HAWAI'I ARMY WEEKLY

VOL. 38 NO. 38 | SEPTEMBER 25, 2009

Serving the U.S. Army Community in Hawai i ★ www.garrison.hawaii.army.mil/haw.asp

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Running Signaleers

311th Signal Command begins Regimental Week with annual run.

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Seasonal flu

Vaccinations are now available for Soldiers, family members and DA civilians at Schofield Barracks Health Clinic.

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Free admission

A variety of Honolulu museums will offer free admission, Saturday, in celebration of Museum Day. Download a free admission card online

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Aloha Festivals

The Floral Parade begins at 9 a.m. from Ala Moana Park, Saturday, and travels along Kalakaua Avenue.

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'Broncos' return home to Hawaii

Story and Photos by
LORAN D. DOANE
U.S. Army Garrison-Hawaii, Public Affairs

SCHOFIELD BARRACKS – Family and friends of approximately 1,050 "Broncos" from the 3rd Infantry Brigade Combat Team (IBCT), 25th Infantry Division (ID), are celebrating their Soldiers' return from Iraq after a successful yearlong deployment.

Four flights of arrivals landed at Hickam Air Force Base, Sept. 19-22. They are the first of the unit's returning main body, comprising roughly a third of the 3,400 Soldiers returning home before the Christmas holidays.

The "Bronco Brigade" Soldiers served in the Salah ad Din Province in northern Iraq, an area about the size of the state of Hawaii.

The brigade was instrumental in helping the Iraqi government during a pivotal period of security and governmental transition and infrastructure reconstruction.

The Soldiers return home with 230 projects completed and 140 more in progress that are vital to the economic revitalization of the burgeoning nation.

The Soldiers' efforts are affording the people of Iraq with a better quality of life by providing them with better power distribution and infrastructure, 67 new and renovated educational facilities, transportation projects to improve road and rail systems, and the revitalization of market areas to stimulate economic growth.

The 3rd IBCT implemented the 2008 security agreement, which mandated the

SEE 3IBCT, A-8

Soldiers of the 3rd Infantry Brigade Combat Team, 25th Infantry Division, are greeted by family and friends after returning, Sept. 19, from a yearlong deployment to Iraq. The arrival marks the first of many that will bring the brigade's Soldiers home by Thanksgiving.

McHugh assumes duties as 21st secretary

ARMY NEWS SERVICE
News Release

WASHINGTON – John McHugh was sworn in as the 21st Secretary of the Army, Monday, following his nomination by President Barack Obama and confirmation by the U.S. Senate.

As Secretary of the Army, McHugh has statutory responsibility for all matters relating to the U.S. Army: manpower, personnel, reserve affairs, installations, environmental issues, weapons systems and equipment acquisition, communications and financial management.

McHugh is now responsible for the Department of the Army's annual budget and supplemental of more than $200 billion. He leads a workforce of more than 1.1 million active duty, Army National Guard and Army Reserve Soldiers; 221,000 Department of the Army Civilian employees; and 213,000 contracted service personnel. Also, he provides stewardship over 14 million acres of land.

Also sworn in at the Pentagon ceremony was Dr. Joseph Westphal who assumed duties as the 30th Undersecretary of the Army. Westphal has served in distinguished positions within academia, private and public service, including a brief tour in 2001 as Acting Secretary of the Army. He served as the Assistant Secretary of the Army for Civil Works from 1998 to 2001.

McHugh has served more than 16 years as a member of Congress representing northern and central New York. During his service, he

SEE SECRETARY, A-8

Staff Sgt. Matthew Clifton | Army News Service

John McHugh is sworn-in as the 21st Secretary of the Army during a Pentagon ceremony, Monday. Joyce Morrow (left), administrative assistant to the Secretary of the Army, administers the oath of office as Anne LeMay, special assistant to the Secretary, holds the Bible.

CFC gifts change, improve quality of life

STEFANIE GARDIN
U.S. Army Garrison-Hawaii Public Affairs

Anyone who has seen an iPhone commercial has heard that there's an "app," or application, for just about anything – from choosing a restaurant to checking surf conditions.

But what about saving the polar bears, stopping world hunger and championing accuracy in the media? Well, for that, there's the Combined Federal Campaign (CFC).

The CFC is the world's largest and most successful annual workplace charity campaign, according to the CFC Web site. The campaign started out small, offering federal civilians, postal workers and service members 23 charitable organizations to support in 1969.

Today, more than 20,000 estimated nonprofit organizations are involved in CFC.

The 2009 CFC runs from Sept. 14 through Nov. 9, and this year's theme is "Your Gift Changes Lives."

Area CFC project officers and key people are getting the chance to see just what kind of changes their donations make at several Oahu CFC kickoffs.

The Marines, this year's local CFC executive agent, held the overall Hawaii-Pacific Area CFC kickoff, Sept. 14, at Camp Smith, and the Army is holding its own kickoff event, today, at Schofield Barracks.

These events are a chance to "talk story," to raise awareness and to give a face to the many organizations in need.

SEE CFC, A-4

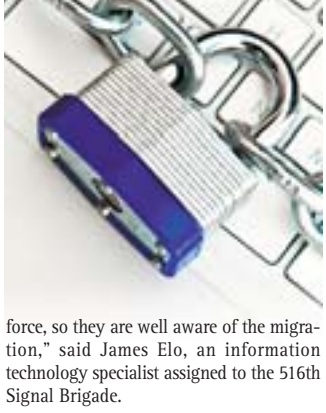
Army users prepare for update to Vista software

516TH SIGNAL BRIGADE
News Release

In an effort to improve network security, the Department of Defense has mandated the migration of all Windows-based computers to Microsoft's Vista operating system. The security of the Pacific Network is paramount when it comes to making sure all users are protected from hackers.

April 30, 2009, the Pacific Network began migrating systems capable of supporting the new Vista Army Gold Master (AGM) 8.8 on all existing Non-Secure Internet Protocol Router (NIPR) and Secure Internet Protocol Router (SIPR) Windows-based systems.

"We've already contacted unit information management officers (IMOs) and the Information Technology (IT) workforce, so they are well aware of the migration," said James Elo, an information technology specialist assigned to the 516th Signal Brigade.



"This is an Armywide deployment," added Elo. "This is a mandated requirement to stay connected to the Pacific Network."

All users who have not migrated to Vista AGM by Dec. 31, 2009, will be removed and blocked from the network in accordance with Department of the Army and U.S. Army-Pacific directives issued in message traffic.

The migration will include all users in Hawaii, Alaska, Japan, and Okinawa, as well as all Reserve units that are connected to the army.mil domain. Migration will take place on NIPR and SIPR networks.

The Directorate of Information Management (DOIM) in each locale is responsible as the sole provider for Vista AGM images to their supported installa-

SEE VISTA, A-8

Mark Brown | Army Hawaii Family Housing

Team members specializing in various trades work on one of more than 2,000 homes identified for renovation. Approximately 36 renovations are completed each month; to date, more than 300 have been completed.

Housing demand increases

ARMY HAWAII FAMILY HOUSING
News Release

SCHOFIELD BARRACKS – As personnel movements and redeployments of brigades accelerate, Army Hawaii Family Housing's (AHFH) property management and Actus Lend Lease's construction and renovation teams are working to capacity to prepare homes for Soldiers and their families.

More than 400 families moved into AHFH in June – the second highest number of move-ins since AHFH assumed operations in 2004.

Accommodating the move-ins required a concerted effort between property management teams.

The leasing team worked closely with families to identify a home and community, change of occupancy maintenance (COM) teams prepared homes, and community staff helped families get settled into and acquainted with their new homes and neighborhoods.

"I'm amazed and proud of the amount of work taking place," said AHFH director of property management Lisa Reese. "A

SEE CONSTRUCTION, A-7

We want to hear from you...

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

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

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

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

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

118 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 9/23/2009.

Ask the Commander!

Colonel answers questions from individuals about parking at Aliamanu Military Reservation, PX and commissary privileges, and domestic violence

Col. Matthew Margotta

Q *Are there any plans to expand the parking lot at the Aliamanu Military Reservation (AMR) Chapel?*

A This is an issue that affects many of our community members and their quality of life. While the Garrison continues to do everything we can to enhance the quality of our Hawaii military community, there are no current plans to expand on the parking lot at the AMR Chapel.

There are a number of factors influencing this decision: limited space to add additional parking due to the location of the chapel (located on the side of a hill), extremely high cost associated with trying to add parking (once again due to the location and terrain), and competition with other community quality of life projects that have a higher priority.

However, there is an approved project to build a new chapel on Fort Shafter in fiscal year 2013. This will provide an additional location for religious services and community events, which should help decrease the parking congestion at AMR Chapel.

Additionally, we are planning to restripe the current parking lot, which will also alleviate some of the parking confusion.

Q *If my spouse deploys, can a non-military family member obtain temporary privileges during the deployment to help with commissary shopping, the PX, etc.*

A Authorized patrons are permitted to bring guests into AAFES (Army & Air Force Exchange Service) facilities or the commissary during shopping visits, although local armed forces installation commanders may prohibit guest access to either facility.

Currently, the commissary stores at Air Force and Naval bases in Hawaii do not allow guests.

As a rule, guests accompanying authorized patrons to AAFES facilities or commissary stores are not authorized to make purchases nor are patrons permitted to make purchases for their guest. However, there are exceptions.

A service member or authorized family member may designate an agent to act in his or her absence under the following conditions:

1) Single or dual military parents. A sponsor may designate a nondependent member to care for his or her dependent children while he or she is off-island because of deployment, temporary duty (TDY), permissive TDY, illness in the family, a field training exercise, etc. (In the case of dual military personnel, both parents must be off-island.)

2) Retired members, their spouses and un-remarried widows. May have an agent if they are physically debilitated and incapable of shopping for his or herself.

3) Active duty member. When documented medical conditions preclude the Soldier from shopping on his or her own behalf and no other authorized adult patron resides in the household.

4) Minor child not in custody of the service member. A divorced spouse, unmarried biological parent or individual that has legal custody of an ID card-holding minor under the age of 16 can obtain an agent card for exchange privileges only.

To designate an agent, contact the Oahu Community Director's Office, in the North at 655-0497 or in the South at 438-6996.

Q A question was submitted to "Ask the Garrison Commander" that indicated that one of our community members was experiencing domestic violence.

A While the question was beyond the intent of this forum, we were able to get in contact with the individual who submitted the question and provide assistance.

•If you or someone you know is a victim of domestic violence, seek help.

•If you are in real or immediate danger, call the Honolulu or Military Police by dialing 911.

•Talk to a trusted friend or relative about what is going on. Either can be a good source of support.

•Ask your health care provider or a friend to take photographs of your injuries and have them filed in your medical records or in a safe place.

•Develop a safety plan and rehearse it often with your children.

•Arrange a signal with a neighbor or a friend to let her or him know when you need help.

•Call Hawaii's Army Victim Advocacy Program at 655-1638 or 655-4227 for information and assistance, or contact a Victim Advocate 24 hours a day for emergencies and the Safe Shelter Program at 624-SAFE (624-7233).

Regardless of how an individual reaches out, we should each be willing to act.

Points of Contact

•Call 655-4227 for all Army Community Service programs.

•Call 656-0093 to reach Child and Youth Support Services.

•Call 222-7088 to reach a Military Family Life Consultant.

To submit an "Ask the Commander" question, send an email to AskTheCommander.usaghi@us.army.mil or go to the next TV2 taping Oct. 6, 3-4 p.m., at the Helemano Military Reservation community center. For more information, call Ophelia Isreal (655-9033) at Customer Management Services, or call Aiko Brum (656-3155) or Jack Wiers (656-3489) at U.S. Army Garrison-Hawaii Public Affairs.

FOOTSTEPS in FAITH

"I'd rather be right than president"

CHAPLAIN (MAJ.) MARK PERKINS
Aliamanu Military Reservation Community

"I would rather be right than President," said Henry Clay (1777-1852), a powerful U.S. senator who also served as a congressman.

He was elected Speaker of the House six times, and for nearly 40 years, he was a leading American statesman.

Clay was part of the "Great Triumvirate," with Daniel Webster and Joseph Calhoun, which dominated Congress during the early to mid-1800s. Known as "the Great Compromiser," Clay was able to keep the North and the South together in the Union for many years.

Perkins

Although he was a presidential candidate several times, Clay never was elected. In 1839, when he was about to give a speech in which he would declare himself against slavery, one of his friends warned him that this announcement would ruin his chances to become president.

That's when Henry Clay gave his famous reply: "I would rather be right than President."

Today, I believe this motto has been replaced by "I would rather be popular or successful than to be right" as our ethical standard.

Recently, at a unit, the imperative to be successful had supplanted the good order and discipline of the chain of command. The events called to mind that being right takes courage, persistence and a tenacious spirit that is capable of seeing the beginning from the end.

For sure, this wisdom takes maturity and strength, but it first begins with a decision to believe and obey the truth.

Of course, truth depends upon your definition of truth and its source. For me, as an Army chaplain, truth is the Holy Bible and Army Regulation 165. For Henry Clay, it was the Holy Bible and the U.S. Constitution.

Truth is also founded on a being other than yourself or self-sufficiency. For example, I had to pass up on the rewards of doing the easy wrong and choose, instead, to speak truth to power. I would rather be right than popular.

