

INSIDE Representing the ‘Broncos’



Pomp and circumstance

Read about change of commands and responsibilities, deployments and redeployments.

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Town hall

Col. Douglas Mulbury, commander, U.S. Army Garrison-Hawaii, invites community members to attend the Oahu-South community town hall, 6:30-7:30 p.m., March 16, at AMR Chapel.

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Survey says

On-post schools throughout USARHAW are being surveyed for facility improvements.

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Flying high

Children and young adults interested in aviation attend “Discovering Your Future in Aviation” conference.

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Spc. Hillary Rustine | 3rd Brigade Combat Team Public Affairs, 25th Infantry Division

3rd BCT’s best, brightest compete for top honors

SCHOFIELD BARRACKS — Command Sgt. Maj. Andrew Spano (left, standing), command sergeant major, 3rd Brigade Combat Team, 25th Infantry Division, briefs participants in the Soldier and Noncommissioned Officer of the Year competitions, Feb. 23. For the full story, see page A-7.

‘Broncos’ prepare for deployment

STAFF SGT. AMBER ROBINSON

3rd Brigade Combat Team Public Affairs, 25th Infantry Division

SCHOFIELD BARRACKS — Soldiers, families and friends of 3rd Brigade Combat Team, 25th Infantry Division, gathered on Sills Field, here, Friday, to witness the brigade fly its unit colors one last time on American soil, before casing them in preparation for the brigade’s upcoming deployment to Afghanistan.

Each battalion in the brigade was represented on the field, flying its colors once more before casing flags for deployment.

Lt. Gen. Benjamin Mixon, commander, U.S. Army-Pacific, was the guest speaker for the event, and he expressed his pride in all the troops standing on the field, and his faith in their capacity to succeed during their quickly-approaching yearlong deployment.

Col. Richard Kim, commander, 3rd BCT, will lead

the 3,500-Soldier strong “Bronco Brigade” into its combat tour, and he said that his battalions are ready for the challenges that await them in Afghanistan.

“I wanted to take this opportunity to express my gratitude, to not only the Soldiers of the Bronco Brigade, but also the family members and friends,” Kim said, in a personal address to Soldiers before their departure for pre-deployment leave. “For our Soldiers, I am immensely proud of all you have accomplished. You have worked extremely hard over the past few months to prepare for our time in Afghanistan.

“Whether on the Big Island, at the National Training Center or here on Schofield Barracks, you have accomplished all we have asked of you and more,” he said. “You should take pride in what you have

SEE BRONCOS, A-3



Spc. Hillary Rustine | 3rd Brigade Combat Team Public Affairs, 25th Infantry Division

Col. Richard Kim (left), commander, 3rd BCT, 25th ID, and Command Sgt. Major Andrew Spano, senior enlisted leader, 3rd BCT, case the brigade’s colors during a deployment ceremony, Friday.

Physical training test receives major upgrades

Eight posts to pilot two new tests for strength, endurance and mobility

Story and Photo by

ROB MCILVAINE

Army News Service

FORT JACKSON, S.C. — For the first time since 1980, the Army’s physical fitness test is being overhauled.

It will be replaced by both the Army Physical Readiness Test and the Army Combat Readiness Test.

Over the next few months, the two tests will be conducted at eight installations as part of a pilot program, where standards will also be developed. The new tests could go Armywide in October, said Lt. Gen. Mark Hertling, deputy commanding general, U.S. Army Training and Doctrine Command, Initial Military Training, at Fort Monroe, Va.

“Today’s PT test does not adequately measure components of strength, endurance or mobility,” Hertling said.

Hertling and Frank Palkoska, director of the Army’s Physical Fitness School, began discussing the need for

better physical fitness tests while together at West Point’s Department of Physical Education, in the early 1980s. But it was the progression of sports science that led to development of the new APRT and ACRT.

“We needed to come up with a program for the incoming young Soldiers who were not as focused on health, fitness and nutrition,” Hertling said.

The two tests align with the new Army Physical Readiness Training program, outlined in Training Circular 3-22.20, which began Armywide implementation in August.

The new training involves anaerobic exercise.

Anaerobic exercise leads to greater performance in short duration, high-intensity activities; athletes use it to promote strength, speed and power. Bodybuilders use it to build muscle mass.

Aerobic exercise includes lower intensity activities performed for longer periods of time.

The Army, said Hertling, has been on an ebb and flow of physical fitness training for the last 60 to 70 years. “Our fitness regimen and fitness testing is very

SEE PT, A-7

DOD identifies Army casualty

DEPARTMENT OF DEFENSE

News Release



Wells

The Department of Defense announced the death of a Soldier who was supporting Operation Enduring Freedom, Monday.

Staff Sgt. Mark Wells, 31, of San Jose, Calif., died Saturday, in Helmand province, Afghanistan, of wounds suffered when insurgents attacked his unit with an improvised explosive device.

Wells was assigned to 74th Explosive Ordnance Disposal Company, 303rd EOD Battalion, 45th Sustainment Brigade, 8th Theater Sust. Command.

‘Lobos’ intensify scenarios with convoy live-fire

Story and Photo by

SGT. DANIEL SCHROEDER

25th Combat Aviation Brigade Public Affairs, 25th Infantry Division

POHAKULOA TRAINING AREA — Scenario-based training is critical to units preparing for deployment, because it allows Soldiers to experience adversity in a controlled environment where they can learn from their decisions and actions.

Company A, 209th Aviation Support Battalion, “Lobos,” 25th Combat Aviation Brigade, 25th Infantry Division, began convoy live-fire situational training, here, recently, in preparation for the 25th CAB’s upcoming deployment.

The 209th ASB has evolved its convoy training from box drills to a full scenario of challenges, with realistic events Soldiers could potentially face while deployed.

“Conducting this training, first, allows us to train our Soldiers and (noncommissioned officers) so they can help conduct the convoy live-fire training for the other battalions, in preparation for deployment,” said Staff Sgt. Jose Mata, transport platoon sergeant, Co. A, 209th ASB, 25th CAB.

Soldiers participating in the convoy training hold every position in a convoy vehicle, so they can effectively learn each job and react appropriately to ensure the best possible training.

“I think that having everyone switch positions in the truck helped us understand (the) stress everyone was under and to react in case something happened,” said Spc. Daniel Marmolejo, motor transport operator, Co. A, 209th ASB, 25th CAB. “We all came together as a team to complete the mission. This is my first time doing this training, and I thought it was great.”

The training-based scenario required the convoy to secure a load of supplies and then proceed to a forward operating base to deliver the load, all while under enemy fire, in hostile territory, in a simulated deployed environment.

During the scenario, Soldiers in the convoy

SEE LOBOS, A-5

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 656-3488, 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 Island Palm Community housing areas? If so, call 656-3155 or 656-3488.

164 days since last fatal accident

Number represents fatal accidents as defined by Army Regulation 385-10, which is inclusive of all active component U.S. Army units and personnel. Current as of 3/10/11.

Ask the Garrison Commander!

COL. DOUGLAS MULBURY
Commander, U.S. Army Garrison-Hawaii

The “Ask the Garrison Commander” program is designed as a communication tool to allow Soldiers, civilians and family members to get their concerns addressed and questions answered.

All submitted questions come directly to me. Directorates and support staff research queries and provide responses.

Several community members submitted questions to me via the live TV2 town hall, at the Ask the Garrison Commander e-mail address, and through the U.S. Army Garrison-Hawaii web link at www.garrison.hawaii.army.mil/comments/contactgc.aspx.

These communication tools are provided to allow Soldiers, family members and civilians who live and work on the installation to get their concerns addressed and answered.

Q: Last year there was a power outage on Aliamanu Military Reservation due to bad transformers. Have we checked them this year to help prevent a recurrence of this problem?

A: Our Directorate of Public Works is doing everything possible to preclude this problem from happening again. Unfortunately, the high voltage system at AMR is old and in need of replacement.

While we have identified many issues and are working to replace rusted switchgears, to install new primary-overhead circuits and to correct other identified problems, funding for these and other major repairs continues to be an ongoing problem.

Mulbury addresses power outages and bicycle safety

Mulbury

We are also partnering with our housing contractor to incorporate necessary repairs, install new equipment and resolve other issues that may be contributing to the frequency and length of these power outages.

Q: I see lots of children riding bikes, skateboards, scooters and mopeds without helmets or reflective gear when it is dark. This is a danger to everyone involved – because if you can't see them, how can you stay away and avoid hitting them? I also see many parents failing to wear helmets while riding their bikes. What can be done to correct these problems before someone gets hurt, or even worse?

A: The unsafe riding of bicycles, skateboards, scooters and mopeds, and the failure of adults and children to obey applicable Army and installation policies with regard to their use, is an important and timely issue.

The safe riding of these and other sport and recreational vehicles on Army installations, and the regular use of appropriate safety equipment is an individual responsibility and requirement in AR-385-10, the Army Safety Program.

Bicycle riders should follow the established rules of the road: ride on the right side, remain alert to motorized vehicles and use lights and/or reflective equipment in low-light conditions. Approved protective headgear must also be worn while using powered and non-powered scooters, skateboards and roller blades. The use of hand, elbow and knee protection is also highly recommended.

Bicycle helmets, approved by the Consumer Product Safety Commission, will be worn by all personnel, including family members, when riding bicycles on Army installations. Helmets certified by the American Society for Testing and Materials may also be worn, but when purchasing a new helmet, riders should look for the CPSC certification.

Mini-bikes, pocket bikes and similar vehicles do not meet federal highway safety standards and, therefore, are not approved for use on installation roads. Mopeds must be registered with the City and County of Honolulu, and only trained and licensed operators wearing appropriate personal protective equipment can ride/drive mopeds on installations.

Similarly, gasoline-powered pocket bikes will not be operated on our installations. Electric (toy) pocket bikes, similar to four-wheel electric “Barbie Jeeps,” are designed for sidewalk use only and should not be driven on our roads. Operators are also required to wear protective helmets.

Operators who violate these requirements may be cited by the Military Police.

While some of these requirements may appear unnecessary or overly restrictive, they are designed to help ensure the safety of everyone involved. If you continue to observe violations of these well-established policies and procedures, please contact the MPs or your community’s housing office.

To submit an “Ask the Commander” question, send an e-mail to AskTheCommander.usaghi@us.army.mil. For more information, call Bill Lenharr (656-0611) at USAG-HI Command Group, or call Aiko Brum (656-3155) at USAG-HI Public Affairs.

FOOTSTEPS in FAITH

Everybody has faults

CHAPLAIN (MAJ.) STEPHEN SEXTON
Plans and Operations Chaplain, 8th Theater Sustainment Command

Recently, I heard a hymn that stirred my heart. It reached deep into my heart, and God revealed the realization to me that I have faults.

Yes, I have faults; I am not perfect. Though there are times when I don’t always see my faults; I know I have them.

