

Compensation allowed for combat-related disabilities

ARMY HUMAN RESOURCES COMMAND
Army News Service

Combat-Related Special Compensation (CRSC) was enacted by Congress, Dec. 2, 2002 to restore military retired pay that is offset when a military retiree accepts compensation from the Department of Veterans Affairs (VA) for a combat-related disability or condition. CRSC allows eligible retirees to concurrently receive an amount equal to or less than their length of service retirement pay and their VA-disability compensation, if an injury is combat-related.

CRSC is available to retirees from each branch of service. To qualify for CRSC, retirees must meet three basic criteria: 1) they must be receiving military retired pay, 2) they must have had their military retired pay reduced by VA-disability payments (VA waiver), and 3) they must have a 10 percent or greater VA-rated disability that can be linked to a combat-related event through official military documentation.

Combat-related injuries are defined as those that are a result of armed conflict, hazardous duty, an instrumentality of war or training that simulates war.

What has the Army done?
To better educate retirees about CRSC, the program launched an extensive outreach effort that has included messages to key audiences, educational materials, an enhanced Web site and media outreach, along with numerous appearances and briefings at significant military and government events.

For more details
Visit the Army Combat-Related Special Compensation (CRSC) site at www.hrc.army.mil/site/crsc/index.html or call CRSC toll-free, 1-866-281-3254.

An important part of the outreach effort has been the CRSC Ambassador program, which provides education and support to military retirees. CRSC ambassadors assist retirees through the claims process, from filling out the claim form, to gathering documentation, to final submission.

Since its inception, the Army's CRSC program has paid out more than \$2.1 billion to recipients. Currently, there are 42,500 retirees who are receiving the Army's CRSC benefit.

What efforts does the Army plan to coordinate in the future?

The Army will continue efforts to raise awareness throughout the Army community concerning CRSC and the benefits it provides to eligible military retirees.

Why is CRSC important to the Army?

CRSC is part of the Army's commitment of continued care to Soldiers and their families, beyond their military service.

Support company keeps engineers rolling

Soldiers fill critical roles to help rebuild Iraq

STAFF SGT. MELANIE TROLLINGER
130th Engineer Brigade

FORWARD OPERATING BASE SPEICHER, TIKRIT, Iraq – Soldiers of Forward Support Company (FSC), 65th Engineer Battalion, at Contingency Operating Base (COB) Speicher, near Tikrit, Iraq, are filling critical support roles that enable other units in their engineer battalion to maintain mission readiness.

These Soldiers, who are not engineers themselves – but rather welders, mechanics, ordnance specialists, logisticians, drivers and cooks – play an integral part in keeping the engineers in business.

The company was activated July 10, 2007, was just getting itself established when it received mobilization orders to Iraq. Many of the newly assigned Soldiers were fresh out of advanced individual training.

Now more than halfway through their deployment, these Soldiers are “doing awesome things,” said 1st Sgt. Natasha George, FSC, 65th Eng. Bn.

George, who became the FSC first sergeant a few months after the company stood up, said the unit's main mission is to support the battalion, the 130th Eng. Brigade and the overall Iraqi-U.S. forces partnership.

The FSC Soldiers have spent their time in Iraq performing crucial vehicle maintenance, transporting materials and equipment to job sites, ordering parts and supplies, working at the dining facility and completing numerous welding projects. They've also provided a base reaction force for security on COB Speicher.

Throughout their time in Iraq, unit members have also partnered with their Iraqi Army (IA) counterparts.

The FSC Soldiers are teaching Iraqis everything they know about fixing vehicles, using the supply system to order repair parts for vehicles and welding base entrance gates, radio towers and up-armor for vehicles.



Photos by Capt. Miguel A. Lima | 65th Engineer Battalion

Spc. Scott Burke, mechanic, 65th Engineer Battalion, 130th Eng. Brigade, washes a truck at the motor pool at Contingency Operating Base Speicher, near Tikrit, Iraq, Aug. 5.



Spc. Raymond Ramos Fee, a welder with Forward Support Company, 65th Engineer Battalion, 130th Eng. Brigade, works on a welding project.

“Their welders are knowledgeable,” said FSC welder Spc. Raymond Ramos Fee.

Ramos Fee and Spc. John Vidal, also a welder, both say their Iraqi counterparts are doing a great job on the projects they have helped the IA's complete.

“The Iraqis don't go to trade school for welding. They're taught through family and constant practice from the time they are young,” said Vidal.

With some of the mathematics involved in welding – something non-welders often don't consider about when they think of the trade, figuring out degrees and angles for various projects can be time consuming. Vidal said they often draw up several plans to see what will work best.

“If something isn't built right or strong enough people can get hurt,” Ramos Fee said.

When the welders built deflectors for a weapons test-fire pit, the challenge was setting up more than 4,000 pounds of sheet metal at the correct angles to ensure rounds were deflected

into the pit and not back onto the Soldiers. They completed the project without any problems.

Vehicle maintenance for the battalion can also be a challenge. Spc. Scott Burke, FSC vehicle mechanic, performs maintenance for all the companies in the 65th Eng. Bn. He is responsible for ensuring their trucks are mission ready.