Does my stance mean I had to compromise the mission or the perceived success of the operation? Absolutely not.

My decision making was a matter of discerning the right way, making distinctions along the lines of true esprit de corps, discipline, troop welfare and discovering the second and third order effects of applying the right ethical standards.

Henry Clay's challenge was to withstand slavery and promote freedom for all men regardless of color. His conviction was born out of his view that man was made in the image of God to reflect the glory of God. His view cost him a bid to the presidency, but he was right, and history proves that.

Henry Clay knew that true freedom is not the right to do as you please, but the power to do what is right.

My prayer for us is that the Lord would give us more Army leaders who command justly in the fear of God; who are guided by truth, wisdom and compassion; and for noncommissioned officers who would rather be right and take the hit.

Lord God, restore to us the fear of God, the wisdom of God and an eye to his glory and our destiny established by him for us.

At the end of Henry Clay's life, he declared, "I am not afraid to die. I have hope, faith and some confidence. I have an abiding trust in the merits and mediation of our Saviour."

May our desire to be right be based in the faith we have in God and in his son's perfect sacrifice on our behalf.

Jesus Christ was right and never became president, and for this I am thankful.

Veterans Affairs warns of telephone prescription scam

DEPARTMENT OF VETERANS AFFAIRS
News Release

WASHINGTON – Officials of the Department of Veterans Affairs (VA) are warning veterans not to give credit card numbers over the phone to callers claiming to be updating VA prescription information.

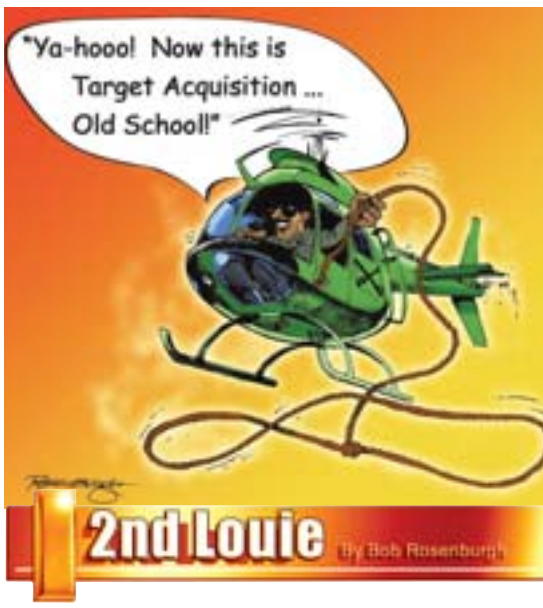
"America's veterans have become targets in an inexcusable scam that dishonors their service and misrepresents the Department that serves them," the acting undersecretary for health, Gerald Cross, said.

"VA policy does not include personally calling veterans to ask them to disclose personal financial information over the phone," he added.

The scam comes from callers who identify themselves as working for the "Patient Care Group." They say the VA recently changed procedures for dispensing prescriptions and ask for the veteran's credit card number.

"VA has not changed its processes for dispensing prescription medicines," Cross said, "nor has VA changed its long-standing commitment to protect the personal information of this nation's veterans."

Veterans with questions about VA services should contact the nearest VA medical center or call toll-free 1-877-222-8387.



Voices of Ohana

Who or what has contributed to your successes in life?

"My husband, who is a staff sergeant in the Army, has supported me in all of my career choices."

Michelle Allen
Management Tech, U.S. Army Garrison-Hawaii

"My dad is the most influential person in my life. After all, he's my favorite dad."

Debra Chargualaf
Bank Teller, Hawaiian Tel-Wheeler Branch

"The people who I work with. I learn from their experiences."

Nelson Ogimoto
Electrical Engineer, Directorate of Public Works

"My husband has been a major influence in my new career focus. I'm going back to school to become an accountant."

Tieisha Pierre
Family Member

"My mother."

PFC Andrea Standley
Ammunitions Specialist, 2-6th CAV

130th Eng. get C-IED aid from explosive hazards team

OIF

Story and Photo by
STAFF SGT. MELANIE TROLLINGER
130th Engineer Brigade, Multi-National Division-North

Members of the 15th Explosive Hazards Team, 130th Engineer Brigade, gather for a keepsake photo after arriving in Mosul, Iraq, to provide explosive hazards training to U.S. forces and Iraq Security Forces. Pictured, left to right, are 1st Lt. Manuel A. Orozco, Sgt. William James, Sgt. Nathaniel Morris, Sgt. Matthew Jackson, Staff Sgt. Darryl Goodwin, Sgt. 1st Class Kevin Brummel and Pvt. David Casas.

CONTINGENCY OPERATING STATION MAREZ, MOSUL, Iraq – The 130th Engineer Brigade's highly specialized 15th Explosive Hazards Team (EHT) recently arrived in Iraq to support the brigade's reconstruction mission in Ninewa province.

The unit's presence will enhance the 130th's capabilities to train Iraqi Security Forces in counter-improvised explosive device (C-IED) tactics and evidence collection procedures.

EHTs are a new concept in military operations. Created to support Explosives Ordnance Disposal units to combat explosives hazard, each team member completes several months of intensive training.

From mine detection and area clearance to explosives tracking and hazards planning, EHT training is designed to give each member the skills necessary to better protect U.S. and Iraqi forces from explosive threats in theater.

"The training we went through as a unit certified us to be able to instruct other units in IED defeat, area clearance, and mine detection operations," said Sgt. James T. Williams, a technical intelligence analyst with the 15th EHT.

Four EHTs are within the U.S. Army: one at Fort Bragg, N.C.; Fort Hood, Texas; Fort Lewis, Wash.; and the 15th EHT, from Schofield Barracks, Hawaii.

"The 15th EHT was not only the first team to complete the certification process" said 1st Lt. Manuel Orozco, 15th EHT detachment commander, "but they are also the first operational EHT to deploy in support of Operation Iraqi Freedom."

"I credit my team members for the outstanding job they did to get us where we are," said Orozco.

According to Orozco, his seven-member team will provide explosives tracking, mitigation and assured mobility for the 130th Eng. Bde., and they will act as a military training team for local Iraqi Army soldiers.

IED awareness, site exploitation and preservation training for the ISF is especially crucial since security of the country transitioned from the U.S. to the Iraqis, June 30.

While the 15th EHT arrived in country certified to train other units in explosives hazards, the ever-changing operational demands in Iraq provide the unit the opportunity to also teach the Iraqis evidence collection procedures as part of the C-IED training.

"A critical part of our mission is training the Iraqi Security Forces in everything they need to know to replace U.S. forces as far as conducting counter-IED operations. We 'train the trainers' so the Iraqis can take what they learn from us back to their own units and teach them how to effectively counter the IED threat," Orozco said.

The 15th EHT is currently undergoing crime scene evidence collection certification. Before the team can train the ISF in these procedures, they must complete several hours of sensitive site exploitation training.

Law enforcement officials with the 25th Infantry Division, which is responsible for operations in MND-N, will certify the 15th EHT in these procedures.

ISF evidence collection training will be a major part of the 15th EHT's mission. Orozco said using evidence collection procedures at crime scenes will assist the Iraqis in targeting the insurgency, and ultimately, governing themselves.

Knowing how to effectively target explosives hazards and finding insurgents responsible for making, emplacing and financing IED operations gives the Iraqi government more control.

The 15th EHT's efforts will help create a safer, more stable environment, not only for U.S. forces aiding in Iraq's reconstruction, but for Iraqi government officials and citizens going about their daily lives in an uncertain time.

Deployed sergeant's MRAP invention may be mass produced

Story and Photos by
1ST LT. BRANDON C. PHILLIPS
Forward Support Company, 84th Engineer Battalion (Construction Effects), 130th Engineer Brigade

A pair of small brackets — designed by Sgt. Frank Lopez of Forward Support Company, 84th Engineer Battalion (Construction Effects), 130th Engineer Brigade — aids in the maintenance and repair of the new Mine Resistant Ambush Protected (MRAP) vehicle.

Sgt. Frank Lopez (center) of Forward Support Company, 84th Engineer Battalion (Construction Effects), 130th Engineer Brigade, is awarded the Army Achievement Medal by Lt. Col. Nicholas Katers, commander, 84th Eng. Bn. (Construction Effects), for his efforts in designing small brackets that increase the efficiency of maintenance and repair operations on Mine Resistant Ambush Protected (MRAP) vehicles.

MOSUL, Iraq – The new Mine Resistant Ambush Protected (MRAP) vehicles used in theater have proven extremely effective in protecting Soldiers of the 84th Engineer Battalion (Construction Effects) from deadly attacks by remaining extremists, here, during their yearlong deployment.

Nearly every mission that the "Never Daunted" Battalion has participated in while serving in northern Iraq has featured at least a few MRAPs in their convoys. However, maintaining such a new fleet of vehicles has been an arduous task for the mechanics of the battalion.

Hard to find parts, unfamiliar systems and design quirks are a few things the maintenance Soldiers of the Forward Support Company (FSC) have dealt with day after day. Thankfully, the highly skilled mechanics in the FSC have invented a few things to keep the 84th Engineers moving – literally.

Soldiers realized after a few weeks of working with the MRAPs that even simple tasks like changing tires prove to be inefficient with the tools organic to the unit. Lifesaving armor plates featured on several of these vehicles added to difficulties, since they hindered access to the tires and tire wells.

Enter the creativity of the Forward Support Company's stellar mechanics. Sgt. Frank Lopez, along with other Soldiers of the company, designed a small bracket that allows them to prop up the armor on one model of MRAP when changing the tires on it.

Lopez took his design to the welding team, which in turn eagerly brought his creation to life. The handy invention has saved countless hours of labor for the mechanics during their time in Mosul.

In addition to the boost in efficiency, Lopez is even more satisfied with the safety the new bracket provides his Soldiers while they work.

"What's time when you can guarantee Soldiers' lives? I wouldn't even mind if it added time, if I can assure no one gets injured," said Lopez.

The Army has dedicated 2009 as the Year of the Noncommissioned Officer (NCO) in order to recognize the achievements of the NCO Corps.

Serving on his third combat tour in Iraq, Lopez is in his thirteenth year of service in the Army. He lists the hardest challenges he's faced during the deployment as maintaining the unique mix of old and new equipment being used, along with the limited parts and tools available to fix them.

He would like to eventually assist in the designing of new military vehicles (like the MRAPs), as well as design specialized tools to help Soldiers do their jobs safely and efficiently.

Lopez may well get his chance to help the Army find better ways to support its deployed warriors. He was commended for his ingenious work by the battalion command sergeant major, Command Sgt. Maj. Roy D. Ward, and his battalion commander, Lt. Col. Nicholas W. Katers.

Recently, a Science and Technology Assistance Team inquired about visiting the FSC, 84th, to see the MRAP brackets designed by Lopez and his Soldiers. The team will analyze the effectiveness of the device, as well as the possibility of mass producing it.

The mechanics plan to showcase other inventions they have developed during the past year. Teams are dispatched throughout Iraq in an effort to continuously improve the techniques and resources available to all units downrange.

Ultimate Fighting Champion motivates wounded warriors

AIR FORCE MASTER SGT. ALLISON DAY
Pacific Air Forces Public Affairs

HICKAM AIR FORCE BASE – Fifty U.S. Army and Marine Corps wounded warriors were honored for their military service, here, Friday, when they got an exclusive Thunderbirds air show preview and the opportunity to meet a local hero.

The highlight of the day for many included meeting B.J. Penn, Ultimate Fighting Championship lightweight champion, who stopped by to meet and spend time with America's heroes.

"He is very approachable," said Army Sgt. 1st Class James Lee, S-3 Operations noncommissioned officer in charge with the Warrior Transition Battalion, Schofield Barracks. "What I've seen on (television) and now in person are two different things."

The Soldier, who was awarded a Purple Heart after being wounded in action, was awed that Penn expressed interest in meeting wounded warriors.

"I got to see another side of him when he shared his experiences with us," said Lee. "He is a humble champion, and I get to tell my friends, who are huge fight fans, that I met him."

Vanessa M. Forloine | Hickam Air Force Base Public Affairs

Hawaii service members who have been wounded in battle "talk story" with Mixed Martial Arts Ultimate Fighting Champion B.J. Penn at the Officers Club lanai, Hickam Air Force Base, Sept. 18.

It's great that he's giving back to the community in this way, Lee added.

During a 20-minute session, the wounded warriors asked Penn a variety of questions, from how he got involved in fighting to what he does to prepare for a fight. In the end, it was the celebrity who thought it was awesome to meet the wounded warriors.

I was in awe of meeting them," said Penn, a Hawaiian native. "I've traveled and met many wounded warriors, so it was great to come here, meet them and thank them for what they do for our country. These guys have been there in the line of fire, and they need to know that we support them."

Many of the warriors believe that B.J. Penn is one of them.

"It was great to have this opportunity, and all the Marines loved it," said Marine Staff Sgt. Shawn Garrett, logistics chief, Wounded Warriors Battalion, West Detachment, Hawaii. "It was a great experience."

One warrior, who is currently recovering from his wounds, added that he wasn't sure what to expect.