The hymn said, “He looked beyond my faults and saw my need.”

What a gracious God we have that will look beyond the human failures and bless us with those things we really need. For those of us who are not Superman, we have a God who sees who we really are and works through us and for us.

Sexton

I know there are those who think they are like Fonzy on “Happy Days,” those people who are perfect and never have to comb their hair when getting up from a good night’s sleep. But for those of us who need the extra care in the morning to make ourselves presentable to the world, God works in mysterious ways.

The hymn mentions faults – plural – meaning more than one.

Oh no, I don’t have more than one fault. I am almost a saint.

The Bible shares, “Let those without sin cast the first stone.” Well, I cannot cast stones at anyone, due to my more-than-one fault.

I will make a confession; I don’t always drive with the aloha spirit, but 99-percent of the time I do. There are times when the old self in me raises up, and I don’t feel the aloha spirit.

Admitting that we have faults is part of the battle. We must allow God to work in us, to cleanse us of those things that would so easily cause us to stumble. The old self in us will try to hide faults, but God, through his marvelous grace and mercy, is able find, heal and pardon those faults.

I want to be fault free. It won’t be easy. But if we allow God to search us, mold us and make us as he chooses, then we can be well on our way to that place we must strive for: the fault-free zone.

It will require some serious spiritual exercise. Prayer and daily reading of the Lord’s word are two things that will help each of us to the fault-free zone.

He looked beyond my faults and saw my need. He can and will do the same for you, if you will allow him to.

It’s not hard; it just takes submission to God’s will.

Police, security guards keep the community, installations safe

Story and Photo by
VANESSA LYNCH
News Editor

SCHOFIELD BARRACKS – Department of the Army security guards and DA civilian police do more than just check ID cards and wave cars through the gates on installations in Hawaii.

As well, Military Police do more than just drive around post in their vehicles.

Without the ongoing hard work of DA civilian police, DA security guards and MPs, the level of safety and security that Soldiers and families have come to expect and enjoy would not be possible, according to Col. Douglas Mulbury, commander, U.S. Army Garrison-Hawaii.

All the law enforcement officers worked in collaboration to apprehend an individual that broke into more than 11 cars, Dec. 27-28, 2010. The joint collaboration also led to apprehending a drug dealer and confiscating loaded weapons and several bags of marijuana, that otherwise would have made it onto post, recently.

“It’s really nice to know the work we do is appreciated,” said Spc. Alicia Kattar, 57th MP Company, 728th MP Battalion, 8th MP Brigade, 8th Theater Sustainment Command. “We just go out and do our jobs, so it’s nice to be recognized.”

Upon smelling marijuana on an individual, Jan. 19, DA security guards searched the vehicle and subsequently found two, loaded, .22-caliber rifles, with approximately 100 rounds of ammunition; a dozen bags of suspected marijuana, apparently packaged for sale; several hundred dollars in cash; and other scales and drug paraphernalia indicating an apparent attempt to distribute.

Mulbury presented DA civilian police, DA security

Col. Douglas Mulbury (left), commander, USAG-HI, presents Spc. Christopher Wilson, 57th MP Co., 728th MP Bn., 8th MP Bde., 8th TSC, with a commander’s coin, during an awards ceremony held at the Schofield Barracks police department, March 2.

guards and MPs with commander’s coins and thanked them for their good work, March 2, here.

“You have an important job, whether you are deployed or not,” he said. “The community’s No. 1 concern is safety, and you all make a difference every single day. I want to thank you for the work you all do.”

Commander's Coin Recipients

•57th MP Co., 728th MP Bn., 8th MP Bde., 8th TSC

Spc. Daniel Cowart
Spc. Dennis Cox
Spc. Jess Cox
Sgt. Trinity Doran
Spc. Adrianna Farmer
Spc. Joshua Granado
Spc. Shawntea Jarone
Spc. Alicia Kattar
Sgt. Renee Kyger
Pfc. Edmund Wallace
Spc. Christopher Wilson

•DA Security Guard

Christian Castillo
Chance Hardin

•DA Civilian Police

John Donald
Dale Wilson

•13th MP Det., 728th MP Bn., 8th MP Bde., 8th TSC

Sgt. William Basnett
Spc. Joshua Bridges
Spc. Andrew Caruana
Spc. Courtney Cole
Staff Sgt. Brian Diggs
Sgt. Christopher Heidi
Sgt. Dustin McClenney
Spc. Benjamin Trickett

Voices of Ohana

“I have a good fiber breakfast and eat a lot of oatmeal.”

Frank Cho
USARPAC

“I eat a lot of Subway and stay away from as many greasy foods as possible, and I don’t drink soda.”

Sgt. Chris Helms
94th AAMDC

“I stay physically active and eat small portions.”

Capt. Jacob Randles
USARPAC

“I make sure I take my vitamins, omega-3 fish oil and a multivitamin. I eat fruit, drink a lot of water and get plenty of sleep.”

Maj. Kermit Thomas
8th TSC

“I eat a lot of vegetables and barbecue.”

Sgt. Maj. Lisa Torello
322nd Civil Affairs Bde., 9th Mission Support Command

March is National Nutrition Month:
How do you maintain a healthy diet?

Photos by U.S. Army-Pacific Public Affairs

Broncos: Family members honored during ceremony

CONTINUED FROM A-1

accomplished and feel confident that you are well-prepared and ready for what lies ahead.”

Family members of Bronco Brigade Soldiers were present at the ceremony to publicly show support for their loved ones. At the conclusion of the ceremony, families were encouraged to merge onto Sills Field to join their Soldiers. Ranks were broken, as children jumped into their parent’s arms and Army spouses moved in on their Soldiers for a warm embrace.

“To all the family members of Soldiers – spouses, children, parents, grandparents – your service

has been just as vital,” Kim said. “You have had to take on responsibilities of your spouse during deployments, raise children in trying times and endure stresses that accompany every military career. For that, I thank you.”

Mixon also expressed his respect for 3rd BCT families during his speech to the brigade.

“I want to pay a special tribute to the families,” Mixon said, “who serve as well as the Soldiers who leave to deploy.”

Once they return from pre-deployment block leave, Soldiers of the 3rd BCT will begin to depart for Afghanistan in late March and throughout the month of April.



Staff Sgt. Amber Robinson | 3rd Brigade Combat Team Public Affairs, 25th Infantry Division

Lt. Col. Scott Naumann (front), 3rd BCT, 25th ID, leads the color guard forward for the casing of the colors, during the brigade’s deployment ceremony, Friday.

205th MI Bn. receives warm reception

Story and Photo by
SGT. 1ST CLASS SHERYL L. LAWRY
500th Military Intelligence Brigade Public Affairs

FORT SHAFTER — After spending a year in Afghanistan supporting Operation Enduring Freedom, the Soldiers of

Company C, 205th Military Intelligence Battalion, 500th MI Brigade, are finally home.

They were reunited with their families at battalion headquarters, here, Feb. 14. While deployed, Co. C, 205th MI Bn.,

500th MI Bde., was responsible for running the Strategic Debriefing Center to gather and analyze intelligence from high-valued detainees, to provide signal intelligence support and documents of intelligence value, and to provide counterintelligence coverage for a detention facility and Combined Joint Interagency Task Force 435.

The company was also charged with developing, establishing and operating a training program designed to produce professional Afghan Intelligence Collection officers.

“There is no doubt that the intelligence extracted, crafted and reported by Co. C, 205th MI Bn. (500th MI Bde.), had an impact on the battlefield and beyond,” said Lt. Col. Timothy Parker, commander, 205th MI Bn., 500th MI Bde. “Their reports frequently went straight to Gen. David Petraeus and other key leaders to inform their decisions.

“(Their) efforts undoubtedly saved coalition and civilian lives,” he said. “Intelligence gained by (our) Soldiers was used against the Taliban and Al Qaida in the field, as well (as ensured) those that were still a threat remained detained. At a minimum, there are some bad guys that will be held for a very long time.”

Now, with the year behind them, Soldiers are working to get back into the swing of things.

“This is the most dangerous time of the re-deployment phase,” said Capt. Meghan Cumpston, commander, Co. C, 205th MI Bn., 500th MI Bde., during the company’s official welcome home ceremony at Fort Shafter’s parade field, Feb. 16. “Take care of yourselves. Be safe. Have fun, but take care of yourselves and call someone if you need anything.”

Cumpston’s No. 1 priority is ensuring her Soldiers are safe, and she knows just how fortunate she is to bring them all home.

“Bringing home everybody safely is probably one of the best privileges of command, and I’m well aware that it’s a privilege that is not afforded to every commander that comes back from combat,” she said. “Knowing that, I am deeply grateful.”



Staff Sgt. Kimberly Manning, Co. C, 205th MI Bn., 500th MI Bde., is welcomed home after a yearlong deployment, by her husband, at battalion headquarters, Feb. 14.

‘Watchdogs’ entrust colors, responsibility to new leader

Story and Photo by
PFC. MARCUS FICHTL
8th Military Police Brigade Public Affairs,
8th Theater Sustainment Command

SCHOFIELD BARRACKS – Command Sgt. Maj. Norwood Patterson III, senior enlisted leader, 8th Military Police Brigade, 8th Theater Sustainment Command, passed the enlisted stewardship of the “Watchdog Brigade” to Command

Sgt. Maj Thomas Sivak, new senior enlisted leader, 8th MP Bde., during a change of responsibility ceremony at Hamilton Field, here, March 1.

“Command Sgt. Maj. Patterson is a Soldier’s Soldier, the heart and soul of the Watchdog Brigade,” said Col. La’Tonya Lynn, commander, 8th MP Bde. “The Army and the Watchdog Brigade are losing a great man and a

true professional.”

As the Watchdog Brigade is the last stop in his career, Patterson is passing along the responsibility of the brigade and the noncommissioned officer stewardship to a new generation.



Sivak

Patterson spent 15 of his 28 career years in the Watchdog Brigade, and one thing, according to Lynn, that hasn’t changed in the three decades of Patterson’s service, is the Soldiers’ demand for quality leadership.

“The Soldiers demand leadership that cares for them, leadership that treats Soldiers with dignity and respect, leadership that enforces high standards, and leadership Soldiers can trust,” Lynn said.

Patterson received many accolades during his military career, including being named Drill Sergeant of the Year and being inducted into the Sgt. Audie Murphy Club. According to his peers, his time in service was defined by taking action and shaping the NCOs of the brigade.

“His passion to put Soldier’s first and willingness to keep his door open at all times inspired me,” said Sgt. Matthew Lane, Headquarters and Headquarters Company, 8th MP Bde. “I truly learned that, without loyalty to your Soldiers, and their loyalty to you, the mission would be jeopardy.”