The most important thing is getting Soldiers back from missions safely, according to Burke.

Oftentimes, with so many vehicles in the battalion's fleet and with performing overflow maintenance for other units, Burke and other maintenance section personnel have been extremely busy. But the unit has still taken the time to mentor their Iraqi counterparts on maintenance and vehicle repair.

The FSC understands the critical role it has in keeping the 65th Eng. Bn. operational, and it recognizes the significance of its mentoring efforts in aiding the Iraqi Army.

Americans, Iraqis work to preserve ancient Assyrian capital

Spc. JAZZ BURNEY & BRETT BRUEN
3rd Infantry Brigade Combat Team Public Affairs

CONTINGENCY OPERATING BASE SPEICHER, TIKRIT, Iraq – The ancient Assyrian City of Ashur faces imminent threats.

Recent construction of a dam on the Tigris River is causing large sections of the city to be swept away, while other precious artifacts are being looted from one of three World Heritage sites in Iraq.

The U.S. Embassy in Iraq, with the assistance of the American military and officials from Iraq's Board of Antiquities, organized the first international assessment of the site since 2003. The embassy's most senior diplomat in the region said time is of the essence.

“We saw how the city is literally being washed away,” said David Stewart, provincial reconstruction team (PRT) leader in Salah ad Din. “We hope that by conducting this assessment, we can help to bring needed attention and funds to preserve one of the most important historical sites in Iraq.”

The city of Ashur was the first capital of the once-prosperous, 5,000-year-old Assyrian empire. It was the religious center of the Assyrian empire because the temple of its national god Ashur was built within the city.

Ashur also served as the place for the crowning and burial of Assyrian kings. The city was later conquered by the Babylonians; yet, many of its most impressive buildings were left intact, including the imposing zigurat that stands on a cliff above the nearby town of Sharqat.



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

Diane Siebrandt, an archeologist and cultural heritage officer at U.S. Embassy Baghdad, speaks with Dr. Mohammed Ajaj Jorjis, former Ashur site director, who explains a map of the ancient Assyrian capital of Ashur. The visit gave Siebrandt the ability to document the condition of the ruins and promote preservation of the historical city.

The team found that the plateau is now being rapidly eroded by the river and artifacts are being swept away in the current.

Diane Siebrandt, the embassy's cultural heritage officer and an experienced archeologist, documented the deteriorated condition of the ruins. She said that these findings will help to form the basis for future

American and international support for the endangered edifices.

Initiatives could include building a barrier to divert the river and erecting a more secure fence around the site.

Seibrandt explained that preserving Iraq's heritage is not only about the past.

“I am always curious and want to know the reason why we have paper, why we have pens, why do we write and why do we have a compelling need to do certain things,” said Seibrandt. “To answer these questions, we have to look back at history. It's through history that we see our beginnings and influences that contributed to our civilization.

“If that history is destroyed, however, it leaves a giant question mark,” she continued. “We need to be able to reference our history to find out how far we have come and possibly learn and avoid repeating mistakes.”

Protecting historical treasures can help to redefine the United States' legacy in Iraq, according to an embassy spokesman.

“As the U.S. forces look toward our drawdown out of the country, this is a great potential legacy that we can leave behind, showing that we took proper care of the ancient sites and history of the Iraqi people,” said Brett Bruen, public diplomacy officer for the PRT in Salah ad Din.

“When the security situation arrives at the point when there is an opportunity for widespread tourism, our good stewardship of these sites will pay off because we will have met the immediate needs to preserve these sites now,” Bruen added.



Photos by Sgt. Joseph Dyer | 84th Engineer Battalion, Religious Support Team

The photo above depicts a panoramic view of the 6th century Assyrian Christian monastery, St. Elijah Monastery. Its chapel, at center, is in need of reinforcement. Today the ruins serve as a beacon for religious tolerance.

84th Engineers encounter culture, history on tour

6th century ruins show Iraq hasn't always been involved in conflict

84TH ENGINEER BATTALION (CE)

News Release

MOSUL, Iraq — Deploying to foreign lands provides opportunities for cultural and personal growth.

One such opportunity for personnel deployed to Contingency Operating Site (COS) Marez, here, is a visit to St. Elijah Monastery, known locally as Dair Mar Elia.

The ruins are from an abandoned Assyrian Christian monastery, dating from the 6th century. Its founder, an Assyrian Christian monk named Mar Elia, envisioned the site as a center for regional Christian community, and for centuries thousands of Christians visited the monastery to observe the Mar Elia holiday, which falls on the last Wednesday of November.

However, in 1743 a Persian ruler, Tahmaz Nadir Shah, forced nearly 150 monks to vacate their station — paramount to recanting their faith — or die. All the devoted monks stood their post, held to their Christian faith and the massacre ensued.

Today the ruins serve as a tomb and a beacon for religious tolerance.

Since the monastery is located within the current U.S. Army's COS Marez, immediately south of Mosul, it is under constant observation that keeps it out of harm's way.