"It was interesting. I watch UFC, but never thought I'd get the chance to meet him," said Marine Cpl. Bradley Herold, who was wounded in Afghanistan and is currently assigned to the wounded Wounded Warriors Battalion, West Detachment, Hawaii. "I didn't expect to enjoy it as much. He seemed so down to earth for being as famous as he is. He is a warrior in the ring."

After the session, all the warriors met and took individual pictures with Penn, and many received autographed posters from him. They all agreed that meeting Penn was a boost to their morale.

CFC: Campaign runs through Nov. 9 and seeks to change lives

CONTINUED FROM A-1

"Everybody here has a heart that goes beyond themselves," said Diana Poteet, a River of Life Mission representative attending the Hawaii-Pacific Area kickoff. "When you go to an event like this, you just feel it, and it's a really good feeling. It gives you faith in the world."

The CFC kickoff is also a time to reflect and re-evaluate personal actions, according to Col. John Broadmeadow, deputy commander, U.S. Marine Corps Pacific.

"We are fortunate in being employed by the government of the greatest country on earth, and the CFC gives us the chance to share some of our good fortune with others," Broadmeadow said in his remarks at Camp Smith. "I know times are tough for people all over, which is why your efforts on behalf of the Combined Federal Campaign are so vital."

The sentiment that "times are tough" echoed among the more than 70 local nonprofits organizations present at the Hawaii-Pacific Area kickoff.

Louana Kassebeer is a breast and cervical cancer case worker at the Waimanalo Health Center in Waimanalo. She's worked there for the past 16 years, providing Native Hawaiians on the Windward side access to medical care and preventative health programs.

"A lot of [our clients] have been laid off ... they don't have insurance because they don't qualify ... we put them on a sliding-fee scale, and they get seen by the doctor," Kassebeer said.

"Our program has been so successful, but when we don't have money, then we have to stop," she added.

Waimanalo Health Center is only one of the many nonprofits feeling the sting of the economic downturn.

The Hawaii Foodbank serves more than 131,000 people on Oahu, alone, through 215 member agencies that use the foodbank. Based on reports from these member agencies, the foodbank estimates that it is serving at least double the amount of people served in 2008.

"Because of the economy, we're seeing more families using the Hawaii Foodbank. More children are going hungry, and kids are going to school without food," said Kim Bartenstein, food drive manager, Hawaii Foodbank. "[Families] have to make choices, and the choices are either they're going to pay rent or they're going to eat."

Bartenstein stressed the importance of giving, not just during the holidays, but year-round.

"At the foodbank, for every $10 that gets donated to us, we can distribute 25 meals, so we get a lot of bang for our buck. That coffee that you have during the week ... maybe it's not so important as helping someone, your neighbor, eat and have a meal," she added.

The many nonprofits at the Hawaii-Pacific Area kickoff gave attendees something to think about and share with fellow employees.

"I saw a lot of different booths for groups I didn't even know existed, like the 'Walk-Run for Hunger' by the River of Life Mission," said Staff Sgt. Caseatta Nelson-Revell, a CFC unit project officer for the 8th Theater Sustainment Command and 25th Infantry Division.

Why donate to the CFC?

- **Convenience and ease:** Employees can contribute via payroll deduction, check or cash
- **Choice:** Employees choose who they want to give to and how much they want to give
- **Confidence:** CFC is fully accountable and audited annually. Plus, donors can review organizations to see how much of each donation goes directly to the cause and how much goes to administrative costs.

"I'm in a great position where not only do I get to talk to all of our key people that are going to be running the CFC," explained Nelson-Revell, "but when I get ready to hand out donor ballots ... I get to give people info about the different booths that were here."

Each Army organization has dedicated representatives to answer questions and assist interested donors in participating in the 2009 campaign.

To learn more about the CFC and join the cause in changing lives – locally, nationally or across the world, visit www.cfc-hawaii.org or contact your unit representative.

311th Signal Command celebrates Regimental Week

LIANA MAYO
311th Signal Command Public Affairs

FORT SHAFTER – Signal Regimental Week 2009 took place Sept. 14-18 at several locations on Oahu and was hosted by the 311th Signal Command, headquartered, here.

Attended by key leaders of the Signal community, the weeklong series of events provided many opportunities to network and communicate about current operations, recent accomplishments and the unique challenges and complexities of the Signal mission.

The week began Sept. 14 with a Regimental Address at Sgt. Smith Theater, Schofield Barracks. Commander of the 311th Signal Command, Brig. Gen. Alan R. Lynn, commended his Soldiers on many crucial jobs well done in order to deliver a robust, reliable network to warfighters throughout the Pacific theater.

He reminded them what it means to be a Signal Soldier and the importance of their role in defending the Pacific Network.

A focal point of the week for senior Signal leadership was the planning and coordination conference, Sept. 15-16, at the Navy Inn and Suites, Pearl Harbor, attended by key members of U.S. Pacific Command (PACOM), U.S. Army-Pacific (USARPAC) and Signal-focused government organizations, including the Defense Information Systems Agency, which provides global NetCentric solutions for warfighter support.

"This is our opportunity to go joint," Lynn said, in his opening comments. "For example, in Okinawa, we will now be connected to the Marine Corps, and we will continue to foster alliances and share knowledge needed to effectively progress toward a secure global enterprise environment."

Command Sgt. Maj. Thomas Clark, the Signal Regimental Corps Command sergeant major, was the guest speaker for a prayer breakfast, Sept. 16, at the Hale Ikena golf course clubhouse. He urged military leaders to take the time and be humble enough to pray with their Soldiers.

Brig. Gen. Alan R. Lynn, commander, 311th Signal Command, and Soldiers of Headquarters, Headquarters Company, lead the way back to Sills Field after the Regimental Run on Schofield Barracks, Sept. 17, during Regimental Week.

Sept. 17, several hundred 311th Soldiers gathered before dawn on Schofield Barracks' Sills Field for the annual Regimental Run. All 311th Soldiers stationed in Hawaii attended to carry on the annual tradition of singing cadences and running together in the lightly falling rain.

"I was so proud of our company this morning. We led the way, and we kept a good pace" said Capt. Jason Hillman, commander, Headquarters, Headquarters Company, 311th Signal Command.

Retired Lt. Gen. Thomas M. Rienze, the Army's oldest Signal officer, is the guest of honor who is asked to cut the Signal cake at the Signal Ball, Sept. 18, at the Hilton Hawaiian Village. The ball was the culminating event for Signal Regimental Week hosted by the 311th Signal Command.

The week culminated Sept. 18 with the Regimental Signal Ball at the Hilton Hawaiian Village in Honolulu. More than 600 Signaleers, friends and family gathered for a festive evening of entertainment and fellowship.

Command Sgt. Maj. Iuniasolua T. Savusa brought food for thought as the guest speaker at the gala.

"Over the years, the NCO (noncommissioned officer) Corps has changed, but we are still the backbone of the Army. Today we have the most educated, tactically trained, all-volunteer NCO Corps in the history of the Army," Savusa said. "We are the most effective communicators in the world."

Retired Lt. Gen. Thomas M. Rienze, the Army's oldest Signal officer, was asked to cut the Signal cake. Together he and Lynn used the traditional Signal Saber for the ceremonial cutting.

"As Soldiers, we must shoot, move and communicate," Rienze said, "and you can't do any of that if you can't get a signal."

Another highlight of the evening was the ceremony to honor the heroes of the regiment.

"This special recognition at the ball was given to show our appreciation for the selfless contributions that these individuals made to the Signal Regiment," said 311th, HHC 1st Sgt. Gerry Simard. "We especially thank Master Sgt. Vada Turner for his time spent as a planner in the months leading up to Signal Regimental Week."

Honorees

•Silver Star
-Spc. Michael Carter

•Purple Heart, Bronze Star and Army Commendation Medal with "V" Device
-Sgt. 1st Class Augustin Mendoza Jr.

•Silver Order of Mercury
-Command Sgt. Maj. Stephfon Watson, for outstanding service and dedication to the Regiment and to the Signal Corps Regimental Association.

•Bronze Order of Mercury
-David Boucher
-Sgt. 1st Class Kevin Cadungug
-1st Sgt. Donald Crowder
-Chief Warrant Officer April Curry-Jones
-Lt. Col. John Fair
-Chief Warrant Officer Fred Foster
-Sgt. Maj. Robert Lonergan
-Capt. Aaron Parker
-Lt. Col. Kenneth Weiland

•Wahatchee Award
-Rose Fair
-Brenda Tuller
-Margie Simard, all for their exemplary volunteer spirit.

News Briefs

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

25 / Today

Civilian Fitness Program – Department of Army (DA) civilians are invited to participate in a six-month program allowing time during regular work hours to exercise.

DA civilians are encouraged to take advantage of this opportunity to improve health, fitness and quality of life.

To participate at the Health and Fitness Center, Schofield Barracks, or the Fort Shafter Fitness Center, call 655-4804. A pre- and post-fitness assessment is required.

October

1 / Thursday

Fitness Center Towels – Effective Oct. 1, U.S. Army Garrison-Hawaii Physical Fitness Centers will no longer provide towels. Guests will be required to bring a towel (no smaller than 16 by 24 inches) in order to use the strength training and/or cardio equipment.

3 / Saturday

Living History Day – The Tropic Lightning Museum (Waianae Avenue, Building 361, Schofield Barracks) is hosting a Living History Day, Oct. 3, 10 a.m.-3 p.m., to celebrate the 25th Infantry Division Organization Day.

Activities include a restored vehicle display, re-enactors, food, entertainment and children's activities. This event is free; call 655-0438. *(See related story on page B1).*

5 / Monday

TAP Workshops – The Army Career and Alumni Program (ACAP) offers a 2-1/2 day Transition Assistance program (TAP) employment workshop for Soldiers leaving active duty and entering the civilian workforce.

Separating personnel must attend the mandatory pre-separation briefing prior to attending the TAP workshop. Spouses are also eligible to attend.

October workshops are scheduled Oct. 5-7, 19-21, and 26-28. The workshops are held at the ACAP Center, Schofield Barracks, Soldier Support Center. Visit www.acapexpress.army.mil.

7 / Wednesday

Schofield Health and Fitness Center Closure – The Schofield Barracks Health and Fitness Center (HFC), Building 582, will be closed starting Oct. 7, for approximately 90 days, to replace the roof. All classes and services will be relocated to the Martinez Physical Fitness Center (MPFC), Building 488.

Classes and services will commence at MPFC, Oct. 9.

For more information, call Linda Williams, 655-8007/8789, through Oct. 6, and 655-4804, starting Oct. 9.

Oahu South Community Town Hall – The next town hall meeting for the Oahu South community is Oct. 7, 6:30 p.m., at the Aliamanu Military Reservation Chapel.

The town hall meeting provides information about community events, security, housing updates, and much more. For more information, contact the Oahu South Community Director's Office at 438-6996.

13 / Tuesday

Fire Warden Training – Fire warden training will be held for building representatives, Oct. 13, 10-11:30 a.m., at the Schofield Barracks Education Center, above the Sgt. Yano Library. For more information, contact Battalion Chief Marter at albert.marter@navy.mil.

29 / Thursday

Hail and Farewell – U.S. Army Garrison-Hawaii employees and their spouses are invited to attend the next Hail and Farewell costume/masquerade gathering, Oct. 29, 3-6:30 p.m., at the Tropics, Schofield Barracks, to bid aloha to newly arriving and departing employees.

Prizes will be awarded for the best costumes. Cost is $17 and includes heavy pupus, beverages and dessert. A no-host bar will be available. R.S.V.P by Oct. 9 through your directorate.

Ongoing

Found Property – The Provost Marshal Office has recovered personal property items belonging to Soldiers or their family members on Schofield and Fort Shafter. The found items include unregistered bicycles. Call 655-8255.

Equal Opportunity advisor receives 'Latina Style' award

DARREN "STACY" HOLBROOK
Equal Opportunity Program Manager

The Department of the Army Equal Opportunity Policy Office has announced the recipient of the 2009 Latina Style Distinguished Service Award.

Master Sgt. Erika A. Gordon was recently honored as the active duty Army award winner. Gordon was selected to represent the entire active duty Army based on her distinguished accomplishments.

The 2009 Latina Style Distinguished Service Awards honor military members and Department of Defense civilian employees who supported the Operation Iraqi Freedom and Operation Enduring Freedom wars and demonstrated role model qualities and the core values of their respective military service.

The award nominees were evaluated on several criteria: if they embodied the qualities that are at the core of the service's mission, if they were well respected by their superiors and peers as leaders and upstanding service members, and if they displayed exceptional character and represented their respective community with dignity and pride.

Gordon is currently deployed to Iraq with the 130th Engineer Brigade, as its equal opportunity advisor (EOA). Prior to her deployment, she was the EOA for U.S. Army Garrison-Hawaii.

Courtesy Photo

After receiving the 2009 Latina Style Distinguished Service Award, Master Sgt. Erika Gordon, currently deployed with the 130th Engineer Brigade, as its equal opportunity advisor, gathers for a keepsake photo with (left to right) Clarence A. Johnson, acting deputy undersecretary of defense for Plans; Robert Bard, president & CEO, Latina Style; and Jerry Dillard, a Department of the Army representative.

An active member of the U.S. Army Hawaii Sergeant Audie Murphy Club, Gordon has participated in numerous fundraising events for wounded warriors in partnership with Military Ministries.