Command Sgt. Maj. Norwood Patterson III (left), outgoing senior enlisted leader, 8th MP Bde., 8th TSC, and Command Sgt. Maj. Thomas Sivak (right), senior enlisted leader, 8th MP Bde., look upon the “Watchdog” formation during the 8th MP Bde.’s change of responsibility ceremony, Hamilton Field, Schofield Barracks, March 1.



Spc. Hillary Rustine | 3rd Brigade Combat Team Public Affairs, 25th Infantry Division

Changing commands

SCHOFIELD BARRACKS — Lt. Col. Richard Kelling (right), passes the 3rd Battalion, 7th Field Artillery Regiment, 3rd Brigade Combat Team, 25th Infantry Division, flag to Col. Richard Kim, commander, 3rd BCT, during a change of command ceremony, Feb. 25, at Sills Field, here.

Lt. Col. James Lowe took command. He joins the 3-7th FA Regt., 3rd BCT, from the Center for Army Leadership at Fort Leavenworth, Kan.

Kelling took command of the 3-7th FA Regt., 3rd BCT, in January 2010, and he led the battalion through reset operations, including training cycles at the Pohakuloa Training Area on the Big Island and the National Training Center at Fort Irwin, Calif.

“Kelling has diligently and expertly prepared the (3-7th FA Regt., 3rd BCT) for its future missions,” said Command Sgt. Maj. Dale Perez, senior enlisted leader, 3-7th FA Regt., 3rd BCT.

‘Tropic Lightning’ Band welcomes new commander

Story and Photo by
SGT. 1ST CLASS JENNIFER SARDAM
29th Mobile Public Affairs Detachment, U.S. Division-Center

BAGHDAD – The 25th Infantry Division Band welcomed a new commander in a ceremony at Camp Liberty, Iraq, Feb. 23.

Chief Warrant Officer 3 Lisa Guynn took command of the unit from outgoing commander, Chief Warrant Officer 2 Joseph Parienteau, who, after three years in command, moves on to the U.S. Armed Forces School of Music at Fort Story, Va., as the chief of doctrine development for unit capabilities and integration.

Guynn comes to the unit from the U.S. Army Warrant Officer Career College at Fort Rucker, Ala., where she served as an instructor, after commanding the 399th Army Band at Fort Leonard Wood, Mo., from 2007 to 2009.

During the ceremony, the new commander expressed how she felt taking command of the unit during Operation New Dawn.

“It is a special honor, due to the historical significance that is about to take place here in Iraq,” Guynn said. “I look forward to making history with everyone here ... supporting you, the great music performers, the best band of Soldiers in the U.S. Army.”

Guynn said she looks forward to conducting her duties as commander of one of the most highly decorated bands in the Army.

“I promise you that I will provide the best leadership, care and concern that you deserve,” Guynn said. “I am very excited to take command of the great 25th ID Band.”



Chief Warrant Officer 3 Lisa Guynn (right), incoming commander, 25th ID Band, accepts the band’s guidon from Lt. Col. Paul Romagnoli, commander, Headquarters and Headquarters Battalion, 25th ID, during a change of command ceremony at Camp Liberty, Iraq, Feb. 23.



Soldiers aboard the Chief Warrant Officer 2 Harald Clinger, an Army LSV, navigate and steer the ship toward its next location during an exercise involving the U.S. Army and Navy, Feb. 7-10, to prepare naval submarines for future deployments.

Two military services share one mission

Army, Navy jointly train submarine crews for deployment

Story and Photo by
SPC. TIFFANY DUSTERHOFT
8th Theater Sustainment Command Public Affairs

MAUI – They may have a rivalry on the football field, but when it came to a recent training exercise, the U.S. Army and Navy joined forces to prepare Navy submarine crews for deployment.

Soldiers of the 545th Transportation Company, 524th Combat Service Support Battalion, 45th Sustainment Brigade, 8th Theater Sust. Command, operated an Army Logistics Support Vehicle, or LSV, and participated in the three-day naval exercise held off the coast, here, Feb. 7–10.

“Today we are conducting submarine operations with the Navy, to ensure that they are ready for a wartime situation,” said Staff Sgt. Eric Leman, safety officer and ship coordinator, 545th Trans. Co., 524th CSSB, 45th Sust. Bde., as he helped prepare the vessel. “I’m here to supervise everything that’s happening

and make sure things are running safe and smooth.”

Submarines simulated an attack using nonlethal torpedoes in the waters around the island.

During the simulation, the Chief Warrant Officer 2 Harold Clinger LSV navigated through the area as an “enemy” ship, while the submarine tracked the vessel under water.

“Once the Navy fires the torpedoes and the torpedoes stop, they are picked up by two vessels that are shadowing us, making sure that there is no traffic to get in the way of the exercise,” said Pfc. Nicholas Ross, watercraft operator, 545th Trans. Co., 524th CSSB, 45th Sust. Bde.

To keep these waters safe during the exercise, two civilian-run vessels shadowed the exercise, making sure that both nonlethal torpedoes were recovered and no wildlife was injured in the process of the exercise.

“We wait about five minutes, and then, when the torpedoes come to the surface, we go and recover them,” said Lee Morgan, Army civilian chief engineer of one of the shadowing vessels.

Sappers clear U.S. Division–North roads

Story and Photo by
SGT. DAVID STRAYER
109th Mobile Public Affairs Detachment

CONTINGENCY OPERATING BASE SPEICHER, Iraq – Before conducting route clearance missions here, recently, combat engineers of the 34th Engineer Company (Sapper), 84th Eng. Battalion, 130th Eng. Brigade, 8th Theater Sustainment Command, practiced rollover drills and performed pre-combat checks and pre-combat inspections on personal protective equipment and armored route clearance vehicles in preparation for the task at hand.

U.S. Soldiers of 34th Eng. Co. conduct route clearance missions, providing freedom of movement for all U.S. forces, Iraqi security forces and Iraqi citizens in the areas around Tikrit in the Salah ad Din province.

With the onset of Operation New Dawn and the official ending of U.S. combat operations in Iraq, the mission skill set for U.S. Soldiers has changed, said Spc. Andrew Williams, combat engineer, 34th Eng. Co., 84th Eng. Bn., 130th Eng. Bde.

“This company is traditionally a Sapper unit,” he said. “However, we are not really conducting the demolitions and combat missions usually associated with a Sapper on this tour.

“Our mission here is route clearance,” Williams continued. “We gear up, conduct our inspections and patrol the main routes around Tikrit, looking for improvised explosive devices and anything else that could cause harm or impede a convoy movement.

“Physically locating and clearing threats from the roads is the main objective of our mission,” Williams said. “Patrolling the roads during the times that IEDs and roadside bombs are



Soldiers from the 34th Eng. Co. (Sapper), 84th Eng. Bn., 130th Eng. Bde., 8th TSC, perform pre-combat checks and pre-combat inspections on personal protective equipment and armored route clearance vehicles at COB Speicher, Iraq, Feb. 11.

most likely to be emplaced also serves as a deterrent. Bad guys are far less likely to be out there trying to set something up, if they know we are on the roads looking for them.”

Soldiers of the 34th Eng. Co. remain vigilant and proactive in the accomplishment of their mission to protect U.S. forces and Iraqi citizens, said Staff Sgt. Michael Flannigan, combat engineer, 34th Eng. Co., 84th Eng. Bn., 130th Eng. Bde.

The engineers of 34th Eng. Co. maintain a proactive mindset in their route-clearance mission and are prepared for any situation.

“If we suspect there is something that could potentially be a threat, we will cordon the area and prepare to (investigate),” Flannigan said.

Engineers use the Husky Mounted Detection System, a wheeled vehicle

with a mechanical arm, to investigate suspected IEDs or roadside threats. If engineers cannot investigate a suspected IED with the Husky, they will employ the Packbot, Flannigan said.

The Packbot, a small remote-controlled tracked vehicle, is used by engineers for several different purposes to investigate a threat or deliver a charge to detonate confirmed threats, he explained.

No effective IED attacks have occurred in Tikrit since the 34th Eng. Co., 84th Eng. Bn., 130th Eng. Bde., took responsibility for the area, Nov. 1, 2010.

“We know how important our mission is, not only to the other U.S. forces who depend on clear routes throughout the area to conduct their advise, train and assist mission, but also to the Iraqis,” Williams said.

News Briefs

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

Today
Prayer Breakfast – The National Resiliency Prayer Breakfast is set for 7-9 a.m., March 11, at the Nehe-

lani, Schofield Barracks. Guest speaker will be Chaplain (Brig. Gen.) Eugene Woolridge III. Soldiers can obtain tickets from unit command sergeants major; civilians can obtain tickets by contacting Sgt. 1st Class Stephen Chinen at 656-4481, or stephen.chinen@us.army.mil. Donations will be accepted at the door.

Ribbon Cutting Ceremony – The community is invited to the Smart-

Charging Micro Grid, or SCMG, ribbon cutting ceremony, 2 p.m., March 11, Headquarters, U.S. Army Garrison-Hawaii, Building 106, Wheeler Army Airfield. The U.S. Army Tank Automotive Research, Development and Engineering Center created the demonstration system, a new type of micro grid that will help make the installation energy independent.

SEE NEWS BRIEFS, A-7

Lobos: Scenarios include MEDEVACs

CONTINUED FROM A-1

reacted to an improvised explosive device. Once the Soldiers discovered the IED, they called up an unexploded ordnance report and performed the necessary precautions for protecting themselves from the IED. Soldiers also reacted to small arms fire and performed a combat drop of the supply load.

The scenario included a gunner-down drill, a hasty vehicle recovery and treating a casualty. Once the casualty was determined to require a higher level of medical treatment, the convoy Soldiers then called in medical evacuation support to airlift the wounded Soldier out of the area.

Soldiers learned how to perform a nine-line MEDEVAC call and the proper techniques to carry and load a wounded Soldier onto the aircraft.

“All the medics did their job to standard without haste,” Marmolejo said. “Every time we went through the mission, the scenarios came in different order, which helped us (become more) proficient with what we encountered.”

The convoy training helped provide experience for new Soldiers. NCOs served as convoy commanders for the first time, to help them understand how to manage the operations of the entire convoy in the event of an incident.

“From day one, we had all the battle drills being conducted on the small arms ranges to help prepare the Soldiers for this training,” said Capt. Sarah Comeau, commander, Co. A, 209th ASB, 25th CAB. “The Soldiers have improved (by) leaps and bounds since we started convoy (training) and have completed the mission with minimal (difficulties).”



Soldiers with Co. A, 209th ASB, “Lobos,” 25th CAB, 25th ID, react to a realistic, mock, IED attack during convoy live-fire situational training at PTA, recently.

Aviators help preserve Hawaiian treasures

25TH COMBAT AVIATION BRIGADE PUBLIC AFFAIRS, 25TH INFANTRY DIVISION
News Release

WHEELER ARMY AIRFIELD — Inside the Makua Military Reservation, positioned in the middle of a lush green field, sit three ominous shapes.

