

INSIDE

3rd BCT supports firefighting effort

STAFF SGT. AMBER ROBINSON
3rd Brigade Combat Team Public Affairs,
25th Infantry Division

SCHOFIELD BARRACKS – Soldiers of the 3rd Brigade Combat Team, 25th Infantry Division, supplied firefighters on the Big Island of Hawaii with three Army water tankers to help them fight a large brush fire that started Sunday.

The Tropic Lightning warriors have been at Pohakuloa Training Area throughout the month of August, completing a large-scale combat training mission to prepare for their upcoming deployment to Afghanistan, next spring. The blaze broke out on the morning when most of the brigade's training was winding down.

"We initially heard reports that there was a big fire across the highway, in the vicinity of Training Area 2," said Maj. Charles Kean, fire support officer, 3rd BCT. "By noon, the fire had grown significantly."

"After talking with the PTA Fire Department scene commander, the brigade mobilized three of our (Army



Capt. Steven Nachowicz | 3rd Brigade Support Battalion, 3rd Brigade Combat Team, 25th Infantry Division

Soldiers of 3rd BSB, 3rd BCT, 25th ID, help firefighters fill their water trucks from a large Army water tanker, provided by 3rd BSB, to help firefighters fight a fire on the Big Island of Hawaii. The blaze began Sunday morning.

Tour guides

2nd BCT takes helicopter tours with an Iraqi general.

A-3



SEE 3rd BCT, A-7

Post newspaper launches interactive, intuitive site

STEPHANIE RUSH

U.S. Army Garrison-Hawaii Public Affairs

WHEELER ARMY AIRFIELD – Visitors to the Hawaii Army Weekly's website may have noticed something strange this past week: the site isn't where it used to be anymore.

The HAW moved its official website from being hosted on the Army's military server to a commercial site, www.hawaiiarmyweekly.com.

"We wanted to move the newspaper to a commercial domain because we knew it would be the best way to give readers what they've come to expect

and deserve from an online newspaper," said Aiko Brum, chief, Internal Communication, U.S. Army Garrison-Hawaii Public Affairs.

The site, paid for by the HAW's contract publisher, is powered by Squarespace, a content management system. Squarespace has a variety of integrated tools, making it easy for readers to comment on, share and receive content.

The built-in infrastructure makes it easier to post articles, manage archives and keep up with modern Web design standards, without the need for advanced technical training.

24/7

The site allows newspaper staff to upload content 24 hours a day, seven days a week, versus just once a week. Content that can't run in the printed version, due to time constraints or other issues, can be uploaded online.

"Since the HAW is published weekly, we're limited on space and time," explained Lacey Justinger, editor, Hawaii Army Weekly. "If a unit doesn't get an article to the paper in time for production deadlines, now we can still get the Army's story out to the public by uploading it online instead of just turning



Check out the new site at www.hawaiiarmyweekly.com. Do you tweet? Follow the HAW at www.twitter.com/hawaiiarmywkly.

the story down."

News junkies can even catch a sneak peak of the paper each week, up to a

SEE HAW, A-8

Contract issues

Native Hawaiian Advisory Council examines issues surrounding federal business contracts.

A-5

Under a

Jarvis moon

Attend the Distinguished Lecture Series, with a complimentary dinner and documentary preview, Aug. 27, 6 p.m., at the Nehelani.

See Community Calendar, B-2



Building community

Army Hawaii Family Housing meets with the neighbors for improvement ideas.

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Sports & Fitness B-5



William Carnes | Tripler Red Cross

At left, Dana Bowman, retired Soldier and double amputee, descends onto the grounds at Tripler Army Medical Center during a demonstration, Aug. 19.

Double amputee 'drops' into TAMC

JAN CLARK & LORAN DOANE

Contributing Writers

HONOLULU – If it's true that actions speak louder than words, than retired Sgt. 1st Class Dana Bowman, "roared" as he parachuted onto the grounds of Tripler Army Medical Center, here, Aug. 19, bringing with him an American flag, captain bars and commander coins.

Bowman met with Soldiers in the Warrior Transition Battalion, here, to prove that even becoming a double amputee doesn't end life, but instead, sends life on a new journey.

Bowman's new journey began in 1994, high over the desert of Yuma, Ariz., when the Army's elite skydiving demonstration team, the Golden Knights, was practicing heart-stopping aerial maneuvers that they've become famous for.

Bowman, a special operations forces Ranger, scuba diver and sniper, along

with friend and fellow teammate Sgt. Jose Aguillon, was going to perform "Diamond Track," a maneuver the two had performed more than 50 times before. However, during this Feb. 6 demonstration, Bowman's life changed forever.

Instead of crossing paths during the maneuver, Bowman and Aguillon collided at lightning speeds. Aguillon was killed on impact, and both of Bowman's legs were instantly amputated, one above the knee and the other below the knee.

Despite his injuries, nine months after the tragedy, Bowman re-enlisted in the Army and insisted on skydiving into the ceremony, along with his commander.

"The way I look at it, is that we all have a disability," Bowman said. "Your disabilities are those things that you think you can't do."

SEE BOWMAN A-7

Hawaii residents to see change in child care fees

CHILD, YOUTH AND SCHOOL SERVICES
News Release

SCHOFIELD BARRACKS – Many patrons of Child, Youth and School Services in Hawaii may soon find some good news on their monthly child care fee statement, as the Department of Defense will be implementing a new fee chart to standardize child care fees at military child care facilities, nationwide, Oct. 1.

Currently, Soldiers and family members may experience an inconsistency in child care fees when they move from one installation to another, since the fees for the same services vary widely depending on the location.

The new plan aims to correct this inconsistency by providing predictable fees for service members, wherever they are stationed.

"This new policy is a great news story for Soldiers and their families," said Debra Blanchard, chief, CYSS, in Hawaii. "They will now be able to anticipate their child care fees and know that they

will not change as they move from duty station to duty station."

In 2008, DoD conducted an in-depth study of the child development program fee policy at 171 different, full-day child development centers CYSS operates worldwide. The study determined that current fee ranges were no longer reflecting total family income for a majority of the users.

Three new income categories have been added as a result of issues discussed during Army Family Action Plan conferences.

Additionally, fees have not kept pace with the increasing costs of providing care, so current income categories were extended to allow more families to qualify in lower-income ranges.

Although the new plan will bring some fee increases to many Army garrisons, for those in high cost of living areas, such as Hawaii, many will see a

SEE CYSS, A-6

AHFH to survey family satisfaction

ARMY HAWAII FAMILY HOUSING
News Release

SCHOFIELD BARRACKS – Residents living in Army Hawaii Family Housing communities will have an opportunity to participate in the annual resident satisfaction survey, next month.

In early September, AHFH staff will hand-deliver surveys to its more than 6,500 families and request feedback about their home, property and maintenance services; community amenities; and their overall experience living in an AHFH community.

"The annual survey is conducted by the Army, and feedback received from residents is very important to the success of the AHFH partnership," said Col. Douglas Mulbury, commander, U.S. Army Garrison-Hawaii.

"We are looking for candid feedback that will help us make the right decisions when it comes to the homes, communities and services we are providing to our Soldiers and their families," he said.

SEE SURVEY, A-7

We want to hear from you...

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

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

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

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

The Hawaii Army Weekly is an authorized newspaper and is published in the interest of the U.S. Army community in Hawaii.

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

134 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 8/26/10.

Ask the Garrison Commander!

Col. Douglas Mulbury addresses some community concerns, questions raised during the live TV town hall meeting last month



Mulbury

During the televised town hall meeting, July 28, several questions from our community members were addressed.

The questions spanned a broad range of topics, including landscaping contracts in Army Hawaii Family Housing areas, school zoning, over-the-counter medication at clinics and the location of the Fourth of July celebration fireworks.

There were a few questions that we were unable to address, so we are including those in this article. However, to see a complete list of all the questions and their responses, check out our Facebook page, www.facebook.com/usaghawaii, or the garrison website, www.garrison.hawaii.army.mil.

Q: *We live in the Canby community and have very limited storage and no garage or even a carport. We're concerned about the damage the sun is causing to the exterior of our automobile. Are there plans to improve storage in our community?*

A: Army Hawaii Family Housing recognizes the challenges of limited storage in our community. Any proposed changes to historical homes or neighborhoods in AHFH inventory must be submitted and approved by Hawaii State Historical Preservation offices, or SHPO, before any action can be taken.

Given the limited space available in the historic Canby area, this situation creates an additional challenge when consideration is given to things like carports and playgrounds.

A proposal to create parking areas in the historic areas of the Canby community has been submitted to SHPO and is still under review. SHPO can disapprove the proposal, request additional information or table the proposal for further consultation. We have not received any information regarding this proposal from SHPO to date.

If the proposal is accepted, AHFH will then have to plan, budget and receive further approval from Army and ACTUS Lend Lease leadership to move forward. It could be a significant amount of time before the bidding process can even begin.

AHFH understands the desires of the residents of the Canby community and is working towards continual improvement over time. Unfortunately, we can't even attempt to provide a timeline for improvements until all approvals have been granted.

Q: *The Shoppette on Helemano Military Reservation opens after Soldiers are at work and closes before they get home. Is there any way to change the hours?*

A: Army and Air Force Exchange Services, or AFFES, strives to meet the expectations of

our customers by making their shopping experience as convenient as possible. Determining the hours a store should remain open is a balance between what is most useful for our customers and what is most cost effective for the operation.

Based on customer suggestions and comments, the HMR Shoppette underwent a test period in 2009, during which the store was open from 6 a.m.-11 p.m., daily. Regular operating hours before the test phase were from 9 a.m.-9 p.m., but based on the results of the test period, the store hours were changed to 7 a.m.-10 p.m.

While no current plans exist to change hours of operation for the HMR Shoppette, AAFES will continue to monitor the situation and will make adjustments, as necessary, to ensure we are capturing the hours needed for the majority of our patrons.

Q: *I just moved to Schofield Barracks, and my husband has recently deployed. It is not always possible for me to be home from my errands by the time my 10-year-old son arrives home from school. What is the policy regarding unattended children?*

A: U.S. Army Garrison-Hawaii does have a Child Supervision Policy, which is Policy Memorandum 34. This policy sets out guidelines about what is prudent and allowable with regards to the safety and well-being of our community's children.

Here are a few points:

- Children less than 10 years old cannot be left unsupervised at bus stops, public facilities, residences and in vehicles or recreational areas, and they cannot walk to school alone.

- Children 10 to 11 years old may be left alone up to four hours in a 24-hour period, but not overnight (1-5 a.m., daily).

- Children 16 years old or older may be left alone, in self-monitored care, for up to 48 hours. Minors must have telephone access to an adult in case of emergency.

The entire policy is available on the garrison website – at the left menu, under “USAG-HI Policies,” and any family with children should review this important policy.