Her sense of community responsibility led her to sacrifice her off time and contribute to her community by volunteering as a soccer coach with the American Youth Soccer Organization (AYSO) league in Mililani. As a coach, she taught girls, ages 6-8, to lead an active life, play fairly, try their best, and have fun.

Another community project Gordon volunteers with is the Life Foundation of Hawaii. Its main focus is to support and raise funds for those affected by HIV and AIDS, as well as to educate the community about the prevention and spread of HIV and AIDS.

Gordon's real passion lies in making sure that youth, both inside and outside of her church, have a safe, morally acceptable place to go, have fun, and talk their issues out with people they trust.

She is a member of the local Veterans of Foreign Wars, the Association of the U.S. Army (AUSA), the Military Police Regimental Association, and the Sergeant Audie Murphy Club.

Gordon was redeployed from Iraq and attended the awards ceremony in Washington, D.C. Her family was able to participate and share in the special moment.

Soldiers pose for a group photo after their retirement ceremony at the Sgt. Smith Theater, Schofield Barracks, Sept. 17. Pictured from left to right are Chief Warrant Officer-5 Thomas Scott, Headquarters G-4, U.S. Army-Pacific; 1st Sgt. Pedro Torres, 3-7th Field Artillery Regiment, 3rd Infantry Brigade Combat Team; Sgt 1st Class Surgo Banerjee, Forward Support Company, 65th Engineering Battalion; Sgt. 1st Class David Wade, 130th Engineering Bn.; and Sgt. 1st Class Maria Vaa-Igafo, Headquarters, Headquarters Division, 500th Military Intelligence Brigade.

Five begin transition from military to civilians

Army Hawaii community bids farewell to Soldiers representing 111 years of active federal service and 22 years of Reserve duty

Story and Photo By
2ND LT. JULIANNE BARCIA
500th Military Intelligence Public Affairs

SCHOFIELD BARRACKS – Five Soldiers were honored in a retirement ceremony commemorating the end of their active duty service, Sept. 17.

The 500th Military Intelligence (MI) Brigade commander hosted the event at Sgt. Smith Theater, here.

"I doubt any of these Soldiers imagined they'd be honored today as 'full-spectrum' warriors when they enlisted 20 years ago," said Col. Christopher Ballard, commander, 500th MI Bde. "A lot has changed during their careers.

"These five individuals have served our Army at a remarkable time in history," Ballard continued. "More importantly, as Soldiers and leaders, they didn't just have a front row seat to watch history unfold, they helped make history."

Ballard added, these retirees truly represent the diversity, experience and "full spectrum" talents of our Army in the 21st century.

Two of the Soldiers represented real diversity by coming from other countries to serve in the U.S. Army.

New Retirees

-Sgt. 1st Class Surgo Banerjee, Forward Support Company, 65th Engineering Battalion.

-1st Sgt. Pedro, 3rd Bn., 7th Field Artillery Regiment, 3rd Infantry Brigade Combat Team.

-Chief Warrant Officer-5 Thomas Scott, Headquarters G-4, U.S. Army-Pacific.

-Sgt. 1st Class Maria Vaa-Igafo, Headquarters, Headquarters Detachment, 500th Military Intelligence Bde.

-Sgt. 1st Class David Wade, 130th Engineer Bn.

Sgt. 1st Class Surgo Banerjee, Forward Support Company, 65th Engineering Battalion, came to the U.S. from Calcutta, India, in 1976, enlisting in the Army in 1982.

Sgt. 1st Class Maria Vaa-Igafo, Headquarters, Headquarters Detachment, 500th MI Bde., was born and raised in American Samoa.

Banerjee thanked his commanders downrange and the supportive Army family, which he said was always there for him.

"When Soldiers would ask me if I had a family member meeting me when I returned from a deployment, I'd always say, 'Look around you, I have the largest family here in these 2,000 Soldiers of the brigade," Banerjee said.

For her part, Vaa-Igafo's family was closer to home enduring many early mornings and late nights away from home. She plans on returning to her home country of American Samoa.

"No place like home," said Vaa-Igafo, who received many lei from supporters and well-wishers.

While everyone was grateful for their families' support, many of the Soldiers expressed pride in the people they supported and led.

"Our Soldiers are truly the workforce of this organization," said 1st Sgt. Pedro Torres, 3rd Bn., 7th Field Artillery Regiment, 3rd Infantry Bde. Combat Team

Torres encouraged noncommissioned officers to continue to mentor young Soldiers.

"We look good because you make us look good," said Chief Warrant Officer-5 Thomas Scott, G-4, U.S. Army-Pacific, thanking all his Soldiers.

One retiree had some advice for the new leaders who will be taking his place.

"Never compromise the standards; do not do Soldiers' jobs for them; and train, mentor and lead," said Sgt. 1st Class David Wade of 130th Eng. Bn.

"I'm convinced that we continue to enjoy such a high regard in society because (these retirees) have served honorably, kept the faith, and set the right example for the next generation of full-spectrum warriors," Ballard said, in closing.

Seasonal Flu immunization clinic walk-in schedule

Seasonal Flu immunizations are being provided on a walk-in basis at the following clinics at the Schofield Barracks Health Clinic and at the Tripler Army Medical Center throughout the month of October. Check with respective clinics for hours of operation or see page B-5.

A seasonal flu immunization is mandatory for active duty personnel. Respective commands are arranging appointments, in addition to the locations and times listed below.

Schofield Barracks Health Clinic (SBHC)

- Immunization Clinic (Building 679): Immunizations will be administered during normal working hours for all active duty and Army federal civilian employees.
- Family Medicine Allergy Clinic: Immunizations will be administered during regular hours of operation for patients enrolled with SBHC Family Medicine.
- Pediatric Clinic: Immunizations will be administered during regular hours of operation for patients enrolled with the SBHC Pediatric Clinic.

Tripler Army Medical Center

- Allergy and Immunization Clinic: Immunizations will be administered Tuesdays and Fridays, 8 a.m.3 p.m., for all active duty and their family members 18 years and older, and for military retiree beneficiaries and federal civilian employees at Tripler.
- Pediatric/Adolescent Clinics: Immunizations will be administered during regular hours of operation for patients enrolled at the TAMC pediatric clinic.
- A one-day walk-in clinic will be held Sept. 26, 10 a.m.-2 p.m.

Community Sites

Immunizations will be administered at all exchange sites listed below from 9 a.m.-2 p.m.:

Oct. 24	Hickam Base Exchange
Nov. 7	Pearl Harbor Navy Exchange (NEX)
Nov. 13	Pearl Harbor NEX
Nov. 15	Kaneohe Bay Marine Corps Exchange
Nov. 21	Schofield Barracks Main Post Exchange

Leslie Ozawa | Tripler Army Medical Center Public Affairs

TRIPLER ARMY MEDICAL CENTER — Sgt. Suliasi Lautana, a medic with Tripler's anesthesiology department, receives a seasonal flu vaccine through a nasal spray from Spc. Bethaney Van Tellingen, a Tripler emergency department medic. Walk-in flu vaccination clinics are being scheduled at Oahu military medical clinics this month.

Corps engineers promote understanding of water issues

Story and Photos by
LACEY JUSTINGER
U.S. Army Corps of Engineers, Honolulu District Public Affairs

FORT SHAFTER – The U.S. Army Corps of Engineers, Honolulu District, spent two days with local schoolchildren at Makiki Stream and Ala Wai Canal to educate and give the students hands-on environmental experience during World Water Monitoring Day, Sept. 10-11.

More than 130 students from Washington Middle School learned about ecosystem restoration, flood risk management, watershed drainage and how to compare water-quality samples and data with the help of U.S. Army Corps of Engineers employees.

Volunteers wanted!

- What: National Public Lands Day.
- When: 8:30 a.m.-noon, Sept. 26.
- Where: Fort DeRussy, Waikiki Beach.
- Why: Help stencil storm drains, remove trash from the Waikiki shoreline and beach berm, and place tree ID signs at Fort DeRussy.

Bring sun protection and sunscreen, and dress to get dirty. Bottled water, trash bags and gloves will be provided.

Call Angela Jones or John Mueller at 438-2815 for more information.

Washington Middle School eighth graders participate in World Water Monitoring Day at Makiki Stream, Sept. 11, and get hands-on environmental training.

Left — Park Ranger Angela Jones, from the U. S. Army Corps of Engineers Pacific Regional Visitors Center, helps eighth graders from Washington Middle School test nitrate and phosphate levels from Makiki Stream during World Water Monitoring Day, Sept. 11.

"Our main emphasis today is water quality sampling, ecosystem restoration and flood risk reduction," said Mike Wong, from the Corps' Civil Works department. "We all need to do our part to keep it clean."

Park Rangers Angela Jones and John Mueller, from the U. S. Army Corps of Engineers Pacific Regional Visitors Center, helped students test nitrate and phosphate levels in the water. Students learned how to use the test materials at Makiki Stream before traveling to Magic Island to test the water samples, compile data and compare results from the two bodies of water.

"Kids need to see that what they do had an effect up and down the stream," said Anne McKnight, an eighth grade teacher at Washington Middle School.

"We want them to realize that they are active community contributors.

"This event has a strong impact," she continued. "It gives them a reason to care, as they can see the direct impact by looking at the water in their system."

The 12- and 13-year-olds tested the water and served as time keepers and data recorders. They collected and measured the water samples while discussing how pH, dissolved oxygen, temperature, turbidity, nitrates and phosphates all relate to each other.

World Water Monitoring Day is an international awareness campaign to promote the public's understanding about water, conservation and protecting natural resources. Local schools like Washington Middle School use the event to help satisfy eighth grade Earth Science standards.

The City and County of Honolulu, State of Hawaii Department of Health, and the U.S. Army Corps of Engineers have co-sponsored World Water Monitoring Day with Washington Middle School since 2003, said Wong.

America's Clean Water Foundation initiated World Water Monitoring Day in 2002 to celebrate the U.S. Clean Water Act's 30th anniversary.

Iwalani Sato with the City and County of Hawaii's Environmental Department coordinated the Honolulu event, inviting all presenters, which included the Hawaii Water Environmental Association of Public Education; Oahu Invasive Species Council; the State of Hawaii's Department of Health, Clean Water Branch; and the City and County of Honolulu's Storm Water Quality Branch.

"We also want to invite everyone to participate in the National Public Lands Day at Fort DeRussy on Waikiki Beach on Sept. 26," said Jones. "We want to educate the public on the importance of preserving and improving our precious natural and cultural treasures."

The theme for this year's National Public Lands Day is "Helping Hands for America's Lands." Volunteers will stencil storm drains, remove trash from the Waikiki shoreline and beach berm, and place tree-identification signs in Fort DeRussy.

Construction: 2,400 families are now living in a new home

CONTINUED FROM A-1

tremendous amount of teamwork and coordination is done behind the scenes to help make a family's move to Hawaii as easy as possible."

Renovation of existing homes is also taking place, including work on historic homes.

AHFH project manager Dave Hogan heads up a team of 31 specialists in the necessary trades, such as plumbing, electrical or carpentry. They can only work when a family moves out, and the team often doesn't know the scope of work until they get into a home.

"A milestone our team recently achieved was the conversion of two, two-bedroom duplexes into a five-bedroom unit," said Hogan. "The work was quite extensive and required removing walls, adding a fifth bedroom, removing separating walls to create a larger front porch, and installing new tile, A/C units, light fixtures, bath accessories, and kitchen counters and cabinets."

Families have moved into 180 of the 316 new homes scheduled for construction at Schofield Barracks' Moyer neighborhood. New home exterior paint colors help differentiate the neighborhood from the adjacent Porter community.

The project was the first of approximately 24 homes identified for five-bedroom conversion. To date, more than 300 homes have been renovated and approximately 30 are completed each month.

Much more visible is construction. More than 2,400 families are living in a new home, and teams continue to complete nearly 90 homes each month.

In the south region, homes are coming up throughout Aliamanu Military Reservation (AMR). Construction of 361 homes in the Bougainville neighborhood wrapped up in June, and more than 60 of the 92 planned homes in the Plumeria neighborhood have been completed.

Site work, demolition and new home construction continue at Skyview, Makai View and AMR's Rim Loop, and at Fort Shafter's Simpson Wisser, Radar Hill and Hauoli Heights neighborhoods.

Nearly all 135 new units at Red Hill have been completed, and the balance is expected to be delivered to AHFH this month.

Teams are just as busy in the north region, with families occupying more than half of the planned 316 new homes in Moyer at Schofield Barracks.

Across the street at Wheeler Army Airfield, demolition and site work is underway in the Aloala and Wili Wili neighborhoods.

Soldiers, family members and friends gathered at Wheeler Army Airfield, Sept. 19, to welcome home the troops of the 3rd Infantry Brigade Combat Team, 25th Infantry Division, after a grueling 36-hour trip from the Middle East. This flight was the first of two flights scheduled to arrive that day bringing approximately 1,050 Soldiers home before the holidays.

3IBCT: All Broncos to redeploy in time for holidays

CONTINUED FROM A-1

transfer of leadership and control of security operations to the Iraqi government, validating 33 Iraqi Police Stations, to enable Iraqi security forces to operate independent of coalition forces, expanding the capacity of local judicial systems, and training Iraqi personnel in forensic testing.