From a distance, these hulking silhouettes may seem out of place in such a tranquil setting, but upon closer inspection, these silhouettes are no more threatening than cardboard boxes.

Soldiers from 209th Aviation Support Battalion, 25th Combat Aviation Brigade, 25th Infantry Division, assisted in moving three detailed replicas of enemy fighting vehicles into the valley, to assist in enemy target engagement simulations, recently.

Made to scale, these detailed replicas mirror a BMP-2, an infantry fighting vehicle, a BTR-80, an armored personnel carrier, and a T-72 tank. They are built with plastic and framed with aluminum to prevent rust that would otherwise damage the environment.

Chief Warrant Officer 4 Robert Jackson, master gunner, Head-

quarters and Headquarters Company, 25th CAB, described the training aids as necessary. He said conducting this type of training in support of overseas contingency operations is important for U.S. Army aircrews.

“We can emplace these types of environmentally-friendly targets that do not contain or use petroleum products, which could possibly damage the environment,” Jackson said. “In addition, it’s an inexpensive alternative for combat aviation preparation without sacrificing hands-on, realistic experiences.

“Moreover, MMR is isolated from close proximity to any major civilian thoroughfare and is not obstructive to quiet island lifestyles,” he continued.

The vehicles replaced three, white panel targets that have been used for laser operations conducted by OH-58D Kiowa Warrior helicopters.

MMR is part of a sacred landscape that extends from Pokai Bay to Kaena Point, according to Dr. Laurie Lucking, cultural resources manager, U.S. Army Garrison-Hawaii. The Army has identified and catalogued more than 100 archaeological sites in Makua, including temples, dwellings, enclosures, burial grounds and agricultural terraces.

“These sites are of great importance to the Hawaiian community,” Lucking said. “They are an intrinsic part of (the Hawaiians’) history and a place where their family members are buried.”

The Army incorporates the habitat as part of its training scenario, designating it as a minefield or with other hazards Soldiers must avoid.

“Consideration for Makua Valley’s cultural significance and its environment are important when training (there),” said Chief Warrant Officer 4 Pete Mansoor, tactical operations officer, HHC, 25th CAB. “As a precaution, we coordinated with the Directorate of Plans, Training, Mobilization and Security; and staff members from the Directorate of Public Works, Cultural Resources Division, to come out and verify that the area was clear and the vehicles were placed outside the Improved Conventional Munitions area.

“Some of those cultural treasures have been around for thousands of years, and we want them to be around for future generations to enjoy them,” he added.

USAG-HI provides cultural resource update at Makua

U.S. ARMY GARRISON-HAWAII PUBLIC AFFAIRS
News Release

WAIANAE — U.S. Army Garrison-Hawaii representatives and environmental officials reviewed cultural resource guidelines and annual findings concerning cultural preservation at Makua Military Reservation, Feb. 24, here.

The Army entered into a programmatic agreement with the Hawaii State Historic Preservation Office, along with the Advisory Council on Historic Preservation, in April 2009. The pact identified 121 historic properties at MMR, and it outlined how the Army’s Cultural Resources program would identify and treat all known and future sites.

The USAG-HI Cultural Resources program, staffed with archaeologists and architectural historians, reported that two new cultural features were discovered in 2010 during a vegetation clearance project at MMR. Both features will undergo a formal evaluation, but appear to be sections of a wall, according to cultural resource officials.

Garrison officials also provided updated information on boundary markings of known historic properties at MMR. The stakes that are posted allow clear views both during the day and at night, with the aid of night vision goggles. Boundary marking was first initiated three years prior to the programmatic agreement.

“This process provides another important opportunity in our efforts to encourage an open dialogue with the community,” said Robert Eastwood, director, Directorate of Public Works, and overseer of the Cultural Resources program.

The USAG-HI Cultural Resources program is responsible for identifying and protecting historic properties on Army installations in Hawaii; provides cultural awareness training for military and civilian personnel concerning MMR; and routinely consults with numerous organizations concerning the traditional, religious and cultural importance of historic properties within the boundaries of MMR.

“The Army recognizes that we are stewards of these lands, and we take seriously the trust provided us to preserve and protect these historic areas,” said Col. Douglas Mulbury, commander, USAG-HI.



Sgt. Karl Williams | 25th Combat Aviation Brigade Public Affairs, 25th ID
Spc. Kristopher Smith, motor transport operator, Co. A, 209th ASB, 25th CAB, 25th ID, transports a mock version of a BTR-80, an armored personnel carrier, using a Heavy Expanded Mobility Tactical Truck, at Makua Military Reservation, recently.

94th AAMDC NCOs rediscover history, strengthen unit bonds

Story and Photo by
STAFF SGT. JOHN JOHNSON
94th Army Air and Missile Defense Command Public Affairs
HONOLULU — More than 50 noncommissioned

officers assigned to the 94th Army Air and Missile Defense Command participated in an NCO staff ride at the Nuuanu Pali Lookout and the National Memorial Cemetery of the Pacific



NCOs from 94th AAMDC tour the “Hill of Sacrifice,” otherwise known as the National Memorial Cemetery of the Pacific, in Honolulu during an NCO staff ride, Feb. 9.

at Punchbowl, here, Feb 9.

Soldiers, especially the NCOs who provide guidance and leadership, must find different ways to come together to build cohesion and train for the accomplishment of their missions.

“This is the first time I’ve been on an NCO staff ride,” said Master Sgt. Jennifer Taylor, communications automation NCO in charge, 94th AAMDC. “It was very informative and built camaraderie with the NCOs.

“It was nice to see all ages and ranks, from the newly promoted sergeant to the ‘been around for a while sergeant major,’ interacting to build and learn from each other,” she said. “It is something that I wish more units did with their NCOs.”

This year’s first staff ride was full of high winds, high cliffs, deep history and deep feelings as NCOs commented on how special and meaningful the day was, comparing and contrasting historical battles with modern ones.

The Pali, or cliffs in Hawaiian, Lookout is set into the Koolau Mountain Range, where views

of the windward side of the island were visible as Soldiers gazed out over the nearly 1,000-foot cliffs and learned about the history of the very spot they stood on.

“I have always enjoyed the NCO staff rides because each event gives you a chance to reflect on the past performances of those who made sacrifices, and the ultimate sacrifice,” said Sgt. Maj. George Walker, supply sergeant major, 94th AAMDC. “I enjoy going back into history and reading about our past comrades who paved the way for us to have the freedoms that we enjoy today.”

The day continued with a short ride to the “Hill of Sacrifice,” better known as National Memorial Cemetery of the Pacific at Punchbowl, where some of the nation’s finest heroes have been laid to rest.

“Punchbowl was amazing. The history lessons and graphics alone were breathtaking, and the tribute it pays to our fallen comrades speaks volumes,” Taylor said. “It was an amazing experience that will not be forgotten.”

Decreased budget, workforce levels are discussed at employee town hall

STEPHANIE RUSH
U.S. Army Garrison-Hawaii Public Affairs

SCHOFIELD BARRACKS — Col. Douglas Mulbury, commander, U.S. Army Garrison-Hawaii, held an employee town hall for the garrison workforce, March 3, at the Sgt. Smith Theater, here.

Garrison leadership holds biannual employee town halls as a way to communicate with its workforce and provide another forum for feedback. A town hall was also held at Fort Shafter, March 1, for employees who work in the south region.

Both town halls focused on recapping the garrison’s recent accomplishments, civilian growth and development opportunities. They also gave details about the disestablishment of USAG-Oahu and the restructuring of USAG-Pohakuloa Training Area, as well as budget and force structure updates and information on feedback systems in place at the garrison.

All services USAG-HI provides for Soldiers and families stationed in Hawaii correlate with Installation Management Command’s lines of efforts, among them, to support readiness, improve quality of life, optimize resources and ensure safety and security.

Civilian development

Complementing the Army’s and IMCOM’s civilian training and development opportunities, the Pacific Region and USAG-HI offer a number of programs and courses designed to

build and sustain a cadre of agile and adaptable leaders and a multiskilled workforce, Mulbury explained.


On a regional level, IMCOM-Pacific offers its own mentoring and developmental assignment programs. Locally, the garrison’s Workforce Development Office continues to offer Winning through Customer Service, Growing and Enhancing Leaders programs through Hawaii Garrison University, and has also recently launched a Fellows Program.

Disestablishment of USAG-Oahu and reorganization of USAG-PTA

The disestablishment of USAG-Oahu and creation of an Installation Coordinator Office is on track to be completed by June 30. All services and functions will be transferred by March 31. A complete listing and calendar of services and functions moving from USAG-Oahu to USAG-HI offices can be found on the garrison’s website at www.garrison.hawaii.army.mil.

A casing of colors ceremony is scheduled for 1 p.m., May 17, at the Fort Shafter Gazebo on Palm Circle.

Also in the works is the reclassification of USAG-PTA into its own direct garrison with full responsibility and authority for base operations and mission support requirements on the Big Island. This action is currently on track for completion by the end of this fiscal year’s fourth



View the slides presented at the employee town halls at www.garrison.hawaii.army.mil. Click on “Town Halls” under the “Post Information” menu.

For more information on where services and functions are going, click on the “USAG-Oahu Disestablishment” link.

quarter. While the reorganization continues, USAG-HI staff will provide technical oversight and administrative and logistical support.

Budget and workforce structuring

IMCOM is currently determining the proper size and manpower mix to improve effectiveness and efficiency of installation services across the Army. Proposed staffing changes include a decrease in 453 employees. Feedback has been sent to headquarters for reconsideration.

Updated force structure guidance is expected this month, which will focus on IMCOM regional headquarters, but garrison force structure guidance is expected shortly after.

Mulbury said the garrison will continue to implement better business practices, right-size service levels, leverage other resources, and explore every opportunity to be more effective and efficient with current resources.

Q&A

The town halls ended with a question and answer session. At both locations, employees asked Mulbury if voluntary early retirement settlements would be offered to help reduce the workforce size.

The garrison has not yet made any determinations about force structure changes, Mulbury said, but information will be distributed, once known.

Other questions concerned the garrison’s energy policy and savings that could be realized by purchasing “no frills” government vehicles. Representatives updated audience members on current policies.

Since USAG-HI is in the business of providing services and facilities to Soldiers and their families, several programs are in place to gauge the level of service the garrison is providing and to help solve issues. Customers are able to provide feedback to garrison leadership in a number of ways: at town hall meetings, in surveys, through the Interactive Customer Evaluation, or ICE, system and via the Army Family Action Plan, which completed its annual conference in February.

Another round of employee town halls will be scheduled for the third or fourth quarter.



Staff Sgt. Dominic Prankienas, 3rd Bn., 4th Cav. Regt., 3rd BCT, 25th ID, double checks his answers during the land navigation portion of the Soldier and NCO of the Year competitions, Feb. 22.