Q: *I have heard many rumors about when Tripler housing will be demolished. We really like our home, and I am not looking forward to moving. Is there a timeline when the homes will be demolished?*

A: For those living in the Tripler community, homes in that area are on schedule to be turned over to construction, Dec. 1, 2011. However, the 16 historic homes on Craig will be retained.

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



You can change your life by changing how you feel about your story

CHAPLAIN (MAJ.) KEN HUBBS

Strong Bonds Chaplain, U.S. Army-Pacific Chaplain's Office

You may not agree with Dr. Laura Schlessinger on all points.

In spite of the most recent controversy concerning the syndicated radio host, you can't ignore her occasional stroke of genius when helping callers work through personal issues.

A recent caller was pining (or as Dr. Laura suggested, whining) about her horrible life because of how her mother treated her while growing up. Dr. Laura interrupted the caller in mid-sentence and asked why she keeps retelling the same old story, since the same 'ole, same 'ole has no power to change anything.

It's well established that if you change how you think, you'll also change how

you feel. What we tell ourselves about a situation is far more significant than the original facts.



Hubbs

It's either frightening or fun, depending on what you think about it, and it has almost nothing to do with the facts of where you are, why or how you got there.

For example, a short, narrow plank in 100-foot deep water can be terrifying. But as a water ski, behind a fast boat, on the ride of your life, this same piece of wood guarantees different feelings.

Dr. Laura asked the caller why she didn't tell her story as overcoming and surviving a bad situation. Why didn't she tell the story of refusing to treat her own children like she had been treated?

She asked the caller how she excelled in school, despite being told she was stupid. She asked about her wonderful husband, great kids, great church and the many good people in her life.

If the caller, Dr. Laura explained, keeps telling the story of how awful her life was, she will only feel defeated, inadequate and worthless. But, if she tells her story of survival against the odds, then she's powerful, resilient and a role model for the rest of us.

The facts are the same, for the same person, but with two completely differ-

ent stories and two completely different outcomes. Both are real, both are true, but one is healthy and the other is debilitating.

Which would you choose?

In your story, are you the victim? The loser? The failure? Or, do you learn lessons and make adjustments?

Do you never quit, no matter what setbacks come your way? Do you turn tragedy into triumph?

The great thing about life is you get to choose: not your circumstance, but you do get to choose what you think about it.

You get to choose your own story, and that can change your life.

(Editor's Note: To find out more about the syndicated Dr. Laura radio show, visit www.drlaura.com.)

Voices of Ohana

What social media tools do you like to use?

Photos by 3rd Brigade Combat Team, 25th Infantry Division



"Facebook."

Spc. Sam Ammerman
 Communications specialist, 57th MP Co., 8th MP Bde., 8th TSC



"My favorite is Facebook."

Sgt. Marie De Vinney
 Human resources, HHC, 45th Sust. Bde., 8th TSC



"My favorite is Facebook."

Spc. Thomas Jensen
 MP, 57th MP Co., 8th MP Bde., 8th TSC



"Facebook."

Staff Sgt. Rodney Pickett
 Operations, USARPAC



"I like to use Facebook."

Aisha Tarpley
 Military Spouse

U.S. mission in Iraq officially changes Sept. 1

Deployed Forces

JIM GARAMONE

Office of the Secretary of Defense Public Affairs

WASHINGTON — A fundamental shift will take place at the end of the month in the mission of U.S. forces in Iraq, a Pentagon official said, earlier this month.

The change in mission from Operation Iraqi Freedom to Operation New Dawn reflects the improvement in conditions in Iraq, and will officially end the U.S. combat mission in Iraq and change it to one of stability operations, said Bryan Whitman, Pentagon spokesman.

Six U.S. Army brigades, plus support personnel, will work with Iraqi security forces through the end of 2011, when all American troops will

be out of Iraq. The units are the 2nd Brigade Combat Team, 25th Infantry Division; 1st, 2nd, 3rd and 4th Bdes., 3rd Infantry Division; and 3rd Bde., 4th Inf. Div.

Soldiers within these units will be advising, assisting, teaching and mentoring the Iraqi army and police in a range of capabilities.

Though the “advise and assist” mission does not officially change until the end of the month, American brigades have been in place and performing that mission for more than a year in southern Iraq and now through almost all of the country.

“As a practical matter, we have now been conducting stability operations for the last several

months,” Whitman said.

Some 56,000 U.S. troops are now in Iraq, down from a high of 180,000. The number will drop to 50,000 by the end of the month, Whitman said.

“It takes us from what has been a combat mission to a stability operations mission,” he added. “It takes us from a military lead to a civilian lead.”

U.S. Air Force personnel will continue to help in training the Iraqi air force, and Navy and Coast Guard personnel will continue to advise and assist Iraq’s maritime forces.

“This is not like a light switch, where one day you are doing combat operations and the next day you are doing stability operations,” Whitman

explained. “It has been a transition that has taken place gradually over time.”

President Barack Obama has indicated that the mission will officially change Sept. 1, and military forces and U.S. civilians in Iraq are moving to reflect that.

While instances of violence have dropped dramatically in Iraq, dangers still exist. U.S. forces always maintain the capabilities to defend themselves, Whitman said, and will retain that right even after Sept. 1.

American “advise and assist” units will have the capabilities to come to the aid of Iraqi security forces, if called upon, he added.

Iraqi general brings ‘New Dawn’ to Diyala province

Story and Photo by
CAPT. TIMOTHY NASH
U.S. Division-North

DIYALA, Iraq — Soldiers and leadership from 1st Battalion, 21st Infantry Regiment, 2nd Stryker Advise and Assist Brigade, 25th Infantry Division, welcomed staff Brig. Gen. Diaa, commander, 5th Iraqi Army Division, at the dining facility on Forward Operation Base Warhorse, Iraq, Aug. 14.

Diaa took command of the 5th IAD in Diyala during a time of change. The drawdown of U.S. forces in Iraq places the responsibility of Iraq’s security on the shoulders of Iraqi security forces, with U.S. forces in an “advise and assist” role.

In a province like Diyala, where attacks still occur regularly, the security of Iraqi people is directly dependent on 5th IAD.

“He has, as we say, ‘the right stuff’ to build a team and to reinforce his ideals and beliefs,” said Lt. Col. Mel Williams, chief, 5th IAD stability transition team. “The one thing that you’ve got to understand about leadership is that leadership (is) not just talking. Leadership is about execution and about being a role model, and Diaa is that by all accounts.

“I see a man who’s willing to initiate change, and I see a man who’s not afraid to stand up for what he believes is right,” Williams said. “I see the

next year — that we’re going to be working hand-in-hand with these guys — as a very challenging year. I am 100 percent confident that Diaa is the right person to be at the helm of this division and (to) steer it in the right direction.”

The direction is set. Sept. 1, U.S. forces will change the name of the mission from Operation Iraqi Freedom to Operation New Dawn, launching a new era for a new division commander.

“It is my hope that, in a few years, you will all return to Diyala as civilians and as our guests so that we can share in the peace that we established here together,” Diaa said.



Staff Brig. Gen. Diaa, new commander for the 5th Iraq Army Division, expresses his gratitude for the chance to celebrate the relationship between the Iraqi army and U.S. forces.

2-11th FA assists Iraqis, takes control of assets

PFC. EMILY WALTER-SMALL
103rd Expeditionary Sustainment Command

JOINT BASE BALAD, Iraq — The 17th Brigade of the Iraqi army hosted a ribbon-cutting ceremony, Aug. 16, for the newly constructed IA compound, here, commemorating the first official step in the return of al Bakr Air Base to the government of Iraq control.

Coordination for the ribbon-cutting ceremony was a combined effort between the Army, Air Force and IA, including the 2nd Battalion, 11th Field Artillery Regiment, 2nd Brigade Combat Team, 25th Infantry Division.

The 2-11th FA Regt., will continue to be involved with the 17th Inf. Bde., IA, as it continues to move onto JBB, here. The 2-11th FA Regt. also assisted the 332nd Air Expeditionary Wing as it constructed the IA compound.

The ceremony symbolized that U.S. forces embrace their partnership with the Iraqis, and that they will work to continue to build this relationship, said Maj. Mark Sherkey, executive officer, 2-11th FA Regt. It also symbolizes that the Iraqi security forces are capable of providing security for the government of Iraq and the Iraqi people, he added.

“We have the Air Force, Army, Department of State and the Iraqis all working together to establish a partnership,” Sherkey said. “We welcome that.”

More importantly, the event helps prove that the Iraqi security forces have the capacity to maintain a legitimate, stable government when the U.S. forces leave, said Ben Fluhart, team leader for Provincial Reconstruction Team, here.

Currently, JBB is one of the largest U.S. military bases in Iraq, and the base serves as the central logistical hub for forces in Iraq. It is also one of the busiest air bases in the world that is operated by the U.S. Department of Defense.

The ribbon-cutting event celebrated the IA moving back onto JBB, marking the first step in what will eventually be a full base transfer from U.S. to Iraqi control by Dec. 31, 2011, said Air Force Maj. Gen. Craig Franklin, commander, 332nd AEW.

“Today’s ceremony marks a truly historic moment,” Franklin said. “The Iraqi security forces have proven to the world to be capable of protect-

ing the Iraqi people. (The ceremony) is a symbol of our enduring friendship.”

“The Iraqi people are pleased to receive lands from the American Army,” said Iraqi army Lt. Gen. Rashid Flayah, commander, Samarra Operations Center. “We have proven to the people that we are against terrorism. This is a happy day for us and the security forces.”

The opening of the IA compound on JBB is part of a larger effort to empower the Iraqi people and represents an important step in establishing a stable, sovereign and self-reliant Iraq.

Approximately 400 bases have been closed or turned over to the government of Iraq since January 2008. While the post transfer of authority is only one facet in responsible drawdown of forces and equipment from Iraq, it is a significant milestone that helps prove that U.S. forces can expect to meet the current drawdown deadline.

“(The ceremony) is important because it is a significant indication of where we are in the entire drawdown process,” Fluhart said. “As a representative of the government, I am extremely pleased we’re seeing the Iraqi army move onto this base. It took a lot of hard work to get to this point.”



1st Lt. John Powell (second from right), 3rd Platoon leader, HHC, 2nd Bn., 14th Cav. Regt., 2nd AABCT, 25th ID, explains operating procedures for a combined security checkpoint in the Diyala province, Monday. Col. Malcolm Frost (left) brigade commander, 2nd AABCT, 25th ID, accompanied staff Brig. Gen. Damook, (second from left), commander, Diyala Provincial Directorate of Police, through the combined security checkpoint during the battlefield circulation.