In addition, 3rd IBCT made major improvements to the health care system by improving hospitals and clinics across the province, holding more than 100 training events for Iraqi medical personnel, certifying 97 Iraqi emergency management technicians before transferring the program to qualified Iraqi instructors, coordinating medical conferences, and presenting case studies for doctors at the Tikrit Teaching Hospital.

"Everyone has been looking forward to this day for a long time," said Maj. John Sego, 3rd IBCT rear detachment commander. "When these Soldiers deployed, they left behind a lot of family and friends who have missed them very much. We have a lot of catching up to do."

Homecoming ceremonies are continuing to take place at Wheeler Army Airfield. Family and friends wishing to welcome Soldiers home are encouraged check the 25th ID Web site, www.25idl.army.mil, for the latest ceremony updates.

Individuals with military ID cards and installation vehicle decals may enter Wheeler through Kawamura and Kunia Gates. Individuals without military ID are required to report to Lyman Gate at Schofield Barracks to obtain a visitor's pass.

Individuals should allow additional travel time for installation access and be prepared to show valid photo ID, automobile registration and proof of insurance.

Driving directions to the ceremony site will be available at gate entrances.

Vista: December set as migration deadline

CONTINUED FROM A-1

tions, units or agencies.

Installations, units and agencies are responsible for ensuring that their workstations are base-lined with the Vista version by Dec. 18, 2009.

According to Elo, the migration will be very apparent to all desktop users.

"Users will get a new set of security settings and a new experience on the desktop," he explained, "but basically and, ultimately, the migration is to protect our network.

"Also, the Army has worked closely with Microsoft to ensure certain standards of security were met before we bought off on the new operating system," he added.

Elo emphasized that while the new suite of applications may provide a few challenges as users get used to the new look and feel of Vista AGM, the new system also provides help with the transition.

As with the implementation of any new technology, there will be challenges to overcome – not to mention the change for users who have become comfortable with Windows XP and Office 2003. The new look and feel may take some time to adjust to, Elo said.

DOIMs will provide technical assistance to installations, units and agencies migrating to Vista AGM. DOIMs will also coordinate with supported installations, units and agencies to develop a migration schedule for assisting, duplicating and exchanging hard drives or imaging hard drives for Vista AGM images.

Elo estimated about 18,400 users throughout the Pacific will be affected by the migration, and only users connected to the network Dec. 18 will be using the new Vista AGM operating system.

To ease the transition to the new operating system, users can visit the online training site. Soldiers and employees, who have never used the operating system, can preview it and begin training by visiting http://us-army.skillport.com and https://train.gordon.army.mil.

For more details on the migration and what you can do to prepare, contact your unit IMO.

Secretary: Army is strained, stressed

CONTINUED FROM A-1

forged strong ties to Fort Drum and earned a reputation as a staunch advocate for Soldiers and their families, working tirelessly to ensure they had proper facilities, training and the quality of life necessary to carry out wartime missions while caring for those at home.

Over the last eight years, McHugh has made 10 official visits to Iraq and four visits to Afghanistan and other deployed locations to visit U.S. forces.

During his nomination hearing before the Senate Armed Services Committee July 30, McHugh said he was excited, humbled and honored at this new opportunity to serve, but also that he understood the challenges facing the Army.

"They are strained by the frequency of constant deployments and stress by the pressures levied against their families," he said. "Too often – far too often – they return home to only to be disappointed by a network of support systems that, despite high intentions and constant effort, continue to fall short of the level of support they so richly deserve and each and every one of us so deeply desire."

As Secretary, McHugh will draw on his years of previous experience as the ranking member of the House Armed Services Committee (HASC), which oversees the policies and programs for the Department of Defense and each of the armed forces.

Prior to becoming the ranking member of the HASC, McHugh served as the ranking member of the HASC Military Personnel Subcommittee and previously as its chairman for six years.

In addition, at the time of his nomination, McHugh was co-chair of the House Army Caucus, a bipartisan organization that works to educate fellow House members and their staffs about Army issues and programs, and a 14-year member of the United States Military Academy Board of Visitors.

Secretary McHugh was born in Watertown, New York, where he began his public service career in 1971 as the Confidential Assistant to the City Manager. In 1976, he joined the staff of New York State Senator H. Douglas Barclay, with whom he served as chief of research and liaison with local governments for nine years. Succeeding Senator Barclay in 1984, McHugh served four terms in the legislature's upper house before his election to the U.S. House of Representatives in 1992.

McHugh received a bachelor's degree in political science from Utica College of Syracuse University in 1970, and earned a master's degree in Public Administration from the State University of New York's Nelson A. Rockefeller Graduate School of Public Affairs in 1977.

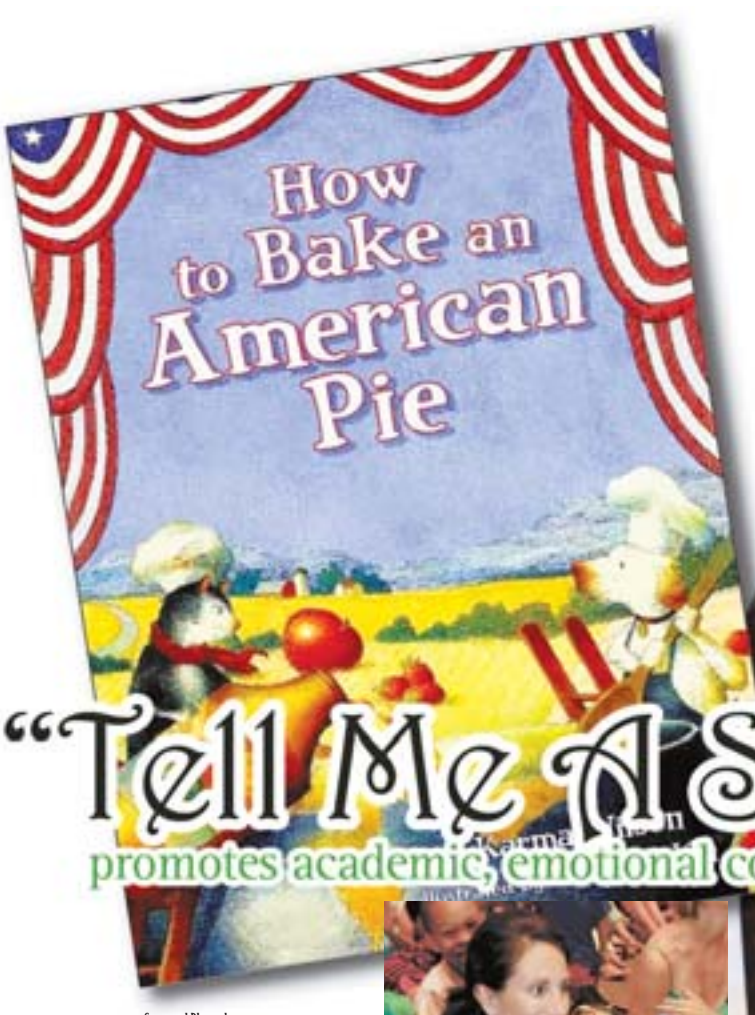
In his concluding statement July 30, McHugh stated that he was inspired by the wounded warriors he'd met.

"I have been so struck how these heroes, facing pain and loss and uncertainty, ask one question: 'What else can I do to serve?'" He added, "We can ask no less of ourselves."

HAWAI'I ARMY WEEKLY

PAU HANA

www.garrison.hawaii.army.mil/haw.asp "When work is finished." FRIDAY, SEPTEMBER 25, 2009



"Tell Me A Story"

promotes academic, emotional connections

Brig. Gen. Michael Terry, commanding general, 8th Theater Sustainment Command, reads the book *How to Bake an American Pie* during the "Tell Me A Story" event, at the Aliamanu Military Reservation community center, Sept. 16.

Story and Photos by
SGT. MAJ. TERRY ANDERSON
8th Theater Sustainment Command Public Affairs

ALIAMANU MILITARY RESERVATION – More than 150 parents and children packed into a small meeting room at the community center, here, to find out *How to Bake an American Pie.*

The Military Child Education Coalition (MCEC) "Tell Me a Story" event, organized by the Schofield Barracks' Parent to Parent group, featured Brig. Gen. Michael Terry, commanding general, 8th Theater Sustainment Command (TSC), as guest reader, Sept. 16.

"We had a fantastic turnout, especially for our first-ever event at the Aliamanu Military Reservation (AMR) community center," said Louise Webb, Parent to Parent team leader. "General Terry did an outstanding job, and I think the parents and kids truly enjoyed the story."

How to Bake an American Pie, by Karma Wilson, tells the story about all the special, magical ingredients that have made America great. The illustrations, by Raul Colon, of a dog and a cat working through the process of baking the pie, were projected on the wall so children could follow along.

"I thought that the dog and the cat made the story more fun," said 4-year-old Jordan Dorado.

Carrie Dorado brought her two sons, Jordan and Maddox, 2, to the event from their home in Mililani. The Dorado's moved to Hawaii this summer from the country of Oman, where Maj. Daniel Dorado worked as a foreign area officer. Dorado left last month for a deployment to Iraq as part of a Military Transition Team.

"I thought that ("Tell Me a Story") was a great opportunity for the kids to remember why their dad is in the service," Dorado said.

Steffanie Beissel and her daughter Reagan, 3, listen to the story *How to Bake an American Pie.*

"It's also a way for us to stay connected with military families while my husband is deployed."

Following the story, the children and families gathered in small groups, run by volunteer facilitators, to discuss the book and to work on craft projects related to the story.

Events such as "Tell Me a Story" promote the importance of literature for children and helps build strong parent–child relationships, assisting families as they deal with multiple deployments.

"These events give mothers and fathers some much-needed quality time with their kids," said Sabina Dooley, team member, Parent to Parent.

The next "Tell Me a Story" event is scheduled to take place Dec. 2, 5:30 p.m., at Fort Shafter Elementary School.

Shahnaaz Mason and her daughter Jessy, 4, work together on a craft project at the "Tell Me a Story" event, Sept. 16.

Experience 25th ID history at Tropic Lightning Museum event

Families invited to take part in living history

BILL MOSSMAN
Staff Writer

SCHOFIELD BARRACKS – The 25th Infantry Division's (ID) highly distinguished role in shaping America's past and present will be featured for Soldiers and families during Living History Day, here, at the Tropic Lightning Museum, Oct. 3.

"Living History Day is really an event where people can come and spend a few hours, or even the whole day, doing different activities," said Kathleen Ramsden, museum technician.

Visitors are invited to roam through exhibits and re-enactments of U.S. Army history, which will highlight the sizeable contributions made by the 25th ID.

Throughout the day, visitors can participate in on-post walking tours and peruse two notable collections: rifles from the Hawaii Historic Arms Association and restored vehicles from the Hawaii Military Vehicle Preservation Association.

File photo U.S. Army Garrison-Hawaii Public Affairs

Connor Molok braves the tunnel during a Living History Day at Schofield Barracks last year. Families are invited to take a closer look at the history of the 25th Infantry Division during the Living History event at the Tropic Lightning Museum, Oct. 3.

Even keiki will be kept busy – whether in proving their marksmanship on a Nerf-gun shooting range, demonstrating their dexterity in crawling through tunnels like those used in Vietnam, or testing their drawing skills in a sidewalk chalk contest.

The latter activity, in fact, will be judged at the end of the competition, with first-, second- and third-place prizes awarded to the most creative artists.

"The day is designed to be fun for the entire family, and we want to encourage families to engage in these activities together, all while learning about (25th ID) history."

"We want people to do things they don't normally get to do at a museum, like play and shout," Ramsden continued.

The day begins with the presentation of colors by the Farrington High School Junior Reserve Officer Training Corps (JROTC) at 10 a.m. Shortly thereafter, members of the ever-popular Celtic Pipes and Drums of Hawaii, dressed in traditional tartan kilts and playing bagpipes, will entertain visitors with their brand of Celtic music.

Civil War and Vietnam War re-enactors, played by Soldiers from the 25th ID, will be on hand to share their combat experiences with passers-by. Ramsden said visitors can gain a greater appreciation of what Soldiers went through on the battlefield by speaking with the re-enactors and listening to their stories.

She added that both static and interactive exhibits will be available to educate the public on the pivotal roles the 25th ID, also known as "the Tropic Lightning Division," has played since 1941, particularly during World War II, Korea, Vietnam, and present-day Iraq and Afghanistan.

Finally, Ramsden said the event will celebrate the birth of Schofield Barracks, which celebrated its centennial in July.

Ramsden said self-guided walking tours will also be available.

"Visitors can pick up a brochure and walk to different sites around post, and read why that particular building is historically significant," she explained.

To compliment the walking tours, participants can watch old video footage of Schofield Barracks inside the Visitors Center.

"There won't be a lot of talking in these films, but it's still a wonderful way to learn more about the history on post."

Hundreds of people are expected to attend the free event, open to the public, from 10 a.m.-3 p.m.

The museum is located along Waianae Avenue, Building 361, Schofield Barracks. For more details or to schedule a group tour at the museum, call 655-0438.

MWR Briefs

Serving America's Army in Hawaii

27 / Sunday

Banned Books Week – Exercise your freedom to read at the Hawaii Army libraries during banned books weeks Sept. 27-Oct. 10. Come see displays of frequently challenged or banned books, borrow a banned book, and get an "I read banned books" button. Enter for a chance to win an "I read banned books" cloth book bag. Call 655-8002.