Chaplain (Capt.) Sean Phillips and Sgt. Joseph Dyer, the Religious Support Team (RST) for the "Never Daunted" 84th Engineer Battalion, frequently bring U.S. military personnel to the monastery on escorted tours, in order to widen their understanding of Iraqi history.

"Many often think of Middle Eastern countries as practicing purely Muslim faith, but this Christian monastery was conceived contemporaneously with Islam's prophet Muhammad's revelation in 610 A.D.," said Phillips. "The ruins



Chaplain (Capt.) Sean Phillips of 84th Engineer Battalion leads a tour describing the various uses of the Scriptorium at Contingency Operating Site Marez, Mosul, Iraq, for "Never Daunted" battalion Soldiers.

stand as a reminder that we ought to be able to live together regardless of personal religious preference."

Some Soldiers have chosen to identify with their own religious freedom and tolerance by holding their re-enlistment ceremony at the monastery for a truly historic event.

"It's not every day I get to re-enlist, let alone in one of the oldest monasteries in Iraq," said one "Never Daunted" Soldier.

As the nearly 1,500-year-old building continues to deteriorate, the 84th Engineers are actively engaged in making reinforcements that will permit others to enjoy the rich history and faith for which the site stands.

Several Soldiers have commented that "coming to the monastery is a

Right — The largest room in the monastery, besides the chapel, is where much of the scribal work was accomplished during the 6th century.

nice break from the stressors of deployment. It's also nice to see that Iraq hasn't always been engaged in war, oppression and mass conflict."

St. Elijah's suffered some serious battle damage in 2004 and is now only accessible under the escort of a U.S. Army chaplain. With the help of engineering expertise, St. Elijah Monastery will continue as an icon of religious community for years to come.



8th TSC deploys forward command post to Camp Zama, Japan

Support troops experience earthquake upon arriving for sustainment exercise

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

CAMP ZAMA, Japan – In an effort to further refine their sustainment capabilities in the Pacific, the 8th Theater Sustainment Command (TSC) deployed its forward command post (FCP) to Japan, Monday.

Soldiers of the 8th Special Troops Battalion arrived Aug. 2, to set up life support areas, computer systems and prepare for the influx of personnel to this small Army post, located in southern Tokyo.

“Our job is to get the billeting set up and to make sure the Soldiers are as comfortable as possible,” said Sgt. Helen Oh, 8th Special Troops Battalion. “We’ve been busy ever since we arrived here last week.”

The 8th TSC is responsible for sustainment operations across 9,000 miles and 11 time zones across the Pacific.

Providing sustainment support across such a large area presents many challenges. The FCP allows the 8th TSC leaders to have “eyes on” the situation on the ground, giving them all the information they need to make accurate, timely decisions.

The FCP does not operate independently, however. The main command post (MCP), located at Fort Shafter, Hawaii, provides “reachback” support to the FCP, giving leaders direct communication with national and strategic partners such as the Defense Logistics Agency, Army Materiel Command and many others.

More than 60 Soldiers and civilians left Hawaii as Tropical Storm Felicia threatened the islands and arrived here just in time to be shaken awake by an earthquake, Tuesday morning.

“(The earthquake) was a little unsettling,” said Sgt. Kensley Bell, 8th STB. “I’m from West Texas, El Paso, and we don’t have earthquakes there. It was a little scary.”

The earthquake was centered southwest of Tokyo and measured 6.6 on the Richter scale. No major damage was reported.

8th TSC Soldiers will work to improve sustainment systems and processes during the next two weeks, and will even find time to take part in some cultural tours around Tokyo. The 8th STB set up two tours through Camp Zama Morale, Welfare and Recreation.

“These tours allow the Soldiers to relax for a minute, put the exercise on the backburner and enjoy themselves a little while they are here in Japan,” Oh said.

8th TSC Soldiers will return to Hawaii at the end of August.



Spc. Thomas Shields, protocol specialist, 8th Theater Sustainment Command (TSC), removes equipment from an ISU-90 container at Camp Zama, Japan. Shields and other 8th TSC Soldiers deployed to Camp Zama to refine forward command post systems and processes.

Army Hawaii Soldiers, family members star in Army recruiting infomercial

SGT. RICARDO BRANCH
8th Theater Sustainment Command Public Affairs

FORT SHAFTER – In an effort to showcase aspects of the Army that not known to the everyday recruit or family member, U.S. Army Accessions Command (USAAC) is hard at work developing an infomercial for the public.

Recently, the USAAC team traveled to Fort Shafter to highlight Soldiers in Hawaii and show that Soldiers and families live and work in highly desirable locations.

“We felt this was an opportunity to show aspects of the Army that are not usually seen in advertising,” said Bill Russell, chief, advertising production, USAAC. “The program is designed to inform both prospective recruits and their parents and other influencers that the Army provides recreation, housing,

health care, child care and other lifestyle components of a very high standard.”

The project began with a private donation from a West Point alumnus and is a gift to the Army. In addition to Hawaii, other locations have been scouted for filming, to include Fort Bragg, N.C.; Fort Knox, Ky.; and Fort Stewart, Ga.