2nd BCT tours province, checkpoints with Iraqis

Story and Photo by
PFC. ROBERT ENGLAND

2nd Advise and Assist Brigade Combat Team, 25th Infantry Division

FORWARD OPERATING BASE WARHORSE, Iraq — Col. Malcolm Frost, brigade commander, 2nd Advise and Assist Brigade Combat Team, 25th Infantry Division, accompanied staff Brig. Gen. Damook, commander, Diyala Provincial Directorate of Police, on a battlefield circulation, Monday.

Both commanders boarded a UH-60 Blackhawk helicopter and flew around

the Diyala province in Iraq, gaining an aerial perspective before landing and touring one of five combined security checkpoints.

Once they touched down at the checkpoint, 1st Lt. John Powell, 3rd Platoon leader, Headquarters and Headquarters Company, 2nd Battalion, 14th Cavalry Regiment, 2nd AABCT, 25th ID, greeted the commanders and led them through the checkpoint, explaining how each component factors into its overall security.

For instance, tall guard towers allow

the security forces to see incoming vehicles from a distance, while floodlights and night-vision goggles enable the security forces to maintain a level of effectiveness at night.

The security forces manning the checkpoints comprise a tri-partisan team, which includes Iraqi soldiers, U.S. Army Soldiers, and Peshmerga, the Kurdish military.

During the tour, Frost and Damook discussed the logistics of Iraqi police eventually replacing Iraqi army soldiers as a means to promote police primacy lead.

Navy builds world-class satellite facility for Army use

THOMAS OBUNGEN

Naval Facilities Engineering Command-Hawaii
Public Affairs

JOINT BASE PEARL HARBOR-HICKAM – Naval Facilities Engineering Command-Hawaii completed final building inspections, Aug. 11, for the U.S. Army's 53rd Signal Battalion, 1st Space Brigade's new 28,244 square-foot Wideband Satellite Communication Operations Center, here.

The keys to the building were unofficially turned over to senior members of the Missile Defense Command/Army Forces Strategic Command, recently.

"This new state-of-the-art building will enable the company's world-class satellite communications support to the warfighter" said Capt. Daniel Zisa, commander, Company D, 53rd Signal Bn. "We are excited to partner with the Navy in this endeavor."

The facility was required to incorporate environmentally sustainable elements and is a prototype for other WSOC locations, including Fort Detrick, Md.; Fort Meade, Md.; and Landstuhl Heliport, Germany.

"This project is unique in both its design and construction," said Cori-Ann Kuromoto, project manager, NAVFAC-Pacific. "(It) was designed to meet (Leadership in Energy and Environmental Design) Silver standards by incorporating the use of low-flow restroom fixtures; landscaping with xeriscape principles; and using adhesives, sealants, paints, coatings and a carpet system containing low volatile organic compounds."

The WSOC building is the second of three major communications facilities NAVFAC-Hawaii has executed, here, during the past few years.

Deployed chaplains discuss suicide prevention, reach-out methods

Story and Photo by
SPC. BRITNEY BODNER
U.S. Forces-Iraq

CAMP VICTORY, Iraq – Soldier suicide is one of the Army's top concerns as its troops continue to endure the stresses of multiple deployments in addition to the daily challenges of life.

From the new Shoulder to Shoulder: "I Will Never Quit on Life" suicide prevention video, to the Comprehensive Soldier Fitness program, the Army is focusing on programs to build resiliency and erase the stigmas associated with mental health issues that still prevent some from seeking help.

In Iraq, a group of 35 chaplains and chaplain's assistants recently met for a three-day conference to discuss life affirmation, suicide prevention and methods to reach out to those at the greatest risk of committing suicide.

As National Suicide Prevention Month approaches in September, chaplains are looking at ways in which they have been successful in reaching out to service members in need of help, and discussing new and innovative methods they can implement and continue to help Soldiers affirm life and build their resiliency.

"We want to prevent suicide, but we need to do more than just tell people to not kill themselves," said Deputy Chaplain (Lt. Col.) Keith Goode, U.S. Forces-Iraq. "We need to give them something to live for; we need to affirm life."

"To do that effectively, we learn the methods our colleagues are using successfully and (we are) learning how to better reach out to those who are hurting," he said.

The chaplains looked through current research, discussed plans and traded ideas to reach service members who are hurting, said Chaplain (Maj.) Robert Crowley, USF-I operations.

Family connectedness, resiliency and narcissism were three of the topics covered during the conference. The group examined these positive and negative factors to determine how they affect a service member's deployment.



Deputy Chaplain (Lt. Col.) Keith Goode, U.S. Forces-Iraq, looks over points made during a small group discussion at a Chaplain's Conference, Aug. 10. The three-day conference gathered chaplains and their assistants from across Iraq to discuss suicide prevention and life affirmation, as well as tactics to reach out to service members.

"We were able to discuss a lot of different things in the small groups and listen to the chaplains' and their assistants' different perspectives, their ways of dealing with depressed or isolated service members, or even ideas about different ways to be available and relate to (Soldiers)," said Spc. Claudine Barker, chaplain's assistant, Company A, 28th Combat Support Hospital.

The conference and the sharing of ideas between colleagues was recently encouraged by the Vice Chief of Staff of the Army, Gen. Peter Chiarelli, in a health promotion risk reduction report for 2010.

"The document encourages leadership from the Army to not just look at suicide prevention for the entire Army, but to look at the individual service member," said Chaplain (Col.) Mike Lembke, USF-I.



View Shoulder to Shoulder: "I Will Never Quit on Life" at www.preventsuicide.army.mil.

SHOULDER TO SHOULDER
NO SOLDIER STANDS ALONE

The report also recommended that personnel who work to keep service members physically, mentally, spiritually and socially healthy begin meeting to look at CSF from different angles and share information, Lembke said.

Many issues regarding resiliency and CSF were addressed, said Chaplain (Maj.) Darin Neilson, family life chaplain.

One area was relationships. If a service member has healthy relationship with his or her family back home or friends during deployment, they are less likely to commit suicide.

"We, as chaplains, try to provide service members someone to go to when things go south," he said. "By sharing ideas about how we can connect with deployed personnel and acting on those ideas, Soldiers know we are available to talk to at any hour."

Neilson said the bottom line is making chaplains available to service members to provide support and someone willing to listen to their problems.

"People don't necessarily want to hear the answers. They just need somebody to listen, and that's what we do," Barker said. "We walk alongside them."

Deployed Forces

Native Hawaiian Advisory Council explores contract issues

Group offers businesses advice for obtaining federal contracts

DENNIS DRAKE

Director, U.S. Army Garrison-Hawaii Public Affairs

FORT SHAFTER — The challenges that face Native Hawaiian businesses while procuring federal contracts was the topic of a unique panel discussion at the Aug. 18 meeting of U.S. Army Garrison's Native Hawaiian Advisory Council, here.

Local business owners and representatives of federal and community organizations, designed to assist Native Hawaiian businesses, joined Army contracting officials on the panel to explore the issue.

"One of the objectives of the Army's recently signed Native Hawaiian Covenant is to promote opportunities for business and employment with the Native Hawaiian community, in accordance with applicable laws and regulations," said Col. Douglas Mulbury, commander, USAG-HI. "This forum provided excellent dialogue and gave our Native Hawaiian Advisory Council a better understanding of the situation."

The U.S. Army in Hawaii has been working to find common ground with the Native Hawaiian community as economic self-sufficiency for the Hawaiian community and skilled workers for the Army community will create a foundation of commonality.

The panel examined ways Native Hawaiian businesses can take advantage of available federal opportunities and shared experiences of Army contracting officials with Native Hawaiian business owners.

"There were 32,000 contracts issued by the Army last year, worth \$300 million — 60 percent of which were procured in Hawaii," said Annelle Amaral, Native Hawaiian liaison, USAG-HI. "But there are only 12 Native Hawaiian organizations and 16 Hawaiian-owned 8(a), small or disadvantaged firms, that can compete for these contracts. So, the vast majority of the contracts go to non-Native Hawaiian businesses. We need more qualified 8(a) firms and NHOs."

An 8(a) business is a company under the Small Business Administration's business development program, created to help small businesses compete in the American economy and access the federal procurement market.

Panel members Sandra Kim and Sharon Oishi, both from the Army Regional Contracting office, discussed how a business should prepare itself before seeking a contract, the various types of contracts Native Hawaiians have successfully procured in the past and how to find the best fit for a business.

Michael Youth, U.S. Small Business Administration, spoke on the criteria for special designations and the roles and responsibilities of Native Hawaiian organizations and Hawaiian-owned 8(a) firms,

and Catherine Yoza, U.S. Army Corps of Engineers Contracting office, described the challenges procuring local construction contracts.

Panel member Ron Jarrett, of Joint Tech Services Inc, and Na Oiwai Kane, the first Native Hawaiian organization, emphasized the importance of ade-

"There were 32,000 contracts issued by the Army last year, worth \$300 million — 60 percent of which were procured in Hawaii."

— **Annelle Amaral**

Native Hawaiian Liaison, USAG-HI

quate staffing and capitalization for a successful new business venture.

Tracy Poepoe, owner of Trace Industries, a new Native Hawaiian contractor, spoke on the challenges of getting bonded for federal work and finding qualified staff, while panelist Wailana Kamau, a Native Hawaiian businessman, discussed the difficulties in obtaining required qualifications when applying for federal contracts.

In addition to the panel members, Dana Hauanio, with the Honolulu Minority Business Enterprise Center, and Claus Prufer, with the Hawaii Procurement Technical Assistance Center, provid-

ed information on how their organizations can support Native Hawaiian businesses seeking government work.

Dirk Soma, Office of Hawaiian Affairs and president of the Native Hawaiian Chamber of Commerce, noted the publication of a Hawaiian Economic Development Asset Grant Map used to identify where economic development entities exist and an OHA low-interest loan program that is available to start-up businesses.

Ann Murata, U.S. Small Business District Counsel, clarified recent litigation and its potential impact on federal contractors, including 8(a), woman-owned, and disabled veteran-owned companies.

"We thank all those that came out to this meeting from both the Army and the Native Hawaiian community for sharing your manao (thoughts) with us," said Bruss Keppeler, USAG-HI Native Hawaiian Advisory Council member. "The council now has a better understanding of the issues, which allows us to identify possible solutions and develop opportunities for our Native Hawaiian businesses."

At the meeting's conclusion, the USAG-HI Native Hawaiian Advisory Council supported a proposal to sponsor a future public workshop, using the panel's information, to inform new Native Hawaiian business owners how to secure credentials needed to compete for federal contracts and provide more opportunity for economic self-sufficiency.

84th Engineer Battalion donates blood, DNA for bone marrow



Spc. Mary Ware | HHC, 84th Eng. Bn., 130th Eng. Bde, 8th TSC

Spc. Todd Turner (left), 523rd Eng. Co., 84th Eng. Bn., 130th Eng. Bde., 8th TSC, gives a DNA sample for bone marrow registration. Engineers provided DNA for the C.W. Bill Young Marrow Donor Center and blood for the Armed Services Blood Program, Aug. 17 and 18.