29 / Tuesday

Ai Pono Healthy Eating Demo – Learn how to prepare healthy and simple Native Hawaiian foods/meals at home, Sept. 29, 5:30-7 p.m., at the Sgt. Yano Library, Schofield Barracks.

See a demo and learn how to cook kalua pig, o'io salad, lomi salmon and more. Call 655-8002.

Stroller Strong – Soldiers and family members are invited to participate in a healthy and informative group activity, "Stroller Strong."

Participants can meet new friends, learn new parenting tips and keep abreast of community events and services all while engaging in a healthy activity.

The group features "guest walkers" from the community (such as doctors) and garrison program representatives.

•The Tripler Army Medical Center group meets each Tuesday, 8:30-9:30 a.m., at the track. The next meeting date is Sept. 29.

•The Helemano Military Reservation group meets each Wednesday at the community center, 9-10:30 a.m.

The next meeting date is Sept. 30. Call 655-4227.

October

2 / Friday

Family Fun Friday – Family Fun Friday is back at the Tropics, Schofield Barracks, Oct. 2, 6 p.m., with free Papa John's pizza, games and contests the whole family will enjoy. Check out the HDTV's Nintendo Wii, PS3 and Xbox 360 games or play a game of pool, darts, air hockey, table tennis, beach volleyball and much more. Call 655-5698.

Aaron Cartwright | Wheeler Elementary School

Inspirational visit

WHEELER ARMY AIRFIELD — Raeceen Woolford, Miss Hawaii 2009, spends time meeting with parents and children at Wheeler Elementary School after speaking at the school's Parent, Teacher, Student Organization (PTSO) meeting, Tuesday. Woolford gave an inspirational speech to more than 45 PTSO members about volunteerism. Elizabeth Terry, PTSO president, said, "Having Miss Hawaii 2009 join us for the evening added a real spark to our membership drive, and it wasn't just the sparkles from her tiara." Woolford will compete in the Miss America pageant in Las Vegas, Jan. 30, 2010.

Waikiki Express – The Waikiki Express rides again Oct. 2, 9 p.m.-4 a.m. Let the Family and Morale, Welfare and Recreation Waikiki Express be your own personal chauffeur for traveling to Waikiki on Fridays.

The bus is free, but tickets are required and available at the Information, Ticketing and Registration (ITR) offices. All riders must have a ticket to board the bus. Pick-ups are available at both Schofield Barracks and Fort Shafter. To reserve a seat, call 655-9971 or 438-1985.

6 / Tuesday

Hale Koa Beach Trip – Blue Star Card members and their families are invited to a day of fun in the sun at the Hale Koa pool and beach, Oct. 6, 8:30 a.m.-2 p.m. Transportation will be provided and will depart from the Schofield Barracks Bowling Center at 8:30 a.m.

Pack a picnic lunch or dine at one of the Hale Koa snack bars or restaurants. Don't forget to bring your military ID, a towel and sunscreen. For more information or to register, call 656-3327 or e-mail sarah.chadwick@us.army.mil. Deadline to register is 3:30 p.m., Oct. 2.

9 / Friday

Rocktoberfest – Enjoy entertainment, food, fun and German beverages at Rocktoberfest, Oct. 9, 4-10 p.m., at the Nehelani, Schofield Barracks. Tickets are on sale now at the Nehelani, at Information, Ticketing and Registration (ITR) offices and at the post exchange (PX). Tickets cost $10 in advance and $12 at the door. Call 655-4466/0660.

Hawaiian Luau at PARC – Experience old Hawaii at the Pililaau Army Recreation Center (PARC) luau, Oct. 9, 6 p.m., on the Sunset Café lanai. Parties of four or more should call to reserve seating at 696-4778.

Mark your calendars for the next luau scheduled to take place Oct. 30, Nov. 13 and 27, and Dec. 11.

PARC is open to all active and retired military, members of the Reserve and National Guard, and active and retired Department of Defense civilian employees, including Coast Guard, family members and sponsored guests.

Ongoing

Wishing Tree – When a loved one is deployed, those left behind are full of wishes: that he'll be safe, that she'll be home soon, that the children will adjust to the separation.

The staff at the Sgt. Yano Library has created a "wishing tree" as a place to collect wishes, hopes and prayers from friends and family of deployed Soldiers.

Everyone is welcome to make a wish on a paper leaf or heart, which will be displayed on the tree. Call 655-8002.

Confidential Counseling – Military and Family Life Consultants (MFLC) are available to assist Soldiers and family members by providing short-term, situational, problem-solving counseling services, which are private and can be arranged by calling 222-7088.

If your issue is financial-based, call an MFLC personal financial counselor at 265-8136.

AFAP 2010 – All Aboard! "Ride the Train of Change" at Army Family Action Plan 2010. Get on-board today with your quality of life issues by submitting AFAP issues for the 2010 Installation Conference today.

The 2010 AFAP conference dates are Jan. 26-28, 2010, at the Nehelani Conference and Banquet Center, Schofield Barracks.Issues can be submitted online at www.mwrarmyhawaii.com or via fax, 655-1654, at the Schofield Barracks Army Community Service (ACS) and at the Tripler Army Medical Center ACS Satellite Center.

For more information, contact Michael Briglin, AFAP manager, at 655-1696 or e-mail michael.briglin@us.army.mil.

Excel, Develop, Grow, Experience Program – The EDGE! program offers out-of-school opportunities for children and youth to Experience, Develop, Grow and Excel (EDGE!) by participating in cutting-edge art, fitness, life skills and adventure activities. For more information on monthly programs contact the EDGE! coordinator at 656-0095 or kristine.yasuda@us.army.mil.

Worship Services

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

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

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

Catholic Masses
•Friday, 9 a.m. at AMR
•Saturday, 5 p.m. at FD, TAMC and WAAF chapels
•Saturday, 6 p.m. a Hawaiian-style Mass (May-Aug. only) near the Army Museum (FD)
•Sunday services:
-7:30 a.m. at WAAF
-8 a.m. at AMR
-10:30 a.m. at MPC Annex
-11 a.m. at TAMC
•Monday, Wednesday and Friday, 11:45 a.m. at MPC
•Monday-Friday noon at TAMC

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

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

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

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

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

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

Community Calendar

Send announcements to community@hawaiiarmyweekly.com

25 / Today

Jewish High Holiday Services – The Aloha Jewish Chapel at Naval Station Pearl Harbor (Makalapa Gate) serves service members and their families, government civilians and contractors, and retirees and their families (with valid government ID or arranged escort). All are invited to participate during Jewish High Holiday Services:

•Sabbath Service, today, 7:30 p.m.
•Shabbat Shuva, Sept. 26, 8:15 a.m.
•Kol Nidrei, Sept. 27, 6 p.m.
•Yom Kippur, Sept. 28, 9 a.m.-12:30 p.m. (This service will include Yizkor, after the Torah Reading.)
•Mincha/Nehila, Sept. 28, 5 p.m. (to include the "Reading for Jonah") A "Break the Fast" potluck will follow. For details, contact michael.caplan@us.army.mil.

Operation Purple Family Retreats – Applications are being accepted now for Operation Purple Family retreats, Dec. 18-21, at Camp Erdman. The free four-day getaway gives families time to renew relationships and reconnect after deployment.

The retreats are open to service members and their families who have experienced deployment within the last 15 months and have been home at least three months prior to the retreat. Families will receive a stipend to cover travel costs.

The retreats are provided free through the Sierra Club and the Sierra Club Foundation.

Families can apply at www.militaryfamily.org/retreats.

26 / Saturday

Aloha Festivals Floral Parade – The 63rd Annual Aloha Festival Floral Parade will take place along Kalakaua Avenue from Ala Moana Park to Kapiolani Park, Sept. 26, 9 a.m.

Don't miss the colorful equestrian procession with extravagant floats cascading with Hawaiian flowers, marching bands and hula halau.

This "must-see" event will pay homage to the art of hula. Call 391-8714 or visit www.alohafestivals.com. *(See related story on page B-3.)*

Free Museum Day – The following Honolulu museums will be offering free admission, Saturday, Sept. 26, as part of *Smithsonian Magazine's* Museum Day 2009.

•Hawaii State Art Museum
•Hawaii Theatre Center
•Honolulu Academy of Arts
•Mission Houses Museum
•Pacific Aviation Museum
•Queen Emma Summer Palace
•The Contemporary Museum
•Tropic Lighting Museum
•University of Hawaii Art Gallery

Attendees must present the free general admission card, available for download at http://microsite.smithsonianmag.com/museumday/admission.html. Each card admits two people.

Museum hours of operation and contact information can also be found at the Web site.

Dole Plantation Family Day – The Dole Plantation (64-1550 Kamehameha Hwy., Wahiawa) invites the public to attend its annual Family Fun Day, Sept. 26, 10 a.m-2 p.m.

Schools and area community groups – including Helemano Elementary and Waialua High – will run keiki games, food booths and other activities as fundraisers.

Visitors can receive buy-one-get-one-free admission to the World's Largest Maze and Plantation Garden Tour, and reduced admission to the Pineapple Express Train Tour.

Call 220-4981 or visit www.DolePlantation.com.

National Public Lands Day – Volunteers are needed to help stencil storm drains, remove trash from the Waikiki shoreline and beach berm, and place tree-identification signs in Fort DeRussy, during National Public Lands Day, Sept. 26, 8:30 a.m.-noon.

Volunteers should meet at the Pacific Regional Visitors Center (2nd Floor Battery Randolph) Fort DeRussy, Waikiki. Bring sun protection (hat), sunscreen and dress to get dirty. Bottled water, trash bags and gloves will be provided.

For more information, contact Regional Visitors Center park rangers Angela Jones or John Mueller at 438-2815 or angela.h.jones@usace.army.mil.

October

1 / Thursday

Catholic Conference – Aliamanu Military Reservation (AMR) Chapel is hosting the Renew/Why Catholic Conference on Christian prayer, Oct. 1-3, at the AMR Chapel. Small group workshops are scheduled Oct. 1 and 2, 7-9 p.m., and a Mass and retreat, Oct. 3, 8:30 a.m.-1:30 p.m. Child care is available if registered. Contact Katie Hanna at 673-0591 or katiebhanna@hotmail.com.

Military Scholarship Night – Military service academy and Reserve Officer Training Center (ROTC) representatives will host a Military Scholarship Night, Oct. 1, 6:15-8:30 p.m., at Radford High School.

Attendees can learn about the program benefits and entrance requirements while meeting with academy representatives from the U.S. Merchant Marine Academy, U.S. Naval Academy, U.S. Military Academy at West Point, U.S. Air Force Academy, the U.S. Coast Guard Academy, and from ROTC programs here on the island.

Light refreshments will be served from 6:15-6:30 p.m.; presentations and breakout sessions will follow from 6:30-8:30 p.m.

Aspiring officers and students are encouraged to contact their school counselor, a Service Academy/ROTC representative, or Christine Gayagas at 488-8479, or cgayagas@hawaii.rr.com for details.

2 / Friday

Case Lot Sales – Commissary case lot sales are scheduled to take place at Schofield Barracks, Oct. 2-4. Visit www.commissaries.com.

3 / Saturday

Living History Day – The Tropic Lightning Museum (Waianae Avenue, Building 361, Schofield) is hosting a Living History Day, Oct. 3, 10 a.m.-3 p.m., to celebrate the 25th Infantry Division Organization Day.

Activities include a restored vehicle display, re-enactors, food, entertainment and children's activities. This event is free; call 655-0438. *(See related story on page B-1.)*

6 / Tuesday

Ask The Commander– The next "Ask the Commander" community television taping session is scheduled, Oct. 6, 3-4 p.m., at the Helemano Military Reservation community center.

U.S. Army Garrison-Hawaii (USAG-HI) community members are encouraged to ask their questions on camera during an open one-hour session.

Questions will be answered by Col. Matthew Margotta, commander, USAG-HI (or his staff), and shared with the community through the installation TV2 channel, the *Hawaii Army Weekly* newspaper, and the garrison Web site.

Questions for the commander can also be submitted via e-mail, at any time, to askthecommander.usaghi@us.army.mil or online at the "Ask the Commander" mailbox link at www.garrison.hawaii.army.mil. *(See the September column on page A-2.)*

7 / Wednesday

Schofield Health and Fitness Center Closure – The Schofield Barracks Health and Fitness Center (HFC), Building 582, will be closed starting Oct. 7, for approximately 90 days to replace the roof. All classes and services will be relocated to the Martinez Physical Fitness Center (MPFC), Building 488.

Classes and services will commence at MPFC, Oct. 9. Call Linda Williams, 655-8007/8789 until Oct. 6, or at 655-4804, starting Oct. 9.

Ongoing

Religious Services – A full list of all religious services, programs and classes offered through the garrison's Religious Support Office can be found online at www.garrison.hawaii.army.mil. Call 655-6644 (North) or 833-6831 (South).

Club Beyond – Middle and high school youth in grades 6-12 are invited to participate in the Club Beyond youth ministry group, which meets Wednesdays, 6-7:30 p.m., at the Main Post Chapel, Schofield Barracks, and Tuesdays, 6-7:30 p.m., at the Aliamanu Military Reservation community center. Call youth minister Kevin Schmidt at 372-1567, or kschmidt@clubbeyond.org.