The decision to film a portion of the video in Hawaii was based on a recommendation from the Family and Morale, Welfare and Recreation Command to feature recreational opportunities available to Soldiers and their families at the Hale Koa Armed Forces Recreation Center, Russell said.

Soldiers and family members of the 8th Theater Sustainment Command (TSC) took part in a traditional Hawaiian luau for the video and also



Courtesy Photo

Rich Oliphant, far right, of Oliphant Productions, Inc., videotapes families taking part in surf lessons on Waikiki Beach, Aug. 1. Oliphant spent four days on Oahu highlighting the myriad activities available to Hawaii-based Soldiers and their families.

participated in interviews that shared their experiences of life in paradise.

“I thoroughly enjoyed myself and it was definitely an experience,” said Pfc. Shawn Robertson, 8th Special Troops

Battalion, 8th TSC. “It was my first luau, and the film crew made me very comfortable sharing my experience in the Army.”

8th TSC Soldiers and family members

were also featured enjoying a day at the beach with surf lessons, lounging by the Hale Koa pool, and working out in the POiNT Fitness Center.

Although each slice of life the film crew captured will be short pieces of life, the Hawaii-based Soldiers and families enjoyed the time to speak and give incoming Soldiers a glimpse of what can be available for them.

“I’m all for new Soldiers coming in,” Robertson said. “It’s been a good time here so far, and I’m glad to have had the opportunity to share it with others stationed here or watching this video.”

The USAAC will be filming at different locations until the end of December. The Soldiers who took part in the video can look forward to seeing themselves on select cable television stations sometime early next year.

Telework: Working from home improves productivity

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require support and assistance from you and your staff,” Berry told the federal leaders.

Berry described in his memo some of the benefits of teleworking.

“Depending on individual agency goals and needs, a vital telework initiative can help recruit and retain valuable employees, enhance morale, support continuity of operations, reduce real estate costs and mitigate environmental impact,” he wrote.

The Defense Department recognizes the benefits as well, Sena said, noting

that telework benefits in many ways:

- Enables employers to continue working even during emergencies that might keep them from the workplace;
- Enhances worker productivity by reducing distractions;
- Reduces commuting time and expense, as well as traffic and gas emissions;
- Helps employees balance their responsibilities in and out of the workplace; and
- Provides an incentive for recruiting and retaining employees, particularly those with hard-to-find skills.

But many defense jobs aren’t suit-

able for telework, Sena emphasized, particularly in light of a mission that frequently involves working with classified or sensitive information.

So the Defense Department is studying new security measures to keep sensitive and classified material from being compromised by teleworking employees, Marilee Fitzgerald, acting deputy undersecretary for civilian personnel policy, told Federal Times in a recent interview.

In Washington, for example, a new pilot program established as part of the fiscal 2010 defense budget will set up a secure telework site for federal employ-

ees who need to access classified networks.

As the department works through these issues, the Defense Information Systems Agency (DISA) provides a standout example of a successful telework program. About 45 percent of DISA’s employees telework up to three days a week, using laptops with built-in smart-card readers for authentication to access enterprise systems via a virtual private network.

DISA officials hail the program, which they say has become one of their most prized and effective recruitment and retention strategies. Teleworking also has

become a way to manage the impact of DISA’s upcoming move from Arlington, Va., to Fort Meade, Md., in 2010 and 2011, as part of the base realignment and closure plan, officials report.

An anonymous survey, conducted in May, revealed that 58 percent of DISA’s 4,300 headquarters workers plan to remain with the agency after the move — a 19 percent increase from the 2008 survey, Jack Penkoske, director of manpower, personnel and security, reported.

More than 75 percent of the responders said the ability to work at least partly from home would play a role in their final decisions.

TRIAP: Patients can discuss problems with online doctors

CONTINUED FROM A-1

issues, family difficulties and pressures, family separations and deployments, relationships and marital issues, parent/child communication, or any personal problems that might adversely impact work performance, health or well-being.

The TRIAP service is available day or night, year-round, at no cost to Soldiers; it’s confidential and doesn’t get reported to a Soldier’s command, said Vice Chief of Staff of the Army Gen. Peter Chiarelli.

“I am very excited that our Soldiers and family members can now access care from the comfort and privacy of their own home, if necessary, and the processes are in motion to move us through a phased approach to eventually get to where Soldiers and family members can access truly comprehensive behavior health care at home,” Chiarelli said.

No records are kept of when a Soldier uses the services provided by TRIAP. Additionally, if Soldiers are using TRIAP, and they need more advanced mental-health services, the online licensed counselors will assist them in setting up such an appointment.

The TRIAP program uses commercial communications applications like Skype or iChat to connect Soldiers face-to-face with counselors. To take full advantage of the service, Soldiers must have the correct software and hardware on their computer. Face-to-face counseling services, for instance, would require a video camera.

Also part of the initiative by Tricare to place more emphasis on mental health is the expansion of its Telemental Health Network. Under that expansion, about 251 locations are available as of Aug. 1 where Tricare beneficiaries can visit via teleconfer-

Each of the three regions of Tricare has developed its own version of the TRIAP pilot program. TriWest Region programs can be accessed at www.triwest.com/beneficiary/behavioralhealth/onlinecare/default.aspx.

ence with a professional mental health care provider, such as a therapist or psychologist, and participate in a session.