3rd BCT battalions battle for top awards

Story and Photo by
SPC. HILLARY RUSTINE
3rd Brigade Combat Team Public Affairs, 25th Infantry Division

SCHOFIELD BARRACKS — Some of the best and brightest Soldiers from 3rd Brigade Combat Team, 25th Infantry Division, competed in the Soldier and Noncommissioned Officer of the Year contests, here, Feb. 22-23.

The competitions tested each candidate on basic Soldiering skills, such as land navigation, physical fitness and knowledge of Army field manuals and Army regulations. Soldiers performed required skills or were tested via a written exam.

“This competition lends unity, with a competitive edge, in the battalions,” said Spc. Alexander Cerney, 3rd Battalion, 4th Cavalry Regiment, 3rd BCT.

Candidates were selected based on a combination of skills and strengths. Some candidates competed at company- and battalion-level boards, while others were picked because of their capacity for leadership.

Participants represented each of 3rd BCT’s battalions, including 3rd Bn., 4th Cavalry Regt.; 2nd Bn., 27th Inf. Regt.; 2nd Bn., 35th Inf. Regt.; 3rd Bn., 7th Field Artillery Regt.; 3rd Bde., 25th Bde. Support Bn.; and 3rd Bde. Special Troops Bn.

Contestants were comprised of five noncommissioned officers and five Soldiers, one NCO and one Soldier from each battalion.

Participants began the competition with an Army physical fitness test, followed by a written map reading test; a day, land-navigation course; and a hands-on common tasks training test.

Winners of the board were Cpl. Cory Harris and Sgt. Robert Caton, both of Co. C, 2nd Bn., 35th Inf. Regt., “Cacti,” 3rd BCT.

Both received an Army Commendation Medal, a brigade coin and the potential to represent the “Bronco Brigade” at the 1st Cav. Div. Soldier/NCO of the Year boards in Afghanistan, where the 3rd BCT is deploying to in April.

“I’m glad I was able to represent (2nd Bn., 35th Inf. Regt.) and bring this prestigious award back to the battalion,” Harris said.

3rd BCT NCO of the Year
Sgt. Robert Caton, Co. C, 2nd Bn., 35th Inf. Regt., 3rd BCT

3rd BCT Soldier of the Year
Cpl. Cory Harris, Co. C, 2nd Bn., 35th Inf. Regt., 3rd BCT

PT: New test promotes anaerobic exercise

CONTINUED FROM A-1

different to what we do after we’ve experienced combat,” Hertling explained. “But right after Vietnam, some of the fitness mavens, like Ken Cooper, sold the military on aerobic training. But this isn’t necessarily the way we do things in combat.”

One of the initial concerns on changing the test, Hertling said, was anticipated comments such as “Why are we changing? It’s been good enough for 30 years.”

“In fact, just the opposite is happening. Soldiers enjoy a challenge, and many have come up to me and said, ‘Thank you for fighting for these changes,’” Hertling said.

The old test required completion of three events: two minutes of push-ups, two minutes of sit-ups and a two-mile run.

The new APRT has five events:

- A 60-yard shuttle run measures lower body muscular strength and anaerobic power, assessing speed, agility and coordination.
- A one-minute rower (variation of a sit-up) measures total body muscular endurance and assesses total body coordination.
- A standing long jump measures lower body muscular strength and assesses lower body power.
- A one-minute push-up measures upper body muscular endurance and assesses trunk stability.
- A 1.5-mile run measures lower body muscular endurance and aerobic capacity and assesses speed stability.

The new ACRT has five events:

- A 400-meter run assesses upper body muscular endurance and anaerobic power, coordination, speed and stability.
- Individual movement techniques assess upper and lower body muscular endurance, agility, balance, coordination, speed and stability.



Luis Hernandez (front) and Danica Foster (back), both instructors at the U.S. Army Physical Fitness School at Fort Jackson, S.C., perform the second event in the APRT, the one-minute rower.

- Shuttle sprints assess total body muscular strength and endurance, agility, coordination, speed, stability and power.
- A casualty drag assesses total body muscular strength and endurance, agility, coordination, speed, stability and power.
- An agility sprint assesses lower body anaerobic power, speed and power.

The proposed pilot test sites are Fort Leonard Wood, Mo.; Fort Benning, Ga.; Fort Sill, Okla.; Fort Jackson, S.C.; Fort Bliss, Texas; West Point, N.Y.; Fort Bragg, N.C.; and Fort Lewis, Wash.

News Briefs

CONTINUED FROM A-4

14 / Monday
Lane Closure — A lane closure at Mua and Kamehameha roads at Helemano Military Reservation is set for March 14-28 due to repaving and repairs. Call 656-2525. Get the latest traffic updates at www.garrison.hawaii.army.mil; click on “Post Information,” then “Traffic Updates.”

15 / Tuesday
PT Field Closure — The Fort Shafter Flats physical training field will close 8 a.m.-3 p.m., March 15. Helicopters will be landing and loading for an event hosted by the U.S. Army Garrison-Hawaii. Areas affected are the Fort Shafter Flats PT field and its surrounding track and parking areas. Call 656-0223 or 656-0220.

16 / Wednesday
Town Hall — Army-Hawaii

community members are invited to attend the Oahu-South community town hall with Col. Douglas Mulbury, commander, U.S. Army Garrison-Hawaii, 6:30-7:30 p.m., March 16, at Aliamanu Military Reservation Chapel. Community issues will be discussed. Call 438-6996.

18 / Friday
Change of Command — Maj. William Hannan will assume command from Maj. Evan Ting, commander, 565th Engineer Detachment, Forward Engineer Support Team-Advance, U.S. Army Corps of Engineers-Honolulu District, 10 a.m., March 18, 9th Army Reserve Center’s Outdoor Pavilion, Fort Shafter Flats. The community is invited; RSVP by March 14 by calling 438-7069.

Women’s History Month — An observance is set for 10 a.m., March 18, Sgt. Smith Theater, Schofield Barracks. Guest speaker is Brig. Gen. Colleen McGuire, Provost Marshal General of the Army, and commander, U.S. Army Criminal Investigation Command. The 8th Military Police Brigade and Team-Hawaii Equal Opportunity are event sponsors. Call 655-4901.



Future Flyers



Chief Warrant Officer 2 Neil Romans, OH-58D Kiowa Warrior pilot, Troop C, 2nd Squadron, 6th Cavalry Regiment, "Lightning Horse," 25th CAB, 25th ID, adjusts the seatbelt straps in the cockpit of a Kiowa Warrior for a member of Pack 166 Cub Scouts from Schofield Barracks during the Cub Scouts' awards banquet at Wheeler Army Airfield, Feb. 26.

25th CAB offers children a **view** of Army aviation

Story and Photos by

SGT. DANIEL SCHROEDER

25th Combat Aviation Brigade Public Affairs, 25th Infantry Division

FORD ISLAND — The Pacific Aviation Museum Pearl Harbor hosted a "Discovering Your Future in Aviation" conference to provide insight and knowledge about aviation to the youth of today, Friday.

"We allow the opportunity for students and members of the community to explore the aviation world," said April Emerson, events manager, Pacific Aviation Museum Pearl Harbor. "This event allows us to introduce different parts of the aviation career field. It portrays a more realistic picture of aviation today."

The 25th Combat Aviation Brigade, 25th Infantry Division, displayed its support by providing a UH-60 Black Hawk and an OH-58D Kiowa Warrior helicopter for display during the event.

"It is nice to have the opportunity to talk to people about the aircraft and the different paths for getting into aviation," said Chief Warrant Officer 2 Erin Bailey, a UH-60 Black Hawk pilot, Company A, 2nd Assault Helicopter Battalion, 25th Aviation Regiment, "Diamond Head," 25th CAB.

The conference included displays of aircraft, workshops and a panel of professionals in aviation, both military and civilian.

"Aviation provided a great opportunity for my fascination with flight," said Lt. Col. Lori Robinson, commander, 3rd Battalion, 25th General Support Aviation Battalion, "Hammerhead," 25th CAB. "It was important to address young people who have a passion to be part of aviation; ... it was good to share my knowledge and experience with those wanting to get involved with aviation."

Aviation is more than just jetliners taking passengers on vacation or the military conducting combat operations or training. Aviation is a blend of local communities, federal airspace and military operations working in cohesion to maintain balance and preserve peace, both at home and abroad.

"It is important to share our experiences and events. We share the same sky with the civilians of aviation, as well as the families of the local communities," said Robinson.



Pack 166 Cub Scouts gather in the wind tunnel at 2nd Sqdn., 6th Cav. Regt., "Lightning Horse," 25th CAB, 25th ID, for their awards banquet. The event included the chance to see and learn about OH-58D Kiowa Warrior helicopters.



Chief Warrant Officer 2 Erin Bailey, pilot in command, Company A, 2nd Assault Helicopter Bn., 25th Avn. Regt., "Diamond Head," 25th CAB, 25th ID, discusses the UH-60 Black Hawk helicopter at the "Discovering Your Future in Aviation" conference at Pacific Aviation Museum Pearl Harbor on Ford Island, Friday.



Staff Sgt. Gerald Mempin, platoon sergeant, Troop C, 2nd Sqdn., 6th Cav. Regt., "Lightning Horse," 25th CAB, 25th ID, watches as members of Pack 166 Cub Scouts from Schofield Barracks take the flight controls of an OH-58D Kiowa Warrior at WAAF.



Helicopters land in front of the Pacific Aviation Museum Pearl Harbor on Ford Island, Friday. The UH-60 Black Hawk helicopters are from Troop C, 2nd Sqdn., 6th Cav. Regt., "Lightning Horse," 25th CAB, 25th ID; and 2nd Assault Helicopter Bn., 25th Avn. Regt., "Diamond Head," 25th CAB, 25th ID.



Today

Spa Night – Registration is open now through March 18 for this adults-only event for Blue Star Card holders, 6-8 p.m., March 31, Nehelani, Schofield Barracks. Dress comfortably for tai chi classes. Light pupus will be provided. Child care is available, but space is limited. To register, call 655-0112 or email amanda.p.montgomery@us.army.mil.

BSC Printer Station Moves – The Blue Star Card printer station has been moved from Tripler Army Medical Center to the Army Community Service located at the Aloha Center, Building 330, Clark Road, Fort Shafter. Regular Blue Star Card registration requirements still apply. E-mail sarah.chadwick@us.army.mil or call 655-0002. The printer station at the Schofield Barracks ACS is still available and unaffected by the move.

"Showstoppers" – This best of Broadway revue replaces "Chicago" and runs through March 13 at the Richardson Theatre, Fort Shafter. Times follow: •7:30 p.m., Fridays and Saturdays; and •3 p.m., Sundays. All seating is reserved; call the box office at 438-4480, 10 a.m.-2 p.m., Monday-Friday.