This Week at the Movies

Sgt. Smith Theater

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

Post Grad

(PG-13)
Fri., Sept. 25, 6 p.m.
Sun., Sept. 27, 4 p.m.

The Goods: Live Hard, Sell Hard

(R)
Fri., Sept. 25, 8:30 p.m.
Thurs., Oct. 1, 7 p.m.

The Time Travelers Wife

(PG-13)
Sat., Sept. 26, 7 p.m.
Wed., Sept. 30, 7 p.m.

No shows on Mondays or Tuesdays.

'Operation Headrest' helps welcome home entire battalion

Story and Photos by
REBECCA ELLISON
Staff Writer

SCHOFIELD BARRACKS – Homecomings are a busy time. As groups of Army spouses ready themselves and their families for the return of more than 3,400 Soldiers, many are working to make redeployment a memorable time for the entire battalion family, including their single Soldiers.

Armed with decorated pillowcases, banners, bedding and toiletries donated by schools, churches and businesses as far away as New York, the spouses of the 3rd Battalion, 7th Field Artillery Regiment (FA), gathered at E-Quad, here, ready to put "Operation Headrest" into full swing, Sept. 12.

And their mission? To make ready the barracks rooms for more than 100 returning single Soldiers assigned to 3-7th FA.

Debbie Waters, wife of Lt. Col. Glenn Waters, commander, 3-7th FA, is leading the charge for "Operation Headrest," which she said was initially started by the previous commander's wife in 2007.

"When many of our friends heard my husband Glenn was deployed, they would ask 'What can I do to help?' or 'What can I send?'" she explained.

She immediately began recruiting people to help reinstate the program.

Waters reached out to friends in both Hawaii and her hometown in New York and said her request was met with an overwhelming response.

"We started out just thinking of our battalion, but when the first donation included 208 pillowcases, we decided that we had enough to decorate and give out to anyone who needed them," she said.

Each pillow will have a card attached that reads: "As you lay your head down, in the quiet of the night and the safety of home, know that you are honored, appreciated and truly a hero. Thank you for laying your life on the line for our freedom."

In addition to the pillowcases, decorated by children at schools from Wahiawa to New York, 3-7th FA spouses are distributing goody bags that they hope will make Soldiers comfortable in their first few days home.

"The women are making up the beds with linens and pillows, hanging shower curtains, and distributing goody bags that we hope will get them through the first 24-36 hours until they are able to go out and shop on their own," she said.

The 3-7th FA spouses aren't the only ones happy to help make the transition an easier one for single Soldiers.

"We received donations, not only from families of Soldiers, but also from a lot of civilians in different communities," she said.

Other military spouses said their participation in the program is adding to the anticipation of the homecoming for everyone involved.

"It feels really good. It's a lot of fun knowing how happy these Soldiers are going to be when they come home and they see what's been done for them," said Francis Nixon, wife of Sgt. Robert Nixon.

In the coming weeks, the Soldiers of the 3rd Infantry Brigade Combat Team, 25th Infantry Division, will be returning to Hawaii after a yearlong deployment to Iraq.

Justin Ellison, 7, takes pillowcases to be distributed to barracks rooms. The pillowcases are among items such as bedding, shower curtains and toiletries that will help single Soldiers feel more at home when they return to the barracks after serving a yearlong deployment in Iraq.

Gift bags filled with bottled water, snacks and toiletries line the hallway of the E-Quad barracks. The bags are being distributed to more than 100 single Soldiers returning from Iraq in the next few months.

Thrift shop under new management, focusing on making shopping easier

Story and Photos By
CRIZTINA JEAN
Hui O' Na Wahine Publicity Office

SCHOFIELD BARRACKS – The Hui O' Na Wahine's Thrift Shop, here, is currently experiencing a major overhaul in the way it does business with the hiring of new store manager Kim Morton.

Morton, along with her staff and volunteers, has completed a major store realignment to make it easier for customers to enjoy their shopping experience.

"We've established departments in kind of a 'rooms to go' format to make shopping easier," explained Morton.

Customers will now find items grouped by categories in sections such as sporting goods, electronics, discount clothing, kitchen and small appliances sections.

One of the best changes has been the creation of the toy center. The new toy center not only allows children to find all the toys in one location, but it also helps with the clutter around the store, Morton explained.

The Thrift Shop is located next to Army Community Service, Schofield Barracks, and is open Tuesdays and Thursdays and the first Saturday of the month from 9 a.m. to 1 p.m. The shop is closed the third Thursday of the month.

Shoppers will notice that Morton also made a decision to mix consignment items with regular Thrift Shop merchandise.

"In the past, consignments were in the back of the store, but now they are throughout,"said Morton. "(Mixing the merchandise) makes it easier for the customer to find what they want, and it benefits the seller because their items get better placement to sell quickly."

In the clothing section, customers will now find clothes organized by size, instead of color. She said the reorganization has had a huge impact on sales, and it has taken some time for regular customers to adjust.

"Change is always hard, but I think it will be better for the store in the long run," Morton said.

Customers should also note that the Thrift Shop is doing away with the "T-shirt Color of the Month" promotion in October and adopting a new way to earn discounts on every purchase.

"Nylon Thrift Shop bags will be sold, and all customers who bring in their own bag will receive 50-percent off all merchandise. This will cut down on plastic bags and help the environment too," said Ashley Enos, Thrift Shop liaison. (Consignment items are not included in the offer.)

Sasha Griffin, president, Hui O'Na Wahine, said "It's an entirely new store. Things work better, people are finding things more easily."

And the more shoppers find, the more they buy, which in turn allows the club to offer more assistance through scholarships and welfare grants.

Enos explained why the Thrift Shop is so important to the community and announced that of the $32,400 donated back to the community, 75 percent came from Thrift Shop revenue.

According to Morton, the store changes help support the club and Thrift Shop's mission to provide a quality, customer-centered, friendly shopping experience while raising funds to serve the community as a source for scholarships, welfare and Soldier-centered programs.

Morton's dreams for the store doesn't end here. She invites everyone to join in her journey to be the best Thrift Shop on Oahu.

"We are always looking for volunteers to assist us and have flexible options available to work with busy schedules," she said.

Thrift Shop volunteers get the first pick of new merchandise, free child care at a Child Development Center hourly care provider (up to 16 hours per month), and they receive more on consignments, half-priced items and, of course, meet new people.

Morton invites the community to stop by and see all the changes and contribute to making the community a better place.

All profits from the Thrift Shop are donated back to the community through scholarships and welfare grants.

Beth Harter eyes a "find" in a seasonal merchandise display during a recent trip to the Thrift Shop.

Morton

Photo Courtesy of Hawaii Tourism Authority

Hula dancers perform atop a float during last year's Aloha Festivals Floral Parade in Waikiki. This year's parade is scheduled Saturday, Sept. 26, beginning at 9 a.m., along Kalakaua Avenue.

Aloha spirit on display at floral parade

Fragrant floral floats and hula take center stage, Saturday

BILL MOSSMAN
Staff Writer

HONOLULU – Military families heading to the state's premier cultural showcase, the Aloha Festivals Floral Parade, here, this weekend, are sure to witness two features that contribute to Hawaii's uniqueness – colorful flowers and lovely hula hands.

Slated for a 9 a.m. start on Sept. 26, the parade marks the culmination of a monthlong series of events created to foster the Aloha Spirit through a celebration of Hawaii's many traditions.

This year's theme, "Hula – Let the Story be Told," calls for 13 floats and four hula halau (schools) from around the state to converge on the streets of Honolulu. There, dancers will entertain thousands of spectators lined up along Kalakaua Avenue and Ala Moana Beach Park, through song and dance detailing ancient legends, genealogies, epic battles and love stories.

Joining the many halau for the 63rd annual event will be a procession of pa'u (women's skirt) horseback riders and high school marching bands. Spectators will both see and smell the long, fragrant floats, all of which will be decorated with cascading Hawaiian floral arrangements.

"It's going to be as big as it's ever been," event co-chair Jay Talwar promised of the parade. "This year, we've gotten incredible communitywide involvement, more so than we've ever had in the past. Much of that is due to us really connecting with the hula community in the last couple of years and doing as much outreach with them as we possibly could."

For many service members and their families, the occasion may be their first experience at witnessing much of the islands' uniqueness in one setting.

"The parade is a way for (military families) to see Hawaii in a very relaxed way," Talwar said. "Many of our pa'u riders come from outer islands, so it's a side of the community that (first-time spectators) may not always see in their day-to-day lives."

Aside from enjoying the parade, military families may also purchase an Aloha Festivals ribbon at the event for $5. Ribbon wearers are entitled to discounts at many of Oahu's restaurants, hotels and popular family attractions, including Bishop Museum, The Contemporary Museum and Sea Life Park. While most of the discounts are only good through the end of the month, some offers do extend through the end of the year, Talwar noted.

According to Talwar, proceeds from ribbon sales help pay for a significant portion of the festival expenses.

With participation greater than ever before, Talwar is expecting a truly memorable sight at this year's parade.

"I think it's going to show that the Aloha Spirit really resonates with people now," he said.

Created in 1946 as Aloha Week, the event is the oldest and largest Hawaiian cultural statewide celebration in the U.S., according to the festivals' Web site. Today, an estimated 1 million people attend the annual showcase.

Post-deployment families reconnect at Kailua beach retreat

Story and Photo by
STAFF SGT. CRISTA YAZZIE
U.S. Army-Pacific Public Affairs

KAILUA – Soldiers who have recently returned from deployments joined their families at Kailua Beach Park, here, for a full day of activities for adults and kids alike, Sept. 16 and 18.

The Family-Building Retreat, a first, sponsored by the U.S. Army-Pacific (USARPAC) Chaplains Office, was designed to strengthen family bonds.

"It's about understanding community and our choices and how they affect one another, through trust, confidence building, communication skills, all the things that help you deal with separation," said Chaplain (Capt.) Douglas Weaver, USARPAC Special Troops Battalion chaplain and coordinator of the event. "All the activities we did are designed to deal with separate concepts like that."

The concept, said Weaver, grew from Operation Purple Camp, a summer day camp program for children of deployed parents. The Chaplains Office contacted a company that sponsors Operation Purple camps and began working on a curriculum to include family members.

"Families coming together after multiple deployments and separation and relocations, and all the stressors that are involved with that, is a really important piece," said Mary Mercantonio, chief executive director for Outer Edge Performance, who began preparing for the event months in advance. "Operation Purple camps are only for kids, but it seems like (the Family-Building) retreat is a really natural progression in terms of identifying and creating an experience for kids."

Family members build communication skills during an event called the "lava field" at Kailua Beach during the U.S. Army-Pacific (USARPAC) Family-Building Retreat sponsored by the USARPAC Chaplains Office.

According to Mercantonio, the premise of the retreats centers around reintegration, resiliency, and skill-building; on developing a common language around family members and their feelings; and on identifying those feelings, to talk about them in a way that makes sense to the entire family.

"Through the development of that common language, family members – who sometimes have a difficulty talking about their feelings and enhancing that level of communication with one another – overcome," Mercantonio said.

A staff of trained therapists was on hand for the day's events.

"There are some counselors here. There's a section where they talk about general awareness of your emotional level," said Weaver, "and every event is geared towards learning and bonding."

Participants and family members were engaged throughout the day with a number of similar games and activities, culminating in a choice of kayaking or hiking at the end of the day.

"This particular program is completely geared towards military families, addressing and providing opportunity to bring folks together to spend time, to have fun, connect in new ways ... in activities maybe nobody has ever done before," said Mercantonio.

The benefit, she said, is the program places "emphasis on addressing and providing opportunity for increased skill in communication, problem solving, resiliency and emotional regulation. All these activities are really great metaphors for what happens in other aspects of our lives."

Mercantonio continued, "These activities can be challenging in their own way. For some folks, it might be hard to get out and paddle, but when we are working with someone in a kayak, we've got to be in sync, and we've got to work through that."

MWR Sports

26 / Saturday

Stand up Paddleboard – Check out the latest craze to hit the surf crazy islands: paddleboarding. Lessons are scheduled Sept. 26 and Oct. 4, 7 a.m.-noon., with Outdoor Recreation, Schofield Barracks.

Cost is $45 per person and includes all equipment and round-trip transportation from Schofield Barracks. Call 655-0143.

Tropics Sand Volleyball Series – Bump, set and spike your way to success during a beach volleyball tournament, Sept. 26, at the Tropics, Schofield Barracks. Enjoy food and drink specials, giveaways and awards for top players.

The all-day tournament will continue until a winner is crowned. Players must be 18 or older. Cost is $10 per team to enter, but active duty military can play for free. Call 438-1152.

October

1 / Thursday

Fitness Center Towels – Effective Oct. 1, U.S. Army Garrison-Hawaii Physical Fitness Centers will no longer provide towels. Guests will be required to bring a towel (no smaller than 16 by 24 inches) in order to use the strength training and/or cardio equipment.

3 / Saturday

Surfing Lessons – Learn to surf like a professional, or at least look the part, with Outdoor Recreation, Oct. 3, 7-10 a.m. Lessons are $35 each and include equipment and round-trip transportation from Schofield Barracks. Call 655-0143.