SGT. JEFFREY KING

84th Engineer Battalion, 130th Engineer Brigade, 8th Theater Sustainment Command

SCHOFIELD BARRACKS — The 84th Engineer Battalion, 130th Engineer Brigade, 8th Theater Sustainment Command, showed what the unit is made of — literally, Aug. 17 and 18, as the battalion organized a combined bone marrow registration and blood drive.

Engineers provided DNA for the C.W. Bill Young Marrow Donor Center and blood for the Armed Services Blood Program.

"It's amazing to see so many people from one unit rally behind a cause like this," said Chief Warrant Officer 3 Jose Martinez, Marine Corps Base Hawaii, Kaneohe Bay, and a representative for the C.W.

Bill Young Marrow Donor Center.

The bone marrow drive resulted in more than 550 new candidates for possible donors. The DNA samples are collected and filed for future identification as possible bone marrow donors to service members, family members or civilians in need of the lifesaving marrow.

Bone marrow is a flexible tissue that produces new blood cells, and donations are used to treat a wide range of illnesses, including cancer, immune system diseases and sickle cell anemia.

The blood drive was an overwhelming success, even though the majority of Soldiers from the battalion were ineligible to donate because the time frame has been less than a year since their return from deployment. However, the drive still col-

lected 220 units of blood.

"Typically, we don't like to collect that much (blood) all at once due to the large amount that expires, but we just couldn't turn down such a willing crowd," said Michelle Lele, donor coordinator, ASBP.

ASBP at Tripler Army Medical Center usually needs and receives 150 units of blood, a week. As the 561st Eng. Co., 84th Eng. Bn., 130th Eng. Bde., arrived for the drive, the staff from ASBP was absolutely astonished by the number of Soldiers and spouses willing to donate.

Nicole Paradiso, a spouse from the 643rd Eng. Co., 84th Eng. Bn., 130th Eng. Bde., said this donation was her first one, and she felt privileged to be able to support her husband and the Army.

"I feel that this is a great opportu-

nity for the spouses to show their support to the unit," she said. "With so many Soldiers ineligible to donate, I am really glad we were able to participate."

The 84th Eng. Bn. aid station provided the logistics, and the Soldiers provided the heart, blood and marrow.

"The best part of ASBP is that it is Soldiers taking care of Soldiers," said Spc. Todd Turner, 523rd Eng. Co., 84th Eng. Bn., 130th Eng. Bde. "I think it's great to be in a unit that provides us with an opportunity to give back."

With 220 pints of blood and 550 new possible bone marrow donors, the 84th Eng. Bn., 130th Eng. Bde., Soldiers showed that even while at home, they provide a foundation and framework for other units and military members.



Daniel Kawasaki | Tripler Army Medical Center

Col. Randall Ball (center), incoming commander, Pacific Regional Dental Command and U.S. Army Dental Activity-Hawaii, receives the colors from Col. Dan Reese (right), commander, U.S. Army Dental Command, during a change of command ceremony, Aug. 13.

Dental Command under new hands

JAN CLARK

Tripler Army Medical Center Public Affairs

FORT SHAFTER – Continuing in a time-honored tradition, Col. William Bachand relinquished command of the Pacific Regional Dental Command and U.S. Army Dental Activity-Hawaii to Col. Randall Ball, Aug. 13, at Palm Circle, here.

Col. Dan Reese, commander, U.S. Army Dental Command, in his role as reviewing officer, spoke of Bachand's accomplishments during his three years in command in the Pacific.

"During his time here, (Bachand) expanded the role of the PRDC, in support of U.S. Army-Pacific and Pacific Command humanitarian missions, by sending 40 dentists and dental assistants to almost two dozen missions over three years, to such places as Vietnam, Cambodia, Sri Lanka, Indonesia, Balikpapan, Mongolia, Bangladesh, the Philippines and other exotic locations," Reese said.

"PRDC also deployed dental providers in support of Operation Iraqi Freedom and Operation Enduring Freedom," Reese continued. "Under (Bachand's) dynamic leadership, two Graduate Dental Education programs were re-accredited by the American Dental Association."

Also during Bachand's tenure, several clinic facility renovations have been completed in the Pacific region.

"Bachand rolled out a unique patient-safety initiative called Team STEPPs across the region, training 100 percent of his command (and) receiving three awards from DENCOM," Reese said. "During his three years of command, the Pacific region produced the equivalent of nearly \$100 million of dentistry."

Bachand, who departs for assignment as the commander of European Regional Dental Command, took the time to recognize his staff, Soldiers and civilians, who are located in Korea, Japan or here in Hawaii.

The 321-member strong command has accomplished much, he said, from expanding the concept of DENTAC-Korea, to the designation of the 30th DENTAC in the Army Dental Care system, and from DENTAC-Japan continuing to lead in readiness and wellness statistics, to DENTAC-Hawaii where nearly 55,000 Soldiers have been processed.

"We produced \$43 million in dental care in the last 12 months alone, and are responsible for all dental care for more than 50,000 service men and women and their families in the Pacific," Bachand said. "Finally, we logged in 108,000 patient visits in the past 12 months."

"I almost forgot, our nearest DENTAC is 4,500 miles away and that presents a few challenges," he said. "But, our value to the Army and its members is not measured in those big numbers. It is measured in the

smallest of numbers – the individual patient visit. Our value comes from that individual patient visit."

Partnerships with colleagues from the Air Force, Navy, Marine Corps, Coast Guard and Veterans Affairs, whose senior members make up the Pacific Dental Council here, have played a major role in accomplishing the PRDC mission.

"My thanks to my colleagues. It has been an honor and pleasure working with you," Bachand said. "It has truly been one of the benefits of working at a location like Hawaii, where all services work so closely together."

Taking the microphone as the new commander, Ball said he felt a great sense of honor and pride assuming command.

"I am well aware of and thank God above for the great gift that has been given to me today, command is always a privilege," Ball said. "Thank you for what you have done and thank you for what you will continue to do. I pledge to you the highest quality leadership and support possible."

"Together, we will continue to build on an already impressive list of accomplishments," Ball added. "Our focus will be on maintaining the highest state of dental readiness, and (providing) the highest quality of compassionate care."

"Let's roll it up in one simple motto: 'putting and keeping the bite in the Army of the Pacific,'" he said.

CYSS: Reductions to continue in Hawaii

CONTINUED FROM A-1

reduction in their childcare fees. In addition, many already standardized service fees in Hawaii will not change.

For example, free CYSS registration and the 15 percent multiple-child-reduction, for two or more children enrolled in regularly scheduled programs, will continue in Hawaii. Army Family Covenant child care fee reductions will also remain in place.

Families can expect to be notified individually of their new category status by the end of August.

CYSS strives to serve its customers by providing quality child care to meet the variety of needs and expectations of communities and anticipates that the new standardized fee chart will additionally meet families' needs by creating a consistent and level playing field across Army installations worldwide.

Child Development Program Fee Ranges
School Year 2010-2011

Family Income	Weekly Fee Per Child
\$0 - \$29,400	\$44 - \$59
\$29,401 - \$35,700	\$60 - \$74
\$35,701 - \$46,200	\$75 - \$90
\$46,201 - \$57,750	\$91 - \$105
\$57,751 - \$73,500	\$106 - \$121
\$73,501 - \$85,000	\$122 - \$130
\$85,001 - \$100,000	\$131 - \$133
\$100,001 - \$125,000	\$134 - \$136
\$125,001+	\$137 - \$139

Child Development Centers
Monthly Fee Chart

Total Family Income Categories	Full day	Part time
\$0 - 29,400	\$210	\$162
\$29,401 - 35,700	\$354	\$254
\$35,701 - 46,200	\$430	\$308
\$46,201 - 57,750	\$498	\$356
\$57,751 - 73,500	\$576	\$412
\$73,501 - \$85,000	\$622	\$444
\$85,001 - \$100,000	\$634	\$454
\$100,001 - \$125,000	\$648	\$464
\$125,001+	\$662	\$474

Standard Hourly Rate: \$4.00

(Multiple Child Reductions and Total Family Income Categories do not apply)

School Age Services and Kindergarten
Monthly Fee Chart

Total Family Income Categories	Before/After School	Before/After Kindergarten
\$0 - 29,400	\$114	\$120
\$29,401 - 35,700	\$178	\$196
\$35,701 - 46,200	\$216	\$236
\$46,201 - 57,750	\$250	\$276
\$57,751 - 73,500	\$288	\$318
\$73,501 - \$85,000	\$312	\$344
\$85,001 - \$100,000	\$318	\$352
\$100,001 - \$125,000	\$324	\$358
\$125,001+	\$332	\$366

Occasional Use Rates:

Part time (< or = to 4hrs/day): \$16.00, Daily (> 4hrs): \$30.00
(Multiple Child Reductions and Total Family Income Categories do not apply)

News Briefs

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

September

1 / Wednesday

25th ID Values – Enter the 2nd Tropic Lightning Values photo contest that runs through Sept. 1. Soldiers can submit photographs of 25th Infantry Division Soldiers depicting Army Values, which will be used for posters and publicity items.

For entry rules, call 655-8780, e-mail divisionretentionoffice@hawaii.army.mil or visit it the Division Retention Office at 1586 Trimble Rd., Building 585, Schofield Barracks.

2 / Thursday

Promotion – Col. William Scott, 311th Signal commander, will be promoted to brigadier general in a ceremony on Fort Shafter's historic Palm Circle, Sept. 2, 2:15 p.m. A reception will immediately follow at the Hale Ikena Golf Course Clubhouse.

6 / Monday

Town Hall Meetings – Dates and times for the Oahu North community director's town hall meetings and the Oahu North PX/Commissary/Nehelani Advisory Council

meetings follow:

•ONCD PX/Commissary/Nehelani Advisory Council, Sept. 6, 10:15-11:15 a.m., at the Nehelani, Schofield Barracks.

•ONCD Town Hall: Sept. 21, 6:30-8 p.m., at the large Post Conference Room, Schofield Barracks;

Town hall meetings provide information about community events, security, housing updates, deployment and much more. Call 655-0497.

16 / Thursday

First-Termers – Financial Management Training is a mandatory eight-hour financial

management course for first-term Soldiers, to provide them with a strong financial foundation and alternatives and strategies that will enhance their readiness throughout their career. The next class is Sept. 16, 8 a.m.-4 p.m., Building 1599, Room 115, Fort Shafter Flats. Call 438-4499 to register.

17 / Friday

Regimental Ball – Contact Destiny McHale at 656-0358 or SigBall@us.army.mil, or visit <https://www.us.army.mil/suite/page/636030> today about the 311th Theater Signal Command regimental ball. The

event will be held at the JW Marriott Ihilani Resort and Spa in Ko Olina, Sept. 17, 5-11 p.m. Cost is \$65; dress is formal attire. Day care will be available.