Right Arm Night – This adults-only event begins at 4:30 p.m., March 11, at the Nehelani, Schofield Barracks. Challenge the 500th Military Intelligence Brigade, defending champions, in the tug-of-war to win \$250 for your unit morale, welfare and recreation fund. Buy tickets at the Nehelani: \$5 in advance or \$8 at the door. Call 655-4466.

12 / Saturday
Stand Up Paddleboard – Outdoor Recreation offers lessons, 7 a.m.-12:30 p.m., March 12. Cost is \$60 and includes equipment and round-trip transportation from Schofield Barracks. Call 655-0143 to register.

Drawing Lessons – "Drawing on the Right Side of the Brain" happens for teens and adults, 10-11 a.m., each Saturday, March 12-April 30. Cost is \$45 and includes supplies. Call 655-4202 to register.

Latin Night – Live music, with food and beverage specials, begins at 7 p.m., March 12, at the Tropics Recreation Center, Schofield Barracks. Call 655-5698.

14 / Monday
Hula Classes – The Office of the Native Hawaiian Liaison, U.S. Army Garrison-Hawaii, welcomes all Soldiers and families to participate in free hula classes, Mondays, 6-8 p.m., at Army Community Service, Schofield Barracks. Beginner classes are 6-7 p.m.; advanced classes are 7-8 p.m. Classes feature the different types of hula, fundamentals of hula steps and movement and posture. E-mail nhliaison@gmail.com or call 655-9694.

15 / Tuesday
Open Stage Night – Performances start at 6 p.m., March 15, Tropics



Send announcements a week prior to publication to community@hawaiiarmyweekly.com.

Today
Online COLA Survey – All uniformed military members assigned to Hawaii for at least three months and who don't reside in the barracks can take the Cost of Living Allowance, or COLA, survey now through March 31, at either www.pacom.mil or https://community.apan.org/pop/. The survey asks questions on shopping habits and helps accurately reflect the actual cost of living here in Hawaii. The survey will directly impact future COLA rates. Call 477-8121.

Kindergarten Registration – The Hawaii Department of Education is currently registering kindergarteners for the next school year (2011-12). Children born in 2006 are eligible to register for kindergarten (born between Jan. 1-Aug. 1, 2006) or junior kindergarten (born between



Vanessa Lynch | Honolulu Star-Advertiser

Supporting the Army mission

SCHOFIELD BARRACKS — Command Sgt. Maj. James Fraijo (left), commandant, Noncommissioned Officer Academy-Hawaii, presents Nina Elison, military spouse and recent Army Family Team Building instructor-training graduate, her certificate of completion during a graduation ceremony at the Porter Community Center, here, March 1.

Elison was one of seven graduates to complete the course and is now certified to teach AFTB classes, anywhere, Armywide.

"AFTB instructors understand what the Army mission is and they equip families with the knowledge to make them more successful," Fraijo said. "They support the Army's effort to care for and educate our families to better navigate the Army lifestyle."

AFTB is a series of training modules that cover topics, such as basic information about the Army, personal growth skills and leadership skills. AFTB improves personal and family preparedness, which enhances overall Army readiness and helps America's Army adapt to a changing world.

To find out more, visit, www.mwrarmyhawaii.com, click "ACS" and then click "Getting Involved." To sign up for classes, call 655-9768.

Recreation Center, Schofield Barracks. Call 655-5698.

Aquarium After Dark – Deadline is March 9 to register for this Blue Star Card holders trip, 7-9 p.m., March 15, at the Waikiki Aquarium. This event is intended for elementary school-age children and parents. Child care will be provided for children ages 4 and younger. To register, either call 655-0112 or e-mail amanda.p.montgomery@us.army.mil. Space is limited. Bring a flashlight for the tour.

Free Fishing Lessons – Learn about fishing with Outdoor Recreation, March 15. Equipment and round-trip transportation from Schofield Barracks will be provided. Call 655-0143 for start time and to register.

16 / Wednesday
Money Lei Workshop – Class is set for 11 a.m.-1 p.m., March 16, at the Schofield Barracks Arts and Crafts Center. Cost is \$12. Call 655-4202.

Art Journaling – Learn how to relax through creative art journaling, 6 p.m., Wednesdays through April, at the Schofield Barracks Arts and Crafts Center. Cost is \$8 per session plus supplies. Call 655-4202 to register.

17 / Thursday
Keiki Craft Night – Keiki can make a St. Patrick's Day themed-craft, 6-8 pm., March 17, Hale Ikena, Fort Shafter. The first craft is free. Mongolian barbecue begins at 5 p.m. Call 438-1974.

St. Patrick's Poker Night – Event is set for 6 p.m., March 17, Tropics

Recreation Center, Schofield Barracks. All ID card holders 18 and older are welcome; event is free with no buy in. Call 655-5698.

18 / Friday
Family Fun Friday – Enjoy free pizza and games 6 p.m., March 18, at the Tropics Recreation Center, Schofield Barracks. Call 655-5698.

19 / Saturday
Whale Watching – Trip is set for 6:30 a.m.-1 p.m., March 19. Cost is \$25; round-trip transportation from Schofield Barracks is included. Call 655-0143 to register.

UFC 128 – Watch Ultimate Fighting Championship 128 with Mauricio "Shogun" Rua vs. Jon "Bones" Jones on the jumbo screen, 5 p.m, March 19, Tropics Recreation Center, Schofield Barracks. Admission is \$10. Call 655-5698.

23 / Wednesday
Lauhala Weaving – Learn to weave a bracelet and a small box using leaves from the Pandanus tree, 11:30 a.m.-1:30 p.m., March 23-24. Cost is \$25 and includes supplies. Call 655-4202 to register.

Ongoing

Track and Field Registration – Registration is open to keiki born 1993-2004. Register at Parent Central Services through March 29. Cost is \$30. Call 655-6465 or 833-5393.

No-Show Policy – Blue Star Card holders who register for an event and

can't attend need to cancel the reservation by noon the day before the event. Without cancellation, BSC holders will be considered no-shows, resulting in being placed on a wait-list for the following month's events. E-mail amanda.p.montgomery@us.army.mil.

Blue Star Punch Card – Blue Star Card holders who attend BSC events will get a BSC Superstar punch card. Turn in completed punch cards for a free BSC T-shirt. Call 655-0002 or e-mail sarah.chadwick@us.army.mil.

Feedback – Call 655-0002 or e-mail sarah.chadwick@us.army.mil with questions or comments regarding the Blue Star Card program and other deployment programs.

Homeschool PE Classes – Army Youth Services offers physical education for the homeschooled child, 10-11 a.m., at Aliamanu and Fort Shafter; call 836-1923.

Schofield, Helemano and Wheeler Army Airfield classes are Wednesdays, 11 a.m.-12 p.m. Call 655-6465.

Deploying Units – The Directorate of Family and Morale, Welfare and Recreation can explain the Blue Star Card at pre-deployment family readiness group meetings. Call 655-0002.

TAMC Physical Fitness Classes – Active duty Soldiers and their family members can show their military ID at Tripler Army Medical Center's Physical Fitness Center to sign up for free physical classes. Classes for Army civilians are \$4 per class or \$25 per month. Classes include step aerobics and Zumba. Call 433-6443.

18 / Friday
Job Fair – This event is set for 9 a.m.-12:30 p.m., March 18, Kahuna's Enlisted Club ballroom, Marine Corps Base Hawaii, Kaneohe Bay. Wear professional attire and bring copies of your resume to give to employers. Children won't be admitted due to the event's professional nature. Call 257-7787/7790.

Hours follow: •9 a.m.-11 a.m.: Open exclusively to the military community, including service members (active duty, retired, Guard and reservists), military family members and current federal employees with base access. •11 a.m.-12:30 p.m.: Open to all U.S. citizens from the local community, ages 18 and older.

Ongoing

Hawaii Military Child Survey – Visit www.hawaiikids.org to fill out the Hawaii Military Child Survey. This survey focuses on Hawaii military service personnel and their school-age children. The study explores a range of issues related to schooling and education, such as academics, expectations (what you had heard about Hawaii schools, life in Hawaii and educational expectations before arriving) and family and child history. Call 438-4177.

Hui O' Wahine Welfare and Scholarship Drive – Visit www.huispirit.com for the 2011 Hui O' Wahine (Fort Shafter Spouses Club) Scholarship and Welfare forms. Welfare forms must be postmarked by March 15. For questions about welfare applications, e-mail huiowahinewelfare@gmail.com. Scholarship applications must be postmarked by March 31. You (or your parent) must have held membership in the Hui O' Wahine, Jan. 31, 2011, to be eligible.

Hui O'Na Wahine Welfare and Scholarship Drive – Applications for the 2011 Hui O'Na Wahine (Schofield Spouses Club) drive are now being accepted. Scholarship applications are due March 20; welfare applications are due March 26. Visit www.schofieldspousesclub.com.

Hui Thrift Shop – The Hui Thrift Shop at Schofield Barracks offers great bargains and a chance to volunteer. Located at 2107 Ulrich Way, behind Army Community Service, the shop is open 9 a.m.-1 p.m., Tuesdays and Thursdays, and the first and third Saturday of the month. Consignment hours are 9-11 a.m. Call 624-3254 or e-mail huithriftshopliaison@gmail.com. Hui information is available at

SEE COMMUNITY CALENDAR, B-5

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
SC: Soldiers' Chapel, Schofield Barracks
TAMC: Tripler Army Medical Center Chapel
WAAF: Wheeler Army Airfield Chapel

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

Catholic Mass
•Thursday, 9 a.m. at AMR
•Saturday, 5 p.m. at TAMC, WAAF and FD
•Sunday services:
– 8:30 a.m. at AMR
– 10:30 a.m. at MPC Annex
– 11 a.m. at TAMC
•Monday-Friday, 11:45 a.m. at MPC and 12 p.m.TAMC

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

Islamic Prayers and Study
•Friday, 1 p.m. at MPC Annex
•Friday, 2:30 p.m., TAMC
•Saturday and Sunday, 5:30 a.m.; 6, 7 and 8 p.m. at MPC Annex

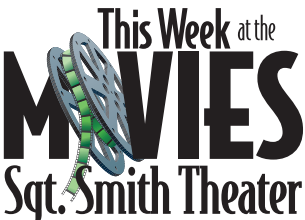
Jewish Shabbat (Sabbath)
•Monday, 6 p.m. at PH (Bible Study)
•Friday, 7:30 p.m. and Saturday, 8:15 a.m. at PH

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

Protestant Worship
•Sunday Services
–9 a.m. at FD, FS, MPC and TAMC chapels
–9 a.m. at WAAF chapel, Lutheran/Episcopalian
–10 a.m. at HMR
–10:30 a.m. at AMR

Single Soldiers' Bible Study
•Wednesday, 11:30 a.m. at SC. Lunch is provided.

Worship Service
•Sunday, 6 p.m. at SC.



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

No Strings Attached

(R)
Fri., March 11, 7 p.m.
Thurs., March 17, 7 p.m.