7 / Wednesday

Fishing 101 – Learn the basics of fishing in Hawaii and how to make your own materials, Oct. 7, 5:30-7:30 p.m., at Outdoor Recreation, Schofield Barracks. This program is free and will connect you with others who share your passion. Call 655-0143.

Schofield Health and Fitness Center Closure – The Schofield Barracks Health and Fitness Center (HFC), Building 582, will be closed starting Oct. 7, for approximately 90 days, to replace the roof.

All classes and services will be relocated to the Martinez Physical Fitness Center (MPFC), Building 488. Classes and services will commence at MPFC, Oct. 9. Call Linda Williams, 655-8007/8789, through Oct. 6, and at 655-4804, starting Oct. 9.

9 / Friday

Shoreline Fishing – Spend the day bait dunking Hawaiian style at a popular shore fishing area with Outdoor Recreation, Schofield Barracks, Oct. 9, 9 a.m.-10 p.m. Cost is $25 per person and includes round-trip transportation from Schofield Barracks. Call 655-0143.

10 / Saturday

Adventure Hike – Enjoy a day hike to one of several picturesque locations around the island of Oahu with Outdoor Recreation, Oct. 10, 8 a.m. Registration is required, and costs $10. Round-trip transportation from Schofield Barracks is provided. Call 655-0143.

11 / Sunday

Adventure Kayaking – Enjoy a half-day of adventurous kayaking from various beaches around the island of Oahu, Oct. 11, 7 a.m.-2 p.m. Cost is $35 per person and includes equipment and round-trip transportation from Schofield Barracks. Call 655-0143.

Ongoing

Karate Classes – Children ages 5 and older can learn Do Shudokan karate at three U.S. Army Garrison-Hawaii physical fitness centers: Aliamanu Military Reservation (AMR), Fort Shafter, Helemano or Schofield's Bennett Youth Center. Classes cost $35 per month. A family discount is available.

Call Joseph Bunch at 488-6372 or 265-5476.

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 not accepted by the Sports Office. Call 655-9914 or 655-0856.

Legendary waterman teaches ocean safety class at PARC

BILL MOSSMAN
Staff Writer

WAIANAE – When it comes to water safety risk management, nobody's advice carries more weight than that of legendary waterman Brian Keaulana.

Over the years, people from around the world have sought his counsel on ocean-related activities – particularly his revolutionary techniques in rescuing surfers from big-wave competitions.

Even Hollywood has tapped into his expertise on occasion, using his talents as an instructor and stuntman in such films as "Waterworld," "In God's Hands" and "Blue Crush."

Now, the Hawaii Military Surfing Organization (HMSO) is following suit, asking Keaulana to help lead an upcoming ocean safety class for service members and their families.

For more information on HMSO or to register for the ocean safety class, call Dan Wilson at 471-1153 or e-mail at dwilson27@hawaii.rr.com.

Photo Courtesy of Hawaii Military Surfing Organization

A surfer with the Hawaii Military Surfing Organization (HMSO) rides a wave while keeping an eye on a fellow surfer to his right. "Right of way" and surfing etiquette will be one of many topics discussed during an Ocean Safety Day, Oct. 4, hosted by the HMSO at Pililaau Army Recreation Center at Pokai Bay.

Billed as HMSO Ocean Safety Day, the inaugural event will take place, Oct. 4, from 9 a.m.-noon, at the Pililaau Army Recreation Center (PARC) at Pokai Bay. Aside from gleaning pearls of wisdom from Keaulana, those who register will also have an opportunity to try their feet at stand-up paddle surfing, with the aid of instructors from C4 Waterman. All paddling equipment will be offered free of charge, with a valid driver's license or military ID.

According to Keaulana, the class is a great way for fledgling surfers to get their feet wet in the sport, as well as learn about the dangers that exist in Hawaii's coastal waters. A former lifeguard for the City and County of Honolulu, Keaulana has personally witnessed many tourists, even newly arrived military families to the islands, get into trouble at beaches around Oahu.

It's one of the main reasons he routinely gives classes on water safety.

"The ocean is not a swimming pool. It does have hazards," said Keaulana, who introduced the practice of big-wave rescues by using a personal watercraft such as a Jet Ski and a modified bodyboard for towing purposes, nearly two decades ago. "But you can reduce the risks through education."

His advice? For the novice, don't be so eager to try your luck at such famous surf spots as Banzai Pipeline, Sunset Beach, Kaiser Bowls or Waimea Bay. Instead, he encourages beginners to match their abilities to a location. Beginning surfers often find ideal wave conditions at Barbers Point, inside Haleiwa, Waikiki Beach, Chun's Reef and Puena Point.

Once a spot has been found, Keaulana encourages beginners to learn about the dos and don'ts of the sport before sharing the surf with others. Often, the novice will accidentally get caught paddling in a take-off zone, or, unknowingly, cut in front of another surfer for the next wave, and thus break the "right of way" rule. Such etiquette violations often lead to physical confrontations, Keaulana explained.

Keaulana

"In surfing, it's not like skiing, where everyone is on a lift and they take turns," he said. "Surfing is a lot more complex. Everyone is sitting in different lineups, and if you're drifting around, you can actually get in someone else's way.

"Reading the surf spot is one of the best things they can learn," Keaulana continued. "That's why, when we're teaching people about water safety, we tell them to find places where there aren't too many people. Or if there is a lot of people, then stick more to the shoulder of the wave, and avoid the impact zones."

One such spot that is conducive to surf instruction is at PARC's Pokai Bay.

"We chose Pokai Bay because it is an area with a protective groin, and that gives us controllability," Keaulana explained. "There are no currents there, so it's a classroom where we can teach people and provide baby steps for them to experience and learn more about surfing."

Above all, Keaulana wants his students to enjoy one of Hawaii's favorite outdoor activities.

"The main thing is, just have fun," he said. "And when you're having fun, you'll actually want to learn more."

Learning to enjoy surfing, of course, is one of the chief aims of event sponsor, HMSO. The club, which was originally formed in the 1960s, has been making somewhat of a comeback in recent months, following a period of dormancy earlier this decade.

Made up of service members from all branches of the military, HMSO is a rather unique brotherhood between those who surf and those who serve their country, said Lt. Col. Dan Wilson, commander, Detachment 4, Joint POW/MIA Accounting Command (JPAC), and board member with the club.

> "In surfing, it's not like skiing, where everyone is on a lift and they take turns. Surfing is a lot more complex."
>
> **Brian Keaulana,**
> *Water Safety Expert*

And because of the members' unique ties, he added, there's a sense of obligation in tutoring novice military surfers about the sport and local etiquette.

"One of the reasons we formed this club with a new group of guys was to increase the cooperation and the sense of ohana between Hawaiian surfers and military surfers," Wilson explained.

And while the club is helping to educate fledgling surfers with its upcoming ocean safety class, it's also reaching out to veterans through its Wounded Warrior Surf Program. The course allows returning service members the opportunity to, through small-group sessions, experience what program organizers call "the healing power of the ocean through surfing and being immersed in the water."

"For us, surfing is our therapy, our stress relief," Wilson said, "so we want to share that with other people who need help more than we do."

TAMC heart device approved, deploys to Pacific areas

New device helps primary care physicians discern between innocent and serious conditions

TRIPLER ARMY MEDICAL CENTER
News Release

HONOLULU – A new, unique heart sound recording device, designed and tested at Tripler Army Medical Center (TAMC), received Food and Drug Administration (FDA) approval in August.

The "Signal" device system, used in conjunction with TAMC's telemedicine system, will bring advanced diagnostic capabilities to six Department of Defense medical facilities in the Pacific region.

With funding from the Telemedicine and Advanced Technology Research Center, and in collaboration with Zargis Medical, Inc., the device is the culmination of a six-year project to design a high-quality, user-friendly system for remote cardiology evaluation.

For more information, contact Lt. Col. C. Becket Mahnke at Christopher.Mahnke@us.army.mil or visit https://www2.tamc.amedd.army.mil/path.

It is designed to record multiple heart sounds simultaneously, working seamlessly with TAMC's telemedicine system called PATH (Pacific Asynchronous TeleHealth).

"We see a lot of children with heart murmurs from remote sites like Guam or Korea," said Lt. Col. C. Becket Mahnke, chief of Pediatric Cardiology. "Most of these are innocent heart murmurs, but it is difficult for primary care providers to make that determination with confidence. These referrals of patients with normal findings generate unnecessary costs and significant parental stress."

Congenital heart disease affects approximately one percent of all children, but more than half of all pediatric patients will have an innocent heart murmur detected at some point in their life.

Research has shown that primary care providers have difficulty diagnosing the innocent heart murmur, making the evaluation of a new heart murmur the most frequent reason for pediatric cardiology consultation.

Pediatric cardiologists, in contrast, can often accurately diagnose the innocent heart murmur by examination with a stethoscope alone, thereby eliminating the need for more costly imaging studies like cardiac ultrasound.

Pediatric Cardiology Technician Jill Inafuku applies the six sensors to Brice Conniff, son of retired Staff Sgt. and Mrs. Michael Conniff for acquiring cardiac heartsounds.

"The Signal device, used in conjunction with PATH's Heartsounds module, allows TAMC's pediatric cardiologists to listen to children's hearts without the need for travel. This improves access to pediatric cardiology care and reduces costs by eliminating the need for travel," said Mahnke. "Also, those with suspected abnormalities can be seen sooner, thereby improving the quality of care delivered."

Because children often have difficulty remaining still and quiet, the device's six sensors capture a complete set of sounds in as little as 20 seconds versus the five minutes it took in the past.

"We tried several digital stethoscopes before we helped design the Signal, and they were all very cumbersome and time consuming," said Jill Inafuku, pediatric cardiology technician. "The Signal system allows for quick, patient-friendly recording, with easy transfer to PATH, so the doctor can review."

Beginning mid-September, Mahnke and his Heartsounds team will deploy six Signal devices throughout the Pacific region for routine clinic use at sites in Guam, Korea and Japan.

Clinic hours at TAMC

Adult Medicine Clinic
Hours: Monday-Thursday, 7 a.m.-6 p.m., Friday, 7 a.m.-4 p.m.
Sick Call: Monday-Friday, 7-8 a.m.

Family Medicine Clinic
Hours: Monday-Thursday, 8 a.m.-4 p.m. and evening clinic, 5-7 p.m. Friday, 8 a.m.-4 p.m.
Sick Call: Monday-Friday, 7:15-7:45 a.m.

Pediatrics/Adolescent Clinic
Hours: Monday-Friday,8 a.m.-4 p.m. Saturday, 10 a.m.-4 p.m. *(by appointment only)*

TAMC Pharmacy Hours

Family Medicine Clinic
Hours: Monday–Thursday, 8 a.m.-7:30 p.m. Saturday, 8 a.m.-4 p.m. Closed Sundays, federal holidays

Clinic hours at SBHC

Family Medicine Clinic
Hours: Monday–Thursday, 7:30 a.m.-4 p.m. and evening clinic until 5:30 p.m. *(by appointment only)* Friday, 7:30 a.m.-4 p.m. Saturday, 8 a.m.-3:30 p.m. *(by appointment only)*

Pediatrics/Adolescent Clinic
Hours: Monday-Friday, 8 a.m.-4 p.m. (closed from noon-1 p.m.) Walk-in hours for immunizations only, 8-11 a.m. and 1-3 p.m.

Acute Care Clinic
Hours: Monday-Sunday, 6 a.m.-9 p.m.
(Current operating hours as of 9/4/09.)

community Sports

Send sports announcements to community@hawaiiarmyweekly.com.

26 / Saturday

Kuau Rockin' Surf Competition – Due to last weekend's weather conditions, the Marine Corps Base Hawaii and Marine Corps Community Services Kuau Rockin' Surf Competition was rescheduled and will take place, Sept. 26 and 27, 7 a.m.-4 p.m., at Pyramid Rock Beach – surf conditions permitting.

Participants can enter in the men's or women's shortboard divisions and/or the longboard division. Cost to enter one division for civilians is $25; active duty military, $15. Add $10 if entering a second division.

Entry fee also includes a commemorative T-shirt. Call 254-7655.

October

3 / Saturday

Volksmarching Club – Join the Menehune Marchers Volkssport Club on a 5K or 10K volksmarch (walk), Oct. 3, in Moiliili starting at the Ala Wai Community Park (2015 Kapiolani Blvd.) Participants can start anytime between 7:30 a.m. and 11 a.m., and finish by 2 p.m.

For more information, contact Marsha at 395-9724, or visit http://www.ava.org/clubs/menehunemarchers/.

This event is free, and IVV credit, if desired, is available for a nominal fee.

4 / Sunday

Ocean Safety Day – The members of the Hawaii Military Surfing Organization (HMSO) will host an ocean safety class, Oct. 4, 9 a.m.-noon, at the Pililaau Army Recreation Center (PARC) at Pokai Bay. Learn how to read the surf spot, "right of way" and local etiquette from renowned Hawaiian ocean safety expert Brian Keaulana.

The event will be followed by the chance to try stand-up paddle surfing with a team of instructors from C4 Waterman. All paddling equipment will be provided free of charge, with a valid driver's license or military ID.

For more information or to register, e-mail Dan Wilson at dwilson27@hawaii.rr.com. *(For more details, see related story on this page.)*