Sessions under Telemental Health must be scheduled like any appointment, and they are fully documented and placed into a patient’s records.

“I believe we have taken a very important first step in getting behavioral health care to Soldiers and family members who might not have received it otherwise because of stigma or geographical separation,” Chiarelli said.

The general said he imagines a day when an entire nationwide network of behavioral health providers is available to provide one-on-one counseling to Soldiers in a brigade that just returned from deployment.

“I could set up a gymnasium, when a brigade came back, that had 250 computer stations in it,” Chiarelli said. “Up into row one, seat one, as that brigade flows through, (would go) the brigade commander, sitting next to him the sergeant major, then the entire brigade chain of command, followed by the Soldiers ... getting a no-kidding, real mental health evaluation after a 12-month rotation.”

News Briefs

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

19 / Wednesday
SSA Closure — The Supply Support Activity (SSA) will be closed Aug. 19-26 for inventory. Only high-priority emergency requests will be processed. Normal operations will resume Aug. 27. Call Jared Javinar at 656-2632.

24 / Monday
Schofield Barracks Road Closure — The section of Trimble Road near Bowen Park will be closed Aug. 24-31, Monday through Friday, 6:30 a.m.-3 p.m. Traffic will be detoured to Mellichamp Street and Lyman Road.

26 / Wednesday
Civilian Orientation — The

next Orientation for New Employees (ONE) course is Aug. 26, 8-3 p.m., at the Installation Training Center, Building 896.

Priority seating is provided to new employees. Current employees may attend ONE on a space-available basis. Call Lisa Ferriman at 655-5600 or e-mail lisa.ferriman@us.army.mil.

29 / Saturday
Women’s Equality Day 5K— The 500th Military Intelligence Brigade and U.S. Army-Pacific invite the community to the 2009 Women’s Equality Day 5K and 1-Mile Keiki Fun Run/Walk, Aug. 29, starting at 9 a.m., at Stoneman Field, Schofield Barracks. Post-race events include information booths, food and music until 1 p.m.

Free T-shirts will be provided preregistered participants (while supplies last). Download registration forms at www.garrison.hawaii.army.mil/sites/post/post.asp.

Contact Sgt. 1st Class Jerrard Hughes at 655-0809 for more details.

31 / Monday
Regimental Signal Ball — All armed forces signal personnel are cordially invited to attend the 2009 Regimental Signal Ball, Sept. 18, at the Hilton Hawaiian Village, Waikiki. Join an evening of camaraderie and tradition.

Tickets will be on sale until Aug. 31. Contact Staff Sgt. Gallegos, 307th Integrated Theater Signal Battalion, at 656-2986.

September
1 / Tuesday
Suicide Awareness Month — The U.S. Army Garrison-Hawaii, Army Substance Abuse Program (ASAP), invites the community to participate in the Suicide Awareness Month kick off event “Run for Life,” Sept. 1, 6:30-7:45 a.m., at Sills Field, Schofield Barracks.

The 2.1-mile run will start at 7 a.m., following an invocation. Call Melissa Parnell, risk reduction coordinator, at 655-0996, or melissa.parnell@us.army.mil.

USARPAC ‘fair’ teaches employees about health and wellness

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

FORT SHAFTER — Dozens of Department of Army (DA) civilians and Soldiers gathered at historic Palm Circle for a 2.5-mile walk, Friday, to kick off the third U.S. Army-Pacific (USARPAC) Civilian Health and Wellness Fair.

The Health and Wellness Fair is a part of the Civilian Fitness Program, a DA-approved venture in which DA civilians are encouraged to engage in a regular program of exercise and other healthy habits.

“We have a large civilian community, and we want to help them with their health and fitness,” said lead coordinator Master Sgt. Aubrey Gaines, medical operations noncommissioned officer

(NCO), USARPAC Surgeon’s office. “It’s important that we take care of our civilians, just like we do with our Soldiers. We are all one team.”

Brig. Gen. John Seward, deputy commanding general, USARPAC, led the walk, consisting of three laps around Palm Circle and ending at the Fort Shafter Physical Fitness Center.

“I’m glad that you were all able to come out here today, and I wish you a great walk,” said Seward before the start of the day.

He added that the fair was a great way to keep in shape and learn a little more about keeping healthy and fit.

After the exercise portion was complete, health and wellness fair participants viewed a variety of interactive static displays and booths inside the fitness center. These booths were

manned by experts from Tripler Army Medical Center, the fitness center, and Oahu South’s Family and Morale, Welfare and Recreation Office.

Soldiers and civilians were provided with information on blood pressure, body mass index, nutrition, mental health, breast exams, testicular exams, stress control and more.

According to Gaines, the fitness center also provided trainers on-site to demonstrate proper weightlifting techniques and podiatrists to help runners select the right running shoe for their feet.

“I had a good time and am glad we did this today,” said Allan Vosburgh, USARPAC chief of munitions branch.

For more details about the next USARPAC Civilian Health and Wellness Fair, contact Gaines at 438-5892.