Ongoing

Voting Assistance – The Federal Voting Assistance Program (FVAP) opened its 24/7 call center, which makes voting information accessible to voters living in various time zones and ensures that all issues are addressed. Voters can call (800) 438-VOTE, e-mail vote@fvap.gov or chat online at www.fvap.gov to access an easy flow of absentee voting assistance and information.

Soldiers can also contact their unit voting assistance officers for more information.

Call 655-8945.

ACAP Briefings – Visit the Army Career and Alumni Program to learn if you are good to go with a pre-separation briefing or if you are interested in job assistance workshops. Go to the Soldier Support Center, Building 750, Room 134, on Schofield Barracks. Hours are 7:30 a.m.-4 p.m. Call 655-1028.



Capt. Steven Nachowicz | 3rd Brigade Support Battalion, 3rd Brigade Combat Team, 25th Infantry Division

A fire truck and an Army water tanker, supplied by 3rd BSB, 3rd BCT, 25th ID, move toward a large fire that started on the Big Island of Hawaii Sunday morning. Soldiers of 3rd BCT have worked with firefighters 24 hours a day since the blaze began to help provide the logistics needed to contain the blaze.

3rd BCT: Bde. works water, food logistics

CONTINUED FROM A-1

water tankers) and positioned them (closer) to the site (of the blaze)," Kean continued. "This reduced the transit time for fire tankers, as they refilled with water in their efforts to contain the fire."

The majority of military support has been provided by 325th Brigade Special Troops Battalion, 3rd BCT.

"Most of the Soldiers worked 36 hours straight before a rotation plan was established," said Lt. Col. Joseph Morrow, commander, 3rd BSB, 3rd BCT. "The Soldiers have been great. They played a critical, logistical role in containing the blaze."

In all, Soldiers from 3rd BCT have provided more than 40,000 gallons of water and more than 400 meals to all those who are fighting the blaze.

"Since the blaze began, we have provided chow for the (85) firefighters, wrecker support for the fire department and power companies, and limited medical support through our aid station," Kean said. "Our efforts also extended beyond the firefighters to include the Marine helicopter crews that came on station. Our support operations have been going on 24 hours since the blaze began."

Survey: AHFH values all residents' feedback

CONTINUED FROM A-1

Mulbury added that the survey is conducted by a third party, Educational Benchmarking, Inc., and the identities of residents responding to the survey are kept confidential and are not shared with USAG-HI, AHFH or Army headquarters.

Feedback provided by residents helps AHFH identify what services and benefits are most valuable to families, as

well as identifies areas where room may be needed for improvements.

Feedback from last year's survey provided valuable information, which resulted in positive changes for residents here.

The survey indicated a need to provide better customer service during in-processing, so AHFH increased staff at its North Regional office during peak hours, 8 a.m.-2 p.m., to ensure customers

could see a leasing representative and have all their questions answered. To encourage maximum participation in the survey by the Oct. 15 submission deadline, AHFH has a variety of activities planned, such as prize giveaways in each of its communities.

Residents seeking more information about the survey can contact their community manager.

RELATED STORIES

- For more stories on Army Hawaii Family Housing, see B-1.



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

Dana Bowman descends onto the grounds at Tripler Army Medical Center during a demonstration, Aug. 19.

Bowman: Jump boosts WTB morale

CONTINUED FROM A-1

His jump into TAMC promoted Soldier abilities and served as a morale booster for the warriors in transition. It was only fitting, said Maj. Percival Wolf, executive officer, WTB, that he introduce Bowman to warriors in attendance.

"The WTB exists to assist our warriors – you – in transitioning back to duty, whether that is the National Guard, Reserve, active duty or into civilian life," Wolf said. "Our only goal is to provide for you the care and support you need to achieve your goals – to start you back onto the path you choose. Bowman is an example of what can be accomplished."

During his visit, here, Bowman assisted Brig. Gen. Keith Gallagher, commanding general, Pacific Regional Medical Command, in the promotion of 1st Lt. Regina Cantyne to captain, and he presented commander coins to 10 staff members chosen for their exceptional performance.

"On behalf of the U.S. military men and women of all services, the coin I present to you is for all of you," Bowman said. "It depicts a spade, which stands for the Army, Navy, Air Force, Marines and Coast Guard. On the opposite side are three shields: the Port Authority, the Police Department and the Fire Department.

"This coin and the American flag are for the men and women who have sacrificed for our country," he said, after his jump into TAMC grounds.

Since retiring from the Army, Bowman has received a bachelor's degree in commercial aviation from the University of North Dakota, and he has become a noted, international motivational speaker, working with military and non-governmental agencies to promote the idea that "it's not about the disability; it's about the ability."

(Editor's Note: Clark is the director, Tripler Army Medical Center Public Affairs, and Doane is chief, Media Relations, U.S. Army Garrison-Hawaii Public Affairs.)

HAW: Content found easier, faster on new website

CONTINUED FROM A-1

full day before the printed version is out.

Due to the production schedule, the paper is completed and sent to the printer on Thursdays, even though delivery doesn't happen until Fridays.

In contrast, online content is typically available by Thursday afternoons.

Feeds

Of all of the features the new site affords the HAW, the most requested one is being able to subscribe to the newspaper's content via extensible markup language, or XML, feeds.

XML feeds are a protocol for subscribing to and distributing feeds that notify people of new entries on news sites, blogs, podcasts or other online information sources.

Using feeds allows users to view content from websites without actually having to visit the site.

Readers can subscribe to the entire "Hawaii Army Weekly" or specific topics via either Really Simple Syndication, or RSS, or ATOM feeds.

Most Internet browsers now have reader software built in, but users can also use third-party services such as Google Reader or My Yahoo.

Typically, the feeds are displayed as a series of headlines and brief summaries with links to the source of the full text.

Interactivity

In the past, if people wanted to comment on an article or discuss an issue, they would have to send an e-mail or letter to the editor.

On www.hawaiiarmyweekly.com, though, readers can post comments, reply to other people's posts and interact directly and instantly with the newspaper staff and other readers.

In addition to being able to interact like nev-

er before, readers can now easily share articles with others by adding it to sites such as Digg, Reddit or StumbleUpon, or they can add a link to their own Facebook or MySpace pages.

Searches

The new site makes finding content easier. In addition to searching by terms, readers can also find content based on tags and categories that group similar content together.

Even though the newspaper's former website is no longer up and running, the archives are still online and available for readers to find content published prior to February 2010.

Full issues viewed in portable document format, or PDF, files are still available too.

Have suggestions for the new site or can't find something? Call 656-3153 or e-mail staff@hawaiiarmyweekly.com.

(Editor's Note: Rush is the digital media specialist at USAG-HI Public Affairs.)



National Guard Bureau offers military social media guidelines

LT. COL. ELLEN KRENKE

National Guard Bureau Public Affairs

WASHINGTON — Military members need to know that even though a new Department of Defense policy authorizes them to use many of the social media and other Web 2.0 platforms available on a nonclassified government computer, consequences result for social media misuse.

"Access will vary among the states, but DoD has granted access to Facebook, Twitter, Flickr and YouTube as long as users don't compromise operational security, participate in illegal activities or try to open prohibited websites," said Jack Harrison, director of public affairs, National Guard Bureau.

Official Internet posts involve content released in an official capacity by a National Guard public affairs office. Posting internal documents or information that the National Guard has not officially released to the public is prohibited, including memos, e-mails, meeting notes, message traffic, white papers, public affairs guidance, pre-decisional materials and investigatory and proprietary information.

Soldiers are also not allowed to release National Guard e-mail addresses, telephone numbers or fax numbers not already authorized for public release.



Photo Illustration by C. Todd Lopez | Army News Service

National Guard members need to know that even though a new DoD policy authorizes them to use social media and other Web 2.0 platforms on nonclassified government computers, there are consequences for social media misuse.

When assigned to a federal mission, Guard members must comply with Army or Air Force guidelines for use of social media and are subject to disciplinary action under the Uniform Code of Military Justice.

"They must also be mindful of the content not related to the National Guard that they post, since the lines between a Guard member's personal and professional life are often blurred," Harrison said.

When communicating online about the National Guard in unofficial In-

ternet posts, Soldiers may identify themselves as Guard members and include their rank, military component and status. However, if they decide not to identify themselves as Guard members, they should not disguise, impersonate or misrepresent their identity or affiliation with the National Guard. When expressing personal opinions, Guard members should make it clear that they are speaking for themselves and not on behalf of the National Guard, Harrison said.

As with other forms of personal pub-

lic engagement, Guard members must avoid offensive and inappropriate behavior that could discredit themselves and the National Guard, which includes posting any defamatory, libelous, obscene, abusive, threatening, racially or ethnically hateful or otherwise offensive or illegal information or material.

Correcting errors and misrepresentations made by others about the National Guard should be done professionally and respectfully, not emotionally.

Guard members should contact their chain of command or public affairs office for guidance if they are uncertain about the need for a response.

When posting political content, Guard members must adhere to policy in DoD Directive 1344.10. They should also not imply National Guard endorsement of any opinions, products or causes other than those already officially endorsed.

Guard members should not release personal identifiable information, such as a social security number, home address or a driver's license number that could be used to distinguish their individual identity or that of another Guardsman. By piecing together information provided on different websites, criminals can use information to

impersonate Guard members and steal passwords.

Guard members should use privacy settings on social networking sites so only their "friends" can view posted photos and personal information. They should also recognize that social network "friends" and "followers" could affect determinations in background investigations for security clearances.

"Remember, what happens online, is available to everyone, everywhere," Harrison said. "There should be no assumption of privacy when Guard members begin to interact with others online."

Finally, Guard members should review their accounts daily for possible use or changes by unauthorized users, and should install and maintain current anti-virus and anti-spyware software on their personal computers.

(Editor's Note: Krenke writes for the National Guard Bureau Public Affairs.)



For social media questions or concerns, National Guardsman may contact socialmedia@ng.army.mil.



PAU HANA



An aquatics facility at the Wilikina Community Center at Wheeler, pictured above, is scheduled to open in the fall and will be the sixth of seven planned community centers for AHFH.



Photos by Mark Brown | Army Hawaii Family Housing

In the Porter community, resident Sandy Berry (left) chats with Rama Alvarez, community manager. The new "Meet Your Neighbor" program has AHFH staff knocking on doors in an effort to keep resident communication a top priority.

Meet Your Neighbor

The idea behind Army Hawaii Family Housing's new "Meet Your Neighbor" program, launched this month, is keeping resident communication as a top priority among community staff.

Staff will walk their communities and reach out to every resident at least one time, each quarter.