Gulliver's Travels

(PG)
Sat., March 12, 4 p.m.

True Grit

(PG-13)
Sat., March 12, 7 p.m.



Tron: Legacy

(PG)
Sun., March 13, 2 p.m.

Sanctum

(R)
Wed., March 16, 7 p.m.

No shows on Mondays or Tuesdays.

Residents get security updates at Oahu–North town hall

Story and Photo by
VICKEY MOUZÉ
Pau Hana Editor

SCHOFIELD BARRACKS — The community watch program will return soon to Oahu-North housing communities.

The community watch program was one of the items announced at the Oahu-North town hall meeting, here, March 1.

The program is being brought back due to a recommendation made at the recent U.S. Army Garrison-Hawaii Army Family Action Plan Conference, said Chris Graves, deputy director, Directorate of Emergency Services. Neighbors are encouraged to watch out for each other and to report suspicious activity under the community watch program.

Graves said that while a police officer will be assigned to Oahu-North and should be onboard in about three weeks, “this program won’t be successful unless we have community involvement. So, we are asking the communities to help.”

Graves also announced that “assaults and domestics” decreased in January compared to December, but that property crime slightly increased. He asked the audience to be vigilant about securing property. Unsecured property is a crime of opportunity.

Using the example of vehicle break-ins, Graves said that when a suspect was apprehended recently, the suspect indicated that if a vehicle was locked, he wouldn’t touch it.

“But if it wasn’t locked, he indicated that he ‘went to it and took whatever he could get his hands on,’” Graves said, “... predominantly it’s the

Community resources

- Access the March 1 briefing at www.garrison.hawaii.army.mil; click on “Post Information,” then “Town Halls.”
- Attend the upcoming town hall meeting for the Oahu-South community at 6:30 p.m., March 16, Hale Ikena, Fort Shafter, and tune into the live TV2 town hall, May 18.
- Report suspicious activity on post by calling the Schofield Police Station at 655-7114; for off-post, call 911.
- Send anonymous crimes tips regarding military-related crimes to www.military.crimetips.com. The Schofield Barracks police station monitors these crime tips 24/7.

unsecured property. We ask you to make sure your property is secure.”

Updates on other community issues were also presented. Briefers for their respective areas included Tom Adams, director, Property Management, Island Palms Community; Carol Killian, supervisory program analyst for strategic planning, Plans, Analysis and Integration Office; Tamsin Keone, School Support Services; and Col. Joseph Bird, commander, Schofield Barracks Health Clinic.

Condensed town hall briefs and updates follow:

Island Palm Communities housing

- Residents in Kalakaua, Kaena, Porter, Moyer, Aloala (Phase I) and Wili Wili will receive their first live bill in August 2011. Renovated or non-renovated homes won’t receive live bills until all homes have been renovated to the same standard.



Community members and subject matter experts attend the Oahu-North town hall at Schofield Barracks, March 1. Subject matter experts from USAG-HI discussed security; housing; the Interactive Customer Evaluation, or ICE, program; education; and health care.

- Visit www.islandpalmcommunities.com, or call the IPC Leasing Office and the North Region Office at (877) 487-4323. To contact the South Region office, call (888) 939-3346. For energy audits, call (800) 569-3014 or visit ista-na.com.

Plans, Analysis and Integration Office

- Customers can rate USAG-HI services by submitting Interactive Customer Evaluation comments at ice.disa.mil. Overall satisfaction was 85 percent for January, the same percentage in October–December 2010.

School Support Services

- Active duty families who are homeschooled

or are in public, private or charter schools, and their children, ages 10-18, are asked to complete the online Pacific Command Longitudinal Study survey at www.hawaiiikids.org. Students who fill out the survey can win prizes.

Schofield Barracks Health Clinic

- After a clinic visit, customers may receive an Army Provider Level Satisfaction Survey in the mail from the Army Surgeon General asking about the care and service received. Currently, there is a 5-percent return rate; positive comments can lead to additional funding for the clinic.

Survey studies on–post schools for possible facility upgrades

SCHOOL LIAISON OFFICE

News Release

SCHOFIELD BARRACKS — On-post schools throughout U.S. Army-Hawaii currently are being surveyed for facility improvements.

The contractor conducting the study, ALPHA Facilities Solutions, is looking at current conditions at Shafter, Solomon, Hale Kula and Wheeler elementary schools, and at Wheeler Middle School.

The ultimate goal is to identify potential resource options to renovate, expand or replace schools with the greatest need.

The contractor will analyze collected data and

then send the findings to the school district for review, according to Kimberly Jones, program manager, ALPHA Facilities Solutions.

“Our roofing, electrical, intercom and bell systems are in urgent need of upgrades, especially in light of projected enrollment growth,” said Robin Martin, principal, Shafter Elementary School.

Brenda Vierra-Chun, principal, Wheeler Middle School, is advocating for additional classrooms without sacrificing the programs that support military students, parents and the community.

“Our Tripler site team, transition center and

Facilities Survey

To learn more about the facilities survey, call the USAG-HI School Liaison Office at 655-9818.

Parent Community Networking Center utilize precious space on campus; we feel that these programs are essential,” she said.

The facility survey is part of a condition assessment for 154 schools that are run by the local education authority on military installations throughout the U.S., according to Douglas Kelsey,

school support specialist, Installation Management Command. The Department of Defense has tasked the Department of Defense Education Activity to assess schools for improvement.

Whether DOD will fund the replacement or renovation of all or any of the 154 buildings is yet to be determined. However, DoD can use the study to prioritize the conditions and determine which schools can be replaced or renovated, should funds become available.

U.S. Army Garrison-Hawaii supports the facility assessment process, because improving the facilities will ultimately improve the learning environments for students.

‘Broncos’ honor exceptional volunteers

SPC. HILLARY RUSTINE
3rd Brigade Combat Team Public Affairs,
25th Infantry Division

SCHOFIELD BARRACKS — The 3rd Brigade Combat Team, “Broncos,” 25th Infantry Division, honored exceptional volunteers at a ceremony, here, March 1.



The members of the 3rd BCT community were recognized for their outstanding contributions to the Bronco Brigade and its families. Volunteers were recognized for donating time, such as serving as a family readiness leader or coordinating car washes for donations that fund company functions.

“We are so proud of our brigade volunteers,” said Kristina Cusatti, family readiness support assistant, 3rd BCT. “Our Soldiers work hard, and these volunteers work hard, as well, to help keep our Soldiers and families motivated, informed and taken care of.”

Angela Craft, whose husband is with 2nd Battalion, 27th Infantry Regiment, 3rd BCT, received the Army Achievement Medal for Civilian Service, which is equivalent to a Soldier’s Army Achievement Medal.

“I feel honored by this; it’s the first time that I have been honored through the military,” Craft said.

“There are so many that are more deserving of this honor,” added Theresa Brabner, who also received the Army Achievement Medal for Civilian Service.

Her husband is also with the 2nd Bn., 27th Inf. Regt., 3rd BCT.

“It’s an honor; I love helping our Soldiers in any way I can,” said Catharine Pellegrino, who received the Army Certificate of Appreciation.

Pellegrino was recognized for her outstanding leadership and dedication to the Soldiers and family members of Company C, 2nd Bn., 35th Inf. Regt., 3rd BCT, where her husband serves.

Hollie Williams received the Army Certificate of Appreciation for service to Headquarters and Headquarters Battery, 3rd BCT.

“I feel very shocked,” she said, “I’ve never gotten recognition for being a volunteer.”

- Achievement Medal for Civilian Service**

Theresa Brabner

Angela Craft
- Certificate of Appreciation**

Catharine Pellegrino

Hollie Williams



Courtesy of 65th Engineer Battalion, 130th Eng. Bde., 8th Theater Sustainment Command

Spouses from the 65th Eng. Bn., 130th Eng. Bde., 8th TSC, pose on the Makapuu Lighthouse Hiking Trail. The hike was part of the unit’s Spouses Day, Feb. 12.

65th Engineer spouses hike Makapuu together

2ND LT. STEPHEN MARTHY
65th Engineer Battalion, 130th Eng. Brigade, 8th Theater Sustainment Command

HONOLULU — As raindrops pelted the highway heading out of Schofield Barracks, it looked like the 65th Engineer Battalion, 130th Eng. Brigade, 8th Theater Sustainment Command’s Spouses Day would be a wash.

However, even the weather could not damper plans and spirits, as the clouds soon parted and made way for a sunny day of hiking and whale watching at Makapuu Lighthouse Hiking Trail, Feb. 12.

“The Spouses Day event was a great way to get out and meet other wives,” said Nolvía Crisp, wife of 1st

Lt. James Crisp, platoon leader, 70th Geospatial Company, 65th Eng. Bn., 130th Eng. Brigade. “The day was beautiful.”

The group of about 20 Army spouses showed enthusiasm and high spirits throughout the hike.

“I am grateful for everyone who showed up for today’s event,” said Jenny Koprowski, wife of Lt. Col. Daniel Koprowski, commander, 65th Eng. Bn., 130th Eng. Bde. “It was extremely successful and a wonderful way for us to enjoy the island together.”

Throughout the hike, the group saw spectacular views and humpback whales’ tails and spouts from the trail. At the top of Makapuu Trail, the group broke for lunch and took in breathtaking views and

snapped photos to capture the moments.

“It was a good morning to be away from the kids and the husband,” said Suzanne Lupo, wife of 1st Lt. Edgar Lupo, personnel office, 65th Eng. Bn., 130th Eng. Bde. “It was also good to talk, watch whales and eat along the way.”

The group split up on the way down, as some spouses had to return to pick up their children from child care.

The battalion plans to have more events like this one for spouses in the future. Koprowski said these types of outings are excellent for team building and a great way for spouses in the battalion to meet each other.

The Hawaii Army Weekly wants to hear from you.

Are you interested in submitting content to the HAW? Do you have an interesting photo or story idea?

Please e-mail content, story ideas, comments and photos to editor@hawaiiarmyweekly.com, or call 656-3488 to find out how to get your voice heard.

Horton hears engineers reading to who? Mililani students

1ST LT. AMIE FOSTER
643rd Engineer Company, 84th Eng. Battalion, 130th Eng. Brigade, 8th Theater Sustainment Command

MILILANI — Remember flipping through the colorful pages of books such as “The Cat in a Hat,” “Green Eggs and Ham” and “One Fish, Two Fish, Red Fish, Blue Fish” when you were young? No doubt, Dr. Suess’ books brought fond memories to many. To celebrate the author’s birthday and the 50th anniversary of his classics, volunteers from the local community read an array of Dr. Seuss’ books to Mililani Uka Elementary School students, March 1, as part of the school’s “Reading Across America” week. Volunteers included nine Soldiers from the 643rd Engineer Company, 84th Eng. Battalion, 130th Eng. Brigade, 8th Theater Sustainment Command, who read to 15 different classes. The 84th Eng. Bn. has fostered a relationship with Mililani Uka Elementary through a series of volunteer events and projects as part of the School Sponsorship Program.