2nd Lt. Ben Wunderlich (right), outpatient dietician chief, Tripler Army Medical Center, presents a multitude of ways Capt. Mara Eck (center), U.S. Army-Pacific (USARPAC), chief of Personnel Recovery, Office of Protection Directorate, and Sgt. 1st Class Michelle Fairley, also with USARPAC’s Office of Protection Directorate, can lower their cholesterol.

Heart: Injuries minor due to training, vehicles

CONTINUED FROM A-1

injured in the attack. Katers said he is thankful no one was seriously hurt.

Serving his second tour in Iraq, Katers said seeing the incredible improvements in the capabilities of the Iraqi Security Forces have made the current deployment worthwhile.

The 25-year Army veteran, said he will continue to convoy with his troops, and he remains confident in his Soldiers and their vehicles and equipment.

Katers praised the quick response of his Soldiers immediately following the attack. According to the commander, the numerous, and often repetitive



hours of battle drills paid off. He is grateful his Soldiers will recover fully and knows the situation could have been much worse.

Katers said rehearsals and inspections saved lives. He attributes receiving only minor injuries to superior vehicles, equipment being tied down and vehicle occupants wearing their safety harnesses.

“As soon as we got hit, I knew the other vehicles in the convoy would protect us. My Soldiers did exactly what they were supposed to do; they responded exactly how they trained,” he said.

The Purple Heart is the oldest award — dating back to April 5, 1917 — received by U.S. service members.



Don Robbins | Honolulu Advertiser



Marking milestones

SCHOFIELD BARRACKS — (From left) Col. Matthew T. Margotta, commander, U.S. Army Garrison-Hawaii; Brig. Gen. Michael Terry, senior commander, U.S. Army-Hawaii; Gregg Serikaku, executive director, Plumbing and Mechanical Contractors Association of Hawaii; Reginald Castanares Jr., Business Manager of United Association Local 675 Plumbers and Fitters of Hawaii; and Allen Hoe, Civilian Aide to the Secretary of the Army unveil a plaque commemorating the centennial anniversary of Schofield Barracks at the Tropic Lightning Museum, Aug. 6.

25th CAB: Aviators committed to serving nation

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to October 2007.

Terry, who has spent time within the “Tropic Lightning” Division, marveled at the group of volunteer Soldiers in the formations before him.

“No wonder this generation of volunteer Soldiers has been called the ‘next greatest generation,’” he said. “Less than one percent of the United States population serves in the military carrying the heavy load for our nation. Our nation is blessed to have such a selfless group of men and women willing to answer the call of duty in a time of war.”

Col. Mike Lundy, commander, 25th CAB, also spoke briefly to the formation, instilling a historic sense of pride in the troops.

“There isn’t a more fitting place to conduct this deployment ceremony than here on the ramp at historic Wheeler Army Airfield. On this very concrete, there still remain the scars of the egregious attack on our nation’s soil nearly 70 years ago that brought us



Brig. Gen. Michael J. Terry (left), commander, 8th Theatre Sustainment Command, speaks to Soldiers, families and friends during the 25th Combat Aviation Brigade’s (CAB) deployment ceremony at Wheeler Army Airfield, Monday. Col. Mike Lundy (center), commander, 25th CAB, also provided words of inspiration as he spoke before the casing of the unit’s colors. The 25th CAB will assume responsibility for aviation air operations in northern Iraq as part of Task Force “Marne.”

into World War II. Now we honor these Soldiers that stand before us as we prepare to deploy again to defend our

nation,” Lundy said.

The “Wings of Lightning” commander also spoke of the brigade’s future

endeavors.

“As we begin our 12-month deployment to northern Iraq in the coming

weeks, it’s clear that our nation and the partnership with the Iraqi government and security forces are entering the most important phase of this war. There will be many challenges to test our agility, skills and courage. And during our deployment, there will be numerous critical events that will shape the future of Iraq. ... We are the closers to help ensure that Iraq will continue to transition to a free and sovereign nation.”

In closing, Lundy praised his Soldiers and their families.

“Thank you to the Soldiers and leaders of this brigade for your commitment and dedication to our nation and our Army,” Lundy said. “You are truly our Army’s most precious resource.

“(And to our families) thank you for your unwavering commitment to your Soldiers and all the sacrifices that you’ve made as we prepare to deploy — and all the sacrifices that I know you’ll make while we’re deployed,” Lundy continued. “You’re a unique and special group and are the true unsung heroes of our nation.”

3rd ID: Maj. Gen. Cucolo explains mission to deploying Soldiers

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The 25th CAB has a tremendous reputation as one of the best aviation brigades in the Army, said Cucolo, to a crowded Martinez Gym. “And since I can’t go with my own aviation brigade ... I’ll take this one.”

The commanding general discussed several subjects, including full-spectrum missions, disciplined drawdown, changes in unit designations and locations, behavior, Iraqi laws, provincial reconstruction in support of the State Department, and changes that went into effect with the ratification of the U.S.-Iraqi Security Agreement.

“I’m trying to impress upon you that we are going into a really tough place in Iraq,” said Cucolo, “and your role is absolutely critical (for our success).”

