8 & 10 a.m.

Call Carol at 626-3575 for more details or visit www.ava.org. Award and IVV credit, if desired, is available for \$5.

The facility features three lighted fields for day and evening play, and they are open for regular, league and youth play, plus private parties and physical training (PT).

Hours of operation are Fridays, 5–9 p.m., and Saturdays and Sundays, 11 a.m.–7 p.m.

Rental equipment is available, and you can bring your own paint or buy it there. Instruction is available for those new to the sport. Visit www.paintballhawaii.com or call 343-3929.

Golf Till You Drop — Pay once and play as many holes as you want every Thursday at the Walter J. Nagorski Golf Course, Fort Shafter. This offer applies to walking or riding, but some restrictions apply. Call the Nagorski Pro Shop at 438-9587.

Sharks Youth Swim Team — Come join the Sharks Youth Swim Team. Applicants must be Level 4 or higher swimmers. Tryouts are held at the Richardson Pool, Schofield Barracks, Fridays at 3 p.m.

The club fee is \$35 per month. Call 655-9698.

Volunteer Coaches — Interest-

ed in volunteering to be a Youth Sports coach? Contact the nearest youth sports director today. Call 836-1923 for Aliamanu Military Reservation; 438-9336 for Fort Shafter/Tripler; 655-6465 for Schofield; or 655-0883 for Helemano Military Reservation.

Volleyball & Racquetball 101 — Learn basic skills and techniques from experienced instructors, Tuesdays and Thursdays, 8:30–10 a.m., at Martinez Physical Fitness Center, Schofield. Courts will be open for free play across the street from the facility. Call 655-4804.

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.

Youth Dive Team Lessons — Spring board and platform youth diving lessons are available Monday–Thursday, 4–6 p.m., at Richardson Pool, Schofield. Cost is \$63 per month. Call 864-0037 for more information.

14, is a nonprofit group that aspires to provide a high-quality experience for kids.

Visit www.myhalos.com, or call 620-8523 for more details.

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.

Jazzercise — Combine elements of dance, resistance training, Pilates, yoga, kickboxing and more in exciting programs for all fitness levels at Jazzercise Waikele.

Classes are held Mondays & Wednesdays, 6:30–7:30 p.m., at the Waikele Elementary School cafeteria. Call 674-1083.

TOPS — The Take Off Pounds Sensibly (TOPS) support group meets every Thursday evening at

the Armed Services YMCA. Join others to share weight loss tips, discuss concerns and provide encouragement to each other. Call Cheryl at 696-4423.

Waikele Wrestlers — The Waikele Athletic Club holds wrestling classes for children and adults. Cost is \$45 per student. Call 671-7169.

Wrestlers Wanted — Hawaiian Championship Wrestling seeks new members. Persons should be at least 6-feet tall, weigh 250 pounds or have an above average muscular build.

Sports background is preferred. Call 676-8107.

Wahine Sailors — The Wahine Sailors seek new members. Call for meeting place and times at 235-8392. Cost is \$35 per year or \$5 per sail. All levels are welcome.



Send sports announcements to community@hawaiiarmyweekly.com.

29 / Saturday

Paniolo Country Rodeo

— Gunstock Ranch, 56-250 Kamehameha Hwy., Laie, will be hosting the largest rodeo North Shore Oahu has seen in years. Featuring traditional Hawaiian rodeo events like the Po'o Wai U, this event is sure to be special.

Unique to Hawaii rodeo and rarely seen, catch the country rodeo, March 29, 3–6 p.m. Serious competitors will try their hand at bull riding, roping, barrel racing, pole bending, and even wild cow milking.

Contestants from all islands are