Meet Your Neighbor is an aggressive program to reach the more than 6,500 families who live at AHFH, but the team is committed to meet the goal.

"With e-mail, Facebook and other social media outlets, it's easy to forget the value of face-to-face meetings," said Tom Adams, AHFH director of property management. "By getting our team out in the community and speaking with residents, we can better address community improvements."

AHFH staff will be knocking on doors to see how residents are doing and soliciting feedback on property and maintenance services. Residents will be asked to share their ideas on how AHFH can enhance its communities, such as how it can make a current process more efficient or what event or program could be offered that families would be interested in attending.

Adams also encourages residents to be on the lookout for staff walking their neighborhoods.

"You don't have to wait for someone to knock on your door," he said. "If you see someone out there and have an idea you want to discuss, flag them down. Our goal is to provide excellent property and community services, and receiving feedback from our families is (one of) the best ways we can accomplish it."

AHFH IS BUILDING COMMUNITY

ARMY HAWAII FAMILY HOUSING News Release

SCHOFIELD BARRACKS – Building a strong sense of community is just as important at Army Hawaii Family Housing as building quality new homes.

AHFH believes it is vital to create communities that address the needs of families, so it engages residents and provides opportunities for them to share ideas for improving the community and potentially assist in issue-resolutions.

In 2009, a Resident Advisory Board was formed in partnership with the Army to give residents an opportunity to take ownership of their community.

AHFH wants to hear directly from residents and has a formal organization that is comprised, in part, of residents. This organization helps AHFH ensure it is taking the appropriate actions that will benefit the community as a whole and meet the needs of families. The desired outcome is to build community among AHFH residents and provide an exceptional living experience for service members and their families.

With support from resident volunteers, who serve as board members alongside representatives from AHFH and U.S. Army Garrison-Hawaii, the Resident Advisory Board has led the way to successful improvements during the past year.

Many accomplishments began with recommendations from the board, including the following:

- Exterior painting of 28 buildings in the Patriot-Hamilton community,
- Modifying the recycling schedule to support the needs of the community, and
- Working with the Directorate of Emergency Services to resolve parking issues and increase officer patrols.

Other board projects currently underway include the addition of more crosswalks to improve pedestrian safety in AHFH communities, where traffic is a concern, and major repairs to sidewalks in the Helemano community.

When the Resident Advisory Board was first established, one committee was formed in the north to represent Helemano, Schofield and Wheeler communities; a second committee was formed in the south to represent families in Aliamanu, Fort Shafter, Red Hill and Tripler communities.

Although these boards have proven beneficial to AHFH communities, the team realized the need for more community-based advisory boards that can better address specific needs and identify opportunities in individual neighborhoods.

"Our team understands that families in Patriot-Hamilton have different concerns from families who live in Kalakaua or

Wheeler communities," said Tom Adams, AHFH director of property management. "By bringing residents who live in the same neighborhood together to share common concerns, we can make more meaningful changes in a more efficient and timely manner."

AHFH is currently seeking residents to volunteer as community-based board members. Information on the volunteer committee will be communicated to residents within the next few weeks. Volunteers will serve as a conduit for other residents to voice their ideas and concerns, and to provide recommendations to AHFH leadership on addressing, responding to and resolving community issues.

Residents interested in participating are encouraged to contact their community manager.

"Some great things have come about as a result of these boards, and we look forward to working with more of our residents to identify opportunities to improve their neighborhoods," Adams said.



The Simpson Wisser neighborhood is part of a U.S. Green Building Council pilot program that is helping to set the first national ratings for green neighborhood development. The Fort Shafter neighborhood was a featured topic at the Association of Defense Communities conference held in San Francisco earlier this month.

National conference features housing partnership

ARMY HAWAII FAMILY HOUSING News Release

SCHOFIELD BARRACKS – The Simpson Wisser community may be the most sustainable neighborhood on a U.S. military installation and was the focus of much attention at the annual Association of Defense Communities conference held earlier this month in San Francisco.

The Army Hawaii Family Housing partnership, led by Col. Douglas Mulbury, garrison commander, U.S. Army Garrison-Hawaii, provided an overview of the Fort Shafter neighborhood that is among a select group of developments in the U.S. Green Building Council's Leadership in Energy and Environmental Design, or LEED, for Neighborhood Development pilot program.

The purpose of the pilot is to establish the first national ratings for sustainable neighborhood developments.

Also part of the panel were Lee Cranmer, Actus Lend Lease development manager; Mark Pasciuto, assistant construction manager; and Brian Larson, Town and Home, Inc.

The team provided a summary of project highlights, from development and design through construction and resident occupancy. Panel members discussed the process from concept to finish, including innovative, sustainable technologies and design, which resulted in bonus points from the Green Building Council, and lessons learned.

Among the most important lessons learned and shared with conference attendees was what has attributed to the partnership's suc-

cess beyond the LEED project. Mulbury emphasized that establishing an agreed-upon and executed shared vision, developing a culture of mutual trust and transparency, and timely decision-making helped the team reach success.

He also emphasized partner education, the willingness of everyone involved to learn and the commitment leadership and team members must make to consistently and continuously focus on the shared vision, which is to do the right thing for Soldiers and their families.

Following the presentation, conference attendees had an opportunity to ask the panel questions about the LEED for Neighborhood Development project, the financial and business structure of the partnership, and other initiatives taking place at AHFH.

Housing partnership means quality

SCHOFIELD BARRACKS – More than 60 percent of Army Hawaii Family Housing families are living in new or renovated homes, which shows that the Army's vision to build quality, affordable homes for Soldiers and their families is quickly coming to fruition.

"With the daily sacrifices that our Soldiers and families make, it's important for the Army to take care of them," said Col. Douglas Mulbury, garrison commander, U.S. Army Garrison-Hawaii.

"Our goal is to ensure a high quality of life for our Soldiers and their families, and partnering with private-sector developers allows us to accomplish our goals more quickly."

In 2004, the Army partnered with developer Actus Lend Lease to form the AHFH partnership that is responsible for residential development, construction and renovation, as well as asset, property and maintenance management through 2054.

The partnership's 10-year development plan is

in its fifth year and includes construction of 5,288 new homes, renovation of 2,506, and construction of seven new community centers and dozens of recreational amenities.

The Army's Residential Communities Initiative program is helping the partnership achieve its goals.

The RCI team in Hawaii collaborates in partnership activities and routinely monitors point of services surveys, which are conducted by a third party customer satisfaction service. AHFH consistent-

ly ranks "excellent" in this category, and also ranks "outstanding" in quality and timeliness of responses for service orders and routine repairs.

Crucial to the partnership's success is a shared vision, which is to do what is right for Soldiers and their families.

"By putting our Soldiers and families at the forefront of every decision made, whether it's the layout of a home, the placement of a playground or a service to support residents, we can be confident we are doing right by them," Mulbury said.



Today

"Leaving Iowa" – The performance "Leaving Iowa" at the Tropics Recreation Center is cancelled until further notice.
Call 655-5697 or 438-4480.

Distinguished Lecture Series – Attend "Under the Jarvis Moon," Aug. 27, 6 p.m., at the Nehelani, Schofield Barracks. Sponsored by the Commander, U.S. Army Garrison-Hawaii, and the Native Hawaiian Liaison Office, this event is part of USAG-HI's Distinguished Lecture Series.

A complimentary dinner is included, and a short preview of the yet-to-be-released documentary "Under the Jarvis Moon" will be shown.
RSVP at nhliaison@gmail.com or 655-9694.

Hawaiian Luau – Experience "old Hawaii" with the Sunset Café's Island Luau, which features authentic Hawaiian cuisine, a hula show, a fire-knife spectacular and the beautiful Pacific Ocean as the backdrop.

Dinner is at 6 p.m., and the show starts at 6:30 p.m. Cost is \$22.95 for adults and \$15.95 for keiki ages 5-12.
Call 696-4778.

28 / Saturday Ceramic Mold Pouring – Visit the Schofield Barracks Arts and Crafts Center, Aug. 28, 9 a.m. to noon, for a ceramic pouring class, and let your imagination lead the way.
Just \$25 covers the class and supplies.

Live on the south side of the island? Enjoy these classes at Fort Shafter, as well. Call 655-4202 or 438-1315.

30 / 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 the Kalakaua Recreation Center, 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.

31 / Tuesday Quilting/Sewing – Quilting and sewing can be very enjoyable hobbies. The Arts and Crafts Center will be open from 6-8 p.m., so you can create your own special project.
Cost is just \$25 for the first class and \$5 for each additional class.
Call 655-4202.



Nancy O'Neil | Defense Commissary Agency

Sweet ride

KAPOLEI — Along with saving big bucks by shopping in the commissary, Lt. Clint Brown (on motorcycle), information warfare officer, Naval Information Operations Command-Hawaii, won a Harley-Davidson motorcycle, Aug. 18, in a putting contest sponsored by 7UP at the Kapolei Golf Course.

Brown qualified for the contest by entering a drawing at the Pearl Harbor Commissary. One shopper from each commissary on Oahu qualified for the putting contest. The other three contestants were Robert Tretinyak (left), Kaneohe Bay Commissary; Sharon Hayes (middle), Hickam Commissary and Karen McCoy, Schofield Barracks Commissary.

Brown's putt was closest to the pin, winning him the motorcycle. Each of the other contestants won a 19-inch, flat-screen television.

September

2 / Thursday

Teen Theater Thursday – Learn the basics of stage acting in an ongoing theater program for teens ages 12 and up. Meetings will be held the first and third Thursday of the month at Sgt. Yano Library, starting Sept. 2, 4-5:30 p.m.

Learn stage presence, acting skills, improvisational techniques and more.
Call 655-8002 to register, but walk-ins are welcome.

3 / Friday

Operation Rising Star – Win the ultimate recording music experience and compete for cash prizes locally with Operation Rising Star. Installation-level prizes range from \$100-500 and advancement to the 2010 Army-wide finals.

Entry deadline and the preliminary round is Sept. 3. Semifinals are Sept. 10, and finals are Sept. 17, at the Tropics Recreation Center, at 6 p.m.

Prizes will be awarded to first, second and third place winners, as well as to the unit or family readiness group that has the loudest participation. Contestants must compete as a vocalist.

Musicians, comedians or dancers do not qualify for this competition. Singers must be Soldiers or their family members who are 18 years or older.

Visit www.OpRisingStar.com or call 655-5697.

Family Fun Friday – Enjoy free pizza, games and fun for the entire family in the Tropics' newly renovated facility.

For more information, call 655-0968 or visit www.mwrrarmyhawaii.com.

4 / Saturday

Read to the Dogs – Children who are able to read on their own may sign up for a 15-minute session to read to a dog, Sept. 4, at the Aliamanu Library from 9-10:15 a.m. This program improves children's reading and communication through the powerful method of reading to a trained service dog.