The 3rd ID command team not only put faces to their name tags, but broke down day-to-day expectations to help Soldiers headed on their first deployment understand the challenges awaiting them. Soldiers voiced their appreciation afterwards.

“I think he did a good job of explaining it for people. ... He helped make the Soldiers feel very confident about the deployment,” said Sgt. Sylvester Simmons, aviation operations noncommissioned officer (NCO), Headquarters

and Headquarters Company (HHC), 25th CAB.

“The brief was very beneficial and informative for new Soldiers,” agreed Spc. Christopher Duysings, air operations specialist, HHC, 25th CAB. “Now they have a clear picture of what to expect when they’re (in Iraq) and how they’re supposed to operate.”

During an afternoon briefing at the 25th CAB’s Memorial Classroom, the command team highlighted significant events, challenges and responsibilities Soldiers will face before the 25th CAB’s family readiness groups (FRG), too.

“We flew out here to do two things ... talk to all Soldiers and talk to family readiness groups,”

said Cucolo, addressing the FRGs. “We think it’s important (since) we will be serving with your Soldiers for 11 months as Task Force ‘Marne.’”

The “Rock of the Marne” commander ended his briefings to 25th CAB Soldiers with words of inspiration.

“Satchel Paige once said, ‘anybody could be a relief pitcher ... a closer. So long as he has thick skin, a short memory and at least one great pitch.’

“We are the closers for northern Iraq,” Cucolo continued. “Our responsibility is to deliver that one great pitch everyday for 12 months. It’s an honor to serve with you.”



Yee-haw!

Recreation Round-Up showcases best of FMWR

Soldiers and family members mosey down to the ranch to take part in the wild west fun

Story and Photos By
DON ROBBINS
Staff Writer

SCHOFIELD BARRACKS – Wearing cowboy hats and serving up chili, the Directorate of Family and Morale, Welfare and Recreation (FMWR) hosted a western-themed Recreation "Round-Up" expo at the Tropics, here, Friday.

The expo corralled together more than 25 organizations from U.S. Army Garrison-Hawaii, giving community members an opportunity to collect information and speak with a variety of representatives.

"The main intent of the event is to highlight what FMWR does for the Soldiers and their family members," said Steve Takekawa, chief marketing and program manager, FMWR.

Spc. Ryan Heard, 2nd Squadron, 14th Cavalry Regiment, 2nd Stryker Brigade Combat Team, and his wife, Nichole, who have made good use of FMWR's programs, attended the roundup, and saddled up to each booth to enjoy snacks, drinks and information.

"There's always something new. They're always open to suggestions," Heard said.

FMWR food service facilities took advantage of the opportunity to show and tell what they do best.

Driving the chuck wagon and serving up the chow – or cups of chili – were Katie Wirtz and Kris Young from the Nehelani Banquet and Conference Center, Schofield Barracks.

"Nehelani has good food, great atmosphere and excellent service," Young said, while offering a hearty portion of the chili to a passerby.

At the Child, Youth and School Services (CYS2) booth, Sandy Salisbury, program administrator, introduced parents to the many classes available for



With a "wild west" attitude, line dancers take the stage to perform a number during the Family and Morale, Welfare and Recreation expo at the Tropics, Schofield Barracks, Friday.



Child, Youth and School Services representatives Dawn Hatiko (left), and Dali Khamninh watch a participant spin the prize wheel. The Family and Morale, Welfare and Recreation (FMWR) Round-Up showcased the best of FMWR services and activities.

children in the performing arts, academics, fitness and life skills, while children ages 2-6 years old from the Schools of Knowledge, Inspiration, Exploration and Skills (SKIES) Unlimited program performed on stage.

One of the more popular stops in the line

of expo booths was the Information, Ticketing and Registration (ITR) booth manned by a group of representatives eager to share information about the services they provide to the community.

"We sell tickets to local activities on the

For more information on Family and Morale, Welfare and Recreation programs including a schedule of upcoming events, visit the Web site www.mwrarmyhawaii.com.

island, and we book trips to Maui or other Hawaiian islands and cruises," said Mallory Schell, ITR representative. "Basically, almost any activity you want to do in the islands, we sell military tickets for."

Wanda Pimentel, wife of Sgt. Angel Pimentel, 3rd Infantry Brigade Combat Team, said ITR's booth presented great ideas for trips and activities that her husband and she can participate in when he returns from Iraq.

However, until he returns, Pimentel said she is enthusiastic about the activities at the Arts and Crafts Center, such as ukulele and lei making, weaving and quilting. She's also happy the Auto Skills Center offers services such as oil changes, inspections and detailing.

Pimentel said the three-hour event made it easy to explore the different aspects of FMWR in one place.

"I found out there's a whole lot more than I thought there was," Pimentel said. "It blew me away."

The roundup also included a booth featuring FMWR partner, the Army and Air Force Exchange Service (AAFES).

"AAFES is here for the military, and we are proud of being a part of the community," said Ikuko Dillon, AAFES Hawaii Exchange human resources manager. "An event like this lets us interact with the community, and we appreciate the extended invite."