Tara Bagoyo, a school librarian, worked with the battalion Soldiers for the first time during this event. She served green deviled eggs with ham sandwiches and other snacks to thank the Soldiers and to go along with some of the themes in Dr. Seuss’ beloved books. “This is a great partnership program we have,” Bagoyo said. “I had a great time working with the Soldiers and am looking forward to future engagements with the engineers.” Soldiers made their way through the school, reading to a number of classes and covering all grade levels. “The kids were excited and had a great time reading their Dr. Seuss books with the Soldiers,” Bagoyo said. While this day proved to be especially fun for students, Soldiers like Sgt. Oscar Lopezsanabria, interior electrician, 643rd Eng. Co., 84th Eng. Bn., 130th Eng. Bde., said volunteers actually got the most out of the experience.

“The kids enjoyed it, but I enjoyed the opportunity to volunteer more,” he said. Although many children who attend Mililani Uka Elementary are from military families, U.S. Army-Hawaii’s Partnership of Ohana program allows positive interaction between Soldiers and those students who do not have any personal contact with the military. Norma Tansey, the school’s volunteer coordinator, said the close relationship between the school and engineers has had a positive impact in the school. She thanked volunteers for their time. Mililani Uka Elementary plans to recognize the 84th Eng. Bn. volunteers’ contributions during the school’s May Day events.



2nd Lt. Laura Beth Beebe | 84th Engineer Bn., 130th Eng. Brigade, 8th Theater Sustainment Command
Spc. Carlton Baxter, interior electrician, 643rd Eng. Co., 84th Eng. Bn., 130th Eng. Bde., 8th TSC, asks first-grade students at Mililani Uka Elementary School which Dr. Seuss book to read. The reading event honored Dr. Seuss’ birthday and the 50th anniversary of his classics.



CONTINUED FROM B-2

www.schofieldspousesclub.com or search for “hui-thrift-shop” on Facebook.

Food for Families — The Armed Services YMCA at Wheeler Army Airfield has an emergency food locker that assists military families who are experiencing financial difficulty with a supply of canned goods, frozen food, dry goods and personal care items. Call 624-5645.

Running Club — Runners and walkers can join the free Hawaii Running Project Wednesday Run Club at Schofield Barracks, which meets Wednesdays, 5 p.m., Bowman Field, at the end of Lyman Road. The club runs loops around the base of Kolekole Pass; workouts can be customized from two to eight miles. E-mail mary.siegel@amedd.army.mil or call 655-9123.

Zumba — Classes are now offered Saturday mornings at the Armed Services YMCA, Wheeler Army Airfield. Preregistration is required. Cost is \$20 a month and includes the class and on-site child care for the duration of the class. The exact time is tentative; call 624-5645.

Schofield Chapel Family Night — Sessions for deployed spouses about marriage and finances are conducted Wednesdays at the Schofield Barracks Main Chapel. Youth group and Bible clubs also meet then. Meals are served at 5:30 p.m., with sessions starting at 6 p.m. Child care for keiki up to 4 years old is free with RSVP.

Aliamanu Military Reservation Chapel’s Family Resilience Nights are Tuesdays. Call 655-6645 or e-mail ktfaamaoni@hotmail.com. Find out more at www.garrison.hawaii.army.mil. Click on “Religious Support,” under the “Directorates & Support Staff” menu. Call 655-6644 or 833-6831.

Survey — The Department of Defense has released a nationwide survey to gain insight into the benefits and challenges of employing members of the Guard and Reserve. The Na-

tional Survey of Employers will be sent to 80,000 employers, who will have eight weeks to complete the questions. Survey participants should visit www.esgr.mil.

Troops to Teachers — Troops to Teachers directly supports military members who have chosen teaching as a career. This program provides direct resource support, including hiring, and it allows up to a \$10,000 bonus for teaching in high-need schools. Call 586-4054, ext. 409.

Parent Participation Preschool — This program is for children ages 3-4, and it helps preschool children make a smooth transition into the structure of kindergarten. Preschool days are 12-2 p.m., Tuesdays and Thursdays, Wheeler Armed Services YMCA, Wheeler Army Airfield. Cost is \$40 per month. Call 624-5645 to register.

Club Beyond — Middle school and high school students in grades six-12 are invited to participate in the Club Beyond Military Reservation Community Center. E-mail kschmidt@clubbeyond.org or call 372-1567.

Operation Postcards — Operation Postcards is a free service that allows anyone to send real, personalized postcards to active duty U.S. military personnel with an APO or FPO address. Visit www.operationpostcards.com, select a photo, fill in the mailing address for any active U.S. service member with an APO or FPO designation, type a brief message, then “shoot it” by previewing the postcard. A real, personalized postcard will be delivered to the Soldier, Airman, Sailor or Marine in a matter of days, via the U.S. Postal Service.

Sexual Assault Prevention — Visit the Army’s sexual assault prevention program website as part of its “I. A.M. Strong” campaign at www.preventsexualassault.army.mil.

Civil Air Patrol — Civil Air Patrol’s Wheeler Composite Squadron meets every Tuesday, 5:30-8:30 p.m., at Wheeler Army Airfield. The squadron regularly accepts new members, ages 12-18, who are interested in aerospace education. E-mail tony4atmos@aol.com.



Courtesy of 205th Military Intelligence Battalion, 500th MI Brigade

Staff Sgt. Thomas Pinner, 205th MI Bn., 500th MI Bde., squeezes a foam ball as he gives blood during his unit's quarterly blood drive. The unit was honored by the Armed Services Blood Program as one of the top blood donor units for Tripler Army Medical Center at a luncheon held at JBP HH.

205th MI Bn. recognized as top blood donor unit

HHD holds streamer for highest percentage of blood donations

2ND LT. WILLIAM CROWE
205th Military Intelligence Battalion, 500th MI Brigade

FORT SHAFTER — One of the Armed Services Blood Program's top blood units is stationed here. The 205th Military Intelligence Battalion, 500th MI Brigade, was honored by the Armed Services Blood Program as one of the top blood donor units for Tripler Army Medical Center.

The unit was presented a plaque during the Armed Services Blood Program's Donor Recognition Luncheon held at Joint Base Pearl Harbor-Hickam, Feb. 17.

"The 205th MI Bn. has had more than 50 Soldiers deployed in combat zones this past year so this is personal for us," said Lt. Col. Timothy Parker, commander, 205th MI Bn., 500th MI Bde. "Some of the blood we give goes directly to Soldiers on the frontlines — maybe even a 205th Soldier."

"We will continue the quarterly blood drives with the hope of beating last year's count for units of blood (donated)," said Command Sgt. Maj. Mark Mathis, 205th MI Bn., 500th MI Bde. "I hate needles, but this is a good cause. It is for Soldiers and Soldiers' families, so I will be there ... every time."

Jessica Bode, family readiness assistant, 205th MI Bn., 500th MI Bde., coordinated the unit's blood drive events. Bode initiated the unit's first blood drive almost two years ago. Since then, the battalion has held a blood drive every quarter and donated more than 187 units of blood.

"This is a remarkable amount for a battalion of a little over 300 Soldiers (with) a high number of personnel unable to give blood, due to foreign travel for deployments and exercises," Parker said. "Soldiers never fail to make me proud to serve alongside them. This is another, in a long line of events, where Soldiers have raised the bar and made me feel honored to put this uniform on."

"Blood is life," Bode said, who was recognized as the top blood donor coordinator for her dedi-

cation to help keep the TAMC blood bank stocked. "With these blood drives, we each have a chance to save the lives of service members stationed across the world.

"I've always loved the work service members do and (loved) working with them," she said. "I'm glad that the coordination between myself and the blood program is so successful."

The battalion awards an internal "Blood Donor" streamer each quarter to the company with the highest percentage of Soldiers and Army civilians who donate blood; Headquarters and Headquarters Detachment currently holds the streamer.

"We're honored to have won the streamer this quarter and would love to win it again next quarter," said Capt. Mike John, commander, HHD. "Soldiers know it's for a good cause, and they have no problems in donating blood for their fellow Soldiers.

"You get free snacks and a memorable gift for donating blood; you can't beat that," he said, adding that the incentives for giving blood were also a perk.

Blood Drives

The Tripler Army Medical Center's Blood Donor Center will conduct blood drives for the Armed Services Blood Program at the following dates and locations:

- March 21-22, 6:30-11:30 a.m.; 84th Engineer Battalion, 130th Eng. Brigade, 8th Theater Sustainment Command (classroom), Schofield Barracks;
- March 29, 11 a.m.-3 p.m.; Schofield Exchange, Schofield Barracks;
- April 6, 10 a.m.-2 p.m.; Tropics Recreation Center, Schofield Barracks; and
- April 7, 8 a.m.-noon; U.S. Army Corps of Engineers-Honolulu District, Building 230, Fort Shafter (first right turn after guard shack).

The Blood Donor Center welcomes all blood types but has a special need for O-negative donors. Call 433-6148 or stop by to donate at Room 2A207, 2nd Floor, Oceanside, TAMC.

Vegetables, fruits help prevent colon cancer

SHARI LOPATIN
TriWest Healthcare Alliance

PHOENIX — March is Colon Cancer Awareness Month.

The American Cancer Society lists colon cancer as the third most common cancer in American men and women.

However, instead of providing the same boring facts about colon cancer awareness, here are the top five foods that help prevent this disease.

1) Dairy products such as yogurt or milk. According to ACS, several studies have shown that foods high in calcium may help reduce the risk of colon cancer. Dairy products are some of the best sources of calcium.

2) Broccoli and cauliflower. These vegetables belong to a food group called cruciferous vegetables, which are part of the cabbage family. ACS says these foods contain certain compounds that may reduce the risk of cancer in general, including colon.

3) Spinach or asparagus. The American Dietetic Association says that spinach and asparagus contain high amounts of folate. Too little folate may increase the risk of colon cancer, according to the ACS.

4) Whole-grain breads and pasta. Whole-grain foods are high in fiber, which helps food

move faster through the digestive track, the ADA says. High-fiber foods also have many antioxidants, which help protect against several cancers, including colon.

5) Strawberries. Strawberries are packed with fiber, vitamin C and folate — all nutrients that both the ADA and ACS say help reduce the risk of colon cancer. They all make a great breakfast or snack fruit, too.

Finally, the ACS reminds men and women to not forget to get screened. Experts agree that one of the best ways to survive colon cancer is to find it early through screening.

The Centers for Disease Control and Prevention recommends a screening test, or colonoscopy, once every 10 years, after age 50.

Tricare covers one colonoscopy every 10 years for beneficiaries ages 50 and older.

Colon cancer

To learn more about colon cancer,

visit www.triwest.com/colon.