Call 833-4851 to reserve a session or for more information. Sessions are available on a first-come basis.

7 / Tuesday

Survivor Support Group – A survivor support group meeting is scheduled for Sept. 7, 5:30-7:30 p.m., at the Aloha Center, Building 330, Room 104, Fort Shafter.

During these meetings, survivors (in families of the fallen) come together to discuss issues or situations they are working through and/or may need assistance with. Children are welcome, and pizza and other refreshments are provided. Call 438-4499.

Driver Education Class – Hawaii State Law requires anyone under the age of 18 years to complete a certified driver education program in order to obtain a driver's license.

Schools of Knowledge, Inspiration, Exploration and Skills, or SKIES, is offering a driver education course, Sept. 7-Oct. 14.

A mandatory parent orientation is Sept. 7, 6 p.m. Call 655-9818.

Community Calendar

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

28 / Saturday Bike Blessing and Ride – St. Nicholas Episcopal Church in Kapolei invites all Oahu bikers to a bike blessing, Aug. 28, 11 a.m. at the Island Pacific Academy, 909 Haumea St., Kapolei. The blessing will start at 11:30 a.m., followed by lunch and then a group ride to Haleiwa.
Call 673-8069 or visit www.stnickschurch.org.

Warriors in Transition Fundraiser – The Pau Hana Parrot Heads welcome everyone to join them, Aug. 28, 2-9 p.m., at the Dixie Grill Bar-B-Que & Crab Shack in Aiea, for the fourth annual fundraising event to benefit local warriors in transition programs.
Raffles tickets for door prizes and a silent auction will be held to raise funds for wounded warriors. Entrance is free; however, food and drinks are available for purchase.
Get information or tickets at www.pauhanaparrotheads.org, e-mail pauhanaparrotthd@aol.com or call 754-2390.

31 / Tuesday Deployment Club – Families Overcoming Under Stress, or FOCUS, will hold resiliency training workshops

for military children, ages 5-11.

Register by Aug. 31 for classes held every Monday, starting Sept. 13, 3:15-4:30 p.m., at 1262 Santos Dumont Ave., Building 121, Wheeler Army Airfield.

Resiliency training teaches kids not just to meet challenges, but also to learn to become stronger in the face of challenges. In this four-part interactive class, children will learn to develop emotional awareness, manage uncomfortable feelings, learn strategies to think before acting, use stress-reduction techniques and handle separation from a deployed parent.

This opportunity is a great one for children to create a hands-on toolbox of practical skills to use through life and to meet other kids who have had similar experiences.
E-mail Hawaii@focusproject.org.

PTA Hunting – Hunting activities at Pohakuloa Training Area are closed until Aug. 31, for live-fire training purposes.
Call 969-3474.

September

1 / Wednesday

Joint Spouses Conference – Registration will be open Sept. 1-25 for the 2010 Joint Spouses Conference, scheduled to take place Oct. 23, 7:30 a.m.-5:30 p.m., at Marine Corps Base Hawaii-Kaneohe Bay.

The conference will feature keynote speaker Susan Page, military spouse, writer and entrepreneur, as well as more than 50 JSC workshops.
Registration costs start at \$33 per person. Register at www.jschawaii.com.

2 / Thursday

New Thrift Shop Hours – The Fort Shafter Thrift Shop will have new hours of operation Thursdays, begin-

ning Sept. 2. Thursday store hours will be 12-4 p.m.

Monday and Friday hours, 9 a.m.-1 p.m., will not change. The Thrift Shop is located at Building 342, Pierce Street.

World War II – The public is invited to join World War II veterans, their families, government and community leaders in commemorating the end of history's most destructive war in the "The End of World War II" 65th Anniversary Ceremony, Sept. 2, 8-9:30 a.m., at the Battleship Missouri Memorial, Pearl Harbor. This event is free.
Visit ussmissouri.org.

Hui O Wahine Luncheon – Reservations for the next Aloha E Komo Mai luncheon are due by Sept. 2. The luncheon, sponsored by Fort Shafter's all-ranks spouses club, will be held Sept. 9, 10:30 a.m.-1 p.m., at the Hale Ikena, Fort Shafter.
Miss Hawaii 2010, Jalee Kate Fuslier, will be the guest speaker and will welcome all old and new Hui members. RSVP at huireservations@yahoo.com or visit www.huispirit.com.

5 / Sunday

Humvee Jump – See freestyle motor-X riders catch the air and jump over an Army recruiting, high mobility, multi-wheeled vehicle at the Rock Star Energy Metal Mulisha Freestyle Moto-X show, Sept. 5, 3 p.m., at the Blaisdell Arena in Honolulu.
Visit locomoto-x.com for ticket prices and information.

7 / Tuesday Keiki Tuesday – Kid-friendly entertainers will delight the entire family at free celebrations each Tuesday, 10:30 a.m.-12 p.m., at the Pearlridge Center Downtown, Center Court. Bring keiki for crafts, balloons, storytelling, face-painting, silly

songs and more.
•Sept. 7, Chris da Clown.
•Sept. 14, Paradise Jugglers.
•Sept. 21, Oogles-N-Goggles.
•Sept. 28, Mad Science of Hawaii.

8 / Wednesday

Arrival Ceremony – RSVP by Sept. 8 for the Joint POW/MIA Accounting Command's Arrival Ceremony, held Sept. 10, at 9 a.m., in Hangar 35, Joint Base Pearl Harbor-Hickam, to honor fallen U.S. personnel whose identities remain unknown.
Following the ceremony, a tour will be offered from 10-11 a.m., for the first 25 requests received. Walk-ins will not be accepted. RSVP at 448-1934 or by e-mail at pao_mail@jpac.pacom.mil.

12 / Sunday

Shop and Win – Schofield commissary shoppers may win "Best of the Hawaiian Isles" vacations by filling out a free entry form at the Hawaiian Isles Kona Coffee and Water Company display, through Sept. 12.
The entry provides a chance to win a seven-day trip to the neighbor islands and tickets to Oahu's most popular family attractions. Call 839-3222.

Ongoing

Kaneohe Bay Airshow – Volunteers are needed for the Kaneohe Bay Airshow featuring the Blue Angels and BayFest, Sept. 24-26, to work on-site in areas including food service, front entrance/ticket taking/ticket scanners, and ID checkpoints. Various shifts are available, call 257-7787. Those interested in working as a food service worker should call 254-7638.
Visit www.kaneohebayaairshow.com

Worship Services

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

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

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

Catholic Mass
•Tuesday & Thursday, 8 a.m. at AMR
•Saturday, 5 p.m. at TAMC and WAAF chapels
•Saturday, 6 p.m. a Hawaiian-style Mass (May-Aug. only) near the Army Museum (FD)
•Sunday services:
-8 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
•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 AMR and HMR

This Week at the MOWIES Sgt. Smith Theater

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

Inception

(PG-13)
Fri., Aug. 27, 7 p.m.



The Sorcerer's Apprentice

(PG)
Sat., Aug. 28, 4 p.m.

Grown Ups

(PG-13)
Sat., Aug. 28, 7 p.m.

Despicable Me

(PG)
Sun., Aug. 29, 2 p.m.

Predators

(R)
Wed., Sept. 1, 7 p.m.

The Twilight Saga-Eclipse

(PG-13)
Thurs., Sept. 2, 7 p.m.

No shows on Mondays or Tuesdays.



Pvt. James Cross (left), 1st Platoon, Co. D, 2nd Bn., 35th Inf. Regt., 3rd BCT, 25th ID, leads enthusiastic fourth graders during stretches, before a "best-of-the-best" relay sprint where the students of Helemano Elementary School participated in a physical training regimen with Soldiers, Aug. 13.

2nd Bn., 35th Inf. 'Broncos' lead 4th grader's PT session

Story and Photo by
SPC. JAZZ BURNEY

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

SCHOFIELD BARRACKS – On a bright Hawaiian afternoon, multiple groups of fourth graders from Helemano Elementary School participated in a physical training regimen, here, Aug. 13, with Soldiers from the 2nd Battalion, 35th Infantry Regiment, 3rd Brigade Combat Team, 25th Infantry Division.

The battalion partnered with the elementary school to build stronger community ties and to develop the students' physical stamina. The event is also preparing students for a fundraiser run, scheduled for October, and helping them to meet the Hawaii Department of Education wellness policy, which requires students to receive 20 minutes of physical activity, daily – in addition to the student's physical education class and 20 minutes of unrestricted recess.

The elementary school will hold its annual fundraising event, "Fun Run," Oct. 1. This event gives students the opportunity to run around a designated track. With every completed lap, sponsors donate 10 cents to the school.

"We came out here to interact with these great children and to help develop them physically, so that during the Fun Run, the kids can complete as many laps as they can and earn the school as much money as possible," said 2nd Lt. Colin Brodmerkel, 1st Platoon leader for the "Cacti" battalion.

At the start of the event, Sgt. 1st Class Joel Babb, platoon sergeant, 1st Platoon, Company D, had his Soldiers explain to the children how the Army conducts a full PT session. Soldiers then led children to the school's basketball court

blacktop to begin the first step of the exercises.

"Before we start any PT, we have to warm up and stretch our bodies, so we don't injure ourselves," said Spc. Cameron Hawkins, an infantryman in the platoon, who directed the children into the Army's extended-rectangular formation. "This is the way we do it in the Army."

The children, taking guidance from their Soldier-instructor, enthusiastically performed various warm-up exercises, such as circular neck rotations, shoulder rotations, and knee and ankle rotations. Then stretched their abdomen and legs.

After warming up and stretching out, children separated into five teams to participate in the next PT phase, which consisted of three stations comprised of core strengthening, upper-leg conditioning and multiple, competitive relay events. As the students finished these events, many of them shouted the Army's catch phrase, "Hooah!"

With bright, beaming smiles, the students participated in the last portion of the day's relay races, which consisted of high-knees, bear-crawls, short sprints and a final "best-of-the-best" sprint that concluded the PT session.

Babb had previously participated in these types of outreach events during a recruiting duty, and he explained how events like these leave memorable experiences with many students.

"When I joined the Army, I was influenced by interactions with Soldiers that I had at my schools, so these events really do have an effect on the children's future," Babb said. "These kids don't forget the programs when they become teenagers."

After the workout, Soldiers said their good-byes as the children ran back to their classrooms to finish schoolwork, having experienced an eventful day with the Cacti Soldiers.

Club Beyond knocks out a success

Story and Photo by
KEVIN SCHMIDT
Schofield Barracks Club Beyond

SCHOFIELD BARRACKS – More than 100 middle and high school students filled Schofield Barracks' Bowling Alley with dancing, trick-shots and laughter, as they made friends during Club Beyond's annual kickoff, "Knockout," Aug. 15.

Club Beyond staff members, a team of volunteer youth workers, and two dozen high school student leaders threw the high-tempo, prize-filled event that drew scores of military teenagers.

Youth attending the event were impressed with the overall feeling of friendliness, from exchanging greetings outside the alley to hospitable lane-leaders, and from youth-friendly music to an interactive disc jockey.

"It went great," said Nathan Llano, one of the high school student leaders who helped execute the kickoff. "People loved the music and were dancing in the lanes. Among all the different kinds of children (attending) there were no put-downs."

In fact, the atmosphere of honorable communication was planned well beforehand to be one of encouragement, invitation and blessing. Among its other goals, Club Beyond strives to conduct outreach programs that nurture a godly group of young people in its military community.

Club Beyond is a youth ministry group under Military Community Youth Ministries, which was founded in 1980 with the intent of reaching out to military teenagers across the globe.

The greater mission of Club Beyond is to celebrate life with military kids, introducing them to the life-giver Jesus Christ, and helping them to become more like him. Outreach events like "Knockout" are just one feature of the interdenominational ministry that offers youth, at every level of faith, the opportunity to build meaningful friendships.

"There is nothing cooler than seeing a bunch of young people hanging out and enjoying one another (in) the kind of fun that sets good morals and values for the rest of their lives," said Amber Bonds, one of the club's adult leaders. "This bowling kickoff was awesome, and I'm stoked for



Amber Bonds (front center), adult leader, Club Beyond, poses with high school students at the youth group's annual kickoff event, "Knockout," Aug. 15, at Schofield's Bowling Alley.

Club 2010."

Club Beyond youth ministry is open to all middle and high school students, and meets in separate age groups at the Main Post Chapel, here, every Wednesday, 6:15-7:30 p.m. Students meet at Aliamanu Military Reservation's Community Center every Tuesday, 6:15-7:30 p.m.

Upcoming events include "Storm Da Beach" at Kaena Point State Park, Sept. 18; a sports marathon at Schofield, Oct. 16; a costume bowling party at Fort Shafter, Oct. 23; camping at Bel-lows, Nov. 12-14; and a "Walk-a-Thon" service project, Dec. 11.



For additional information, visit www.clubbeyondhawaii.com or www.mcy.org, e-mail kschmidt@clubbeyond.org or call 372-1567.



28 / Saturday

Pokai Bay "TRY" – Try something new like the Pilliaau Army Recreation Center Pokai "TRY," to be held Aug. 28, 9 a.m. This event is open to all military ID cardholders and DoD civilians; registration is available on the day of the event.

Divisions will be split into 35-and-above, and 34-and-below age groups for both male and female competitors. Competitors will run and swim 1,000 meters and paddle about one-half mile. E-mail shelly.leslie@us.army.mil.

September

3 / Friday

CG Scramble – Put on a favorite golf shirt and head to Leilehua Golf course for the U.S. Army-Pacific Commanding General "Payday" Scramble, held the first Friday of every month. The scramble is open to all U.S. Army-Hawaii personnel and begins with a shotgun start at 12 p.m. Call 655-0114.

Adventure Kayak III – Are you an adrenaline junkie or just love the outdoors? If so, spend half a day on Sept. 3, 6:30 a.m.-12 p.m., at various beaches around this beautiful island kayaking.

Classes are available in three skill levels as well as kayak fishing. Cost is only \$49 per person. Call 655-0143 to reserve your spot or for more information.

Community Sports

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

September

7 / Tuesday

Simply Ballroom – The Armed Services YMCA is offering ballroom classes that cover the basic techniques and patterns of the American style of ballroom dance for \$10 per class, per person. Participants aren't required to find their own partner before registering for a class.

Classes for children ages 6 to 18 are every second and fourth Tuesday of the month, from 3:30-4:30 p.m. Classes for adults are every second and fourth Saturday, 10-11 a.m. E-mail wheeler@asymcahi.org or call 624-5645.

10 / Friday

Signal Corps Golf Scramble – Register until Sept. 10 for the annual Signal Corps four-person team Golf Scramble, Sept. 15. This year's event will be held at the Coral Creek Golf Course in Ewa Beach with a shotgun start at noon. Cost is \$50 per player and includes greens fees, cart and a raffle ticket.

This event is open to all players. Call 438-3946/3894.

5K Grueler – Register for the 14th Annual Camp Smith 5K Grueler, Sept. 10, and show the mountain what you're made of. The 5K foot race starts and ends at Bordelon Field, Camp Smith; start time is 11:30 a.m.

The fee for individuals is \$20, and late registration starts Sept. 1 at 4:30 p.m. A late fee will be assessed for registration after deadline; cost will be \$25. Online registration closes Sept. 7, at 4:30 p.m.

Register and pay at www.mcshawaii.com/cgfit.htm. Call 254-7590.

11 / Saturday

Duathlon – Early registration continues through Sept. 11 for the Joint Base Pearl Harbor-Hickam Duathlon, held Oct. 2. The 5K run, 25K bike course, and second 5K run begins and ends at Hickam Harbor.

Cost is \$25 with a T-shirt and \$15 without a T-shirt; late reg-

4 / Saturday

Adventure Surfing Lessons – Surf like the pros, or at least look the part with Outdoor Recreation, Sept. 4.

Lessons are from 6:30-11:30 a.m. and cost \$48, which includes equipment and round-trip transportation to and from Schofield Barracks.

For more details or to register, call 655-0143.

Ongoing

Army Sports – Soldiers interested in applying for Army-level sports competitions must apply with their Army Knowledge Online account at <https://armysports.cfsc.army.mil>, or call 655-9914 or 655-0856.

Faxed copies are no longer accepted by the Sports Office.

Learn to Swim – Classes are offered at various times during the week depending on swim level and location. Registration is taken on a first-come, first-served basis.

Classes are subject to change upon instructor availability. Children must be registered with Child, Youth and School Services before registering, and proof must be shown at the time you register.

Levels one and two are nine, 30 minute classes; the cost is \$45 per session. Levels three-six and adult beginners are nine, 45-minute classes and are \$50 per session.

Call 653-0716.

Surfah Smootheez Café

– After you get fit, head to the café and have an awesome smoothie to cool yourself down at its location within the Martinez Fitness Center.

Free fitness classes are of-

ffered for Soldiers and family members at Schofield Barracks Health and Fitness Center, too.

Class lists include step challenge, group cycling, cardio-kickboxing, step and pump, yoga, pilates and more.

For class schedules, call Schofield Barracks Health and Fitness Center at 655-8007, or Martinez Fitness Center at 655-8006, or visit www.mwrarmyhawaii.com.

Youth Sports – Middle School and Teen programs, as well as Youth Sports and Fitness programs, host activities such as flag football, cheerleading and track and field during the summer.

Call 655-5314 or 833-5393.

New Fitness Class – The Schofield Barracks Health and Fitness Center now offers Pilates Fusion classes, Tuesdays, 9:45 a.m.

Classes are free for active duty and their family members with ID card. Civilians and retirees can purchase a monthly pass for classes for \$25 or pay \$4 a day.

Call 655-8007.

Outdoor Recreation

Open House – Learn about all the exciting things going on at Outdoor Recreation every second Saturday of the month, such as scuba, whale watching, surfing and water diver certification.

Visit www.mwrarmyhawaii.com/recreation-and-leisure/outdoor-recreation-center.

Masters Swim Program

– Want to get in shape or work on your stroke? This excellent program is for active duty families and DoD civilians, ages 18 and above.

Practice times are Mondays-



Photo Courtesy of Aliamanu Military Reservation Teen Center

Top of the class

HONOLULU — Natasha White (right) is one of 37 Boys & Girls Club artists whose work has been chosen to appear in the 2011 National Fine Arts Exhibit. White participates in the Fine Arts Program with the Boys & Girls Club at Aliamanu Military Reservation Teen Center. Participants could submit artwork in four age divisions and 10 categories, such as watercolors, pastels, collage and sculpture.

Selected from more than 252 finalists vying for top honors at this year's national competition, White's "Self" won for the 13-15 year-old age group in the oil/acrylic category. The piece will travel with the National Fine Arts Exhibit on a nationwide tour. The national judging was held recently in Atlanta.

The Fine Arts Program is a comprehensive initiative at the Boys & Girls Clubs of America. The program promotes creativity in a variety of media and encourages artistic skills and cultural enrichment.

Thursdays, 6-7:30 p.m., and Saturdays, 9-11 a.m. Call 655-9698.

AMR Massage Therapy Sessions

– Visit the Aliamanu Military Reservation physical fitness center for a massage session. Specialties include Shiatsu

bar therapy, locked shoulder, Swedish, deep tissue and more. The cost is \$55 for a 60-minute session, or \$80 for 90 minutes. Call 253-1498.

Youth Wrestling

– Schofield Youth Sports is accepting late registration

throughout the season for youth born between 1993-2005. Meets run from March-June, and practices are at the Bennett Youth Center gym. Cost is \$40, plus an annual membership cost of \$35 per child, and tournament fees. Call 927-2046.

istration is \$20 with no T-shirt. Late registration runs through Sept. 12, the morning of the race.

A race brief is Oct. 1, 3 p.m., at the Hickam Fitness and Sports Center. This event is open to all authorized base users and their guests. Call 448-2214.

Hawaii Noseriding Championship

– The 13th Annual "Walk on Water" Hawaii Noseriding Championship will be held Sept. 11 and 12, 8 a.m.-5 p.m., at Queen's Beach, Waikiki. This longboard contest is open to all amateur longboarders with no age and special divisions categories.

This year's contest's proceeds will go to Hawaii's foster and adopted keiki. Entry forms are available at Surf Garage, Koa Boardsports and T&C Surf shops. For more information, visit www.hopeinchawaii.org.

Ongoing

Bike Hawaii – Join Bike Hawaii's professional nature guides and explore Oahu from the rainforest to the reef. Packages include downhill biking, sailing off Waikiki and more. Meals are included. Visit www.bikehawaii.com or call 734-4214.

Scuba Diving – Interested in dive master, night, advanced open-water, technical, beach, rescue or adventure dive classes and certifications? Call Ocean Concepts at 677-7975.

Football League – The Hawaii Athletic League of Scholars has started practices for youth players. HALOS is a no-weight-limit, tackle football league for ages 9-14. Visit www.myhalos.com or call 723-5321.

Hike Waimea Valley – Waimea Valley offers a variety of hikes that explore stunning views atop its ridges on Saturdays. Reservations are required. Hikes start promptly at 9 a.m.

For more information, visit www.waimeavalley.net or call 638-7766.

Interactive Water Safety Tool

– Test your water safety I.Q. with the new U.S. Army Combat Readiness/Safety Center's Web-based Water Safety tool at <https://safety.army.mil/WaterSafety>.

Players will be presented with water safety challenges, including swimming, jetskis, life ring-toss and beach hazards.