Wayne Yoshino, school liaison officer, oversees the Youth Education Support Services booth during the expo, Friday.



Robert Yamane (left), recreation aide, Schofield Barracks Bowling Center, supervises a bowling game that teaches children the basics of the sport.



15 / Saturday

Flux Capacitor – Rock out with the band “Flux Capacitor,” Aug. 15, 7 p.m., at the Tropics, Schofield Barracks.

The local band is back by popular demand after performing last at the Fourth of July Spectacular after-party. Call 655-5698.

18 / Tuesday

AFTB Level III – An Army Family Team Building (AFTB) Level III King/Queen of the Jungle course is scheduled, Aug. 18-20, at the Armed Forces YMCA, Wheeler Army Airfield, 9 a.m.-12:30 p.m.

Master the military environment and become an effective leader in any domain. Free child care is offered. For more information or to register, call 655-1703.

19 / Wednesday

USA Express – The all-Soldier band “USA Express” will be performing island-wide throughout August.

The band plays hits from a range of musical genres, including rock, country, R&B, pop and Latin styles. All shows start at 7 p.m.

•Aug. 19 and Aug. 22 at the Tropics, Schofield Barracks.

•Aug. 20, at Fort Shafter Gymnasium.

•Aug. 21, at Piliiaau Army Recreation Center.

•Aug. 24, at Tripler Kaiser Auditorium. Call 655-5698.

Create-a-Card – Family members of deployed Soldiers are invited to create a summer aloha card or other special card to send to their deployed Soldier at a create-a-card session, Aug. 19, 3-4 p.m., at Sgt. Yano Library, Schofield Barracks. All family members are welcome to participate. Call 655-8002.

For more information on Blue Star Card programs, call 656-3327.

20 / Thursday

Anger Management – Learn about anger awareness and get the tools to manage anger in a healthy way, Aug. 20, 1-2:30 p.m., at Aliamanu Military Reservation community center. Call 655-0596.

Safety First – Meet McGruff the Crime Dog, Aug. 20, 3:30-4:30 p.m., at the Aliamanu Military Reservation community center (next to the library) and learn about fire safety. Members from the Drug Abuse Resistance Education (DARE) program and the Fire Department will also share safety tips. Call 833-4851.

Poker Tournament – The next Texas Hold ‘Em tournament takes place, Aug. 20, 6:30-9:30 p.m., at the Tropics, Schofield Barracks.

Card players can test their skills against the best-of-the-best poker players on post. All ID cardholders 18 and older are welcome. Call 655-5698.



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

Scholastic partnership

KALIHI — Above, Col. Jeffery L. Underhill (far right), commanding officer, 94th Army Air and Missile Defense Command (AAMDC), along with other leaders from the 94th AAMDC, stands with Principal Cindy Sunahara, Linapuni Elementary School, in celebration of donated school supplies delivered during a visit from the command team, Aug. 6.



Left — Staff Sgt. Nathan Ballinger, secretary of general staff noncommissioned officer, unloads a box filled with school supplies for Linapuni Elementary School, Aug. 6. Ballinger was one of many Soldiers who helped deliver more than \$600 of supplies purchased through donations from the 94th AAMDC.

Right — Sgt. 1st Class Reeve Winters, chaplain assistant, 94th AAMDC, pushes a cart full of school supplies for the Linapuni Elementary School. The 94th AAMDC has been the school’s adopt-a-school partner since January 2006.



ployment information. Call 655-1696.

22 / Saturday

Kaneohe Sandbar Picnic – Join Outdoor Recreation, Schofield Barracks, for a day of fun in the sun and a picnic at a place where Hawaiian royalty used to play: the Kaneohe Sand Bar, Aug. 22, 7 a.m.-2 p.m.

Hotdogs, hamburgers and refreshments will be provided. Bring your own beach chair. Cost is \$50 per person. Call 655-0143.

26 / Wednesday

Hawaiian Weaving Class – Create your own masterpiece using coconut palm fronds or lauhala during a Hawaiian weaving class, Aug. 26, 10 a.m.-noon,

at the Arts and Crafts Center, Schofield Barracks.

Take a one-day class for just \$15 or enjoy two full days for \$25. Call 655-4202.

September

3 / Thursday

Soldier Show – The U.S. Army Soldier Show is scheduled to entertain troops and family members in Hawaii, Sept. 3, 7 p.m., at the Aliamanu Military Reservation Fitness Center gymnasium, and Sept. 4, 7 p.m., at the Martinez Fitness Center gymnasium, Schofield Barracks.

Check out fellow Soldiers in the free show titled “Lights, Camera, Action.” Call 655-0111/2 or 438-1152.

29 / Saturday

Waimea Night Tours – Waimea Valley is offering a night walking tour, Aug. 29, 6:30-8:30 p.m. The “Whispering Walls of Waimea” tours are approximately two hours long and will focus on the historical and spiritual side of the valley.

The tours will be conducted by leading Hawaii historian and storyteller Lopaka Kapanui. Children must be at least 12 years old and accompanied by an adult.

Reservations are required. Costs are \$50 (adults) and \$35 (children between the ages of 12-16).

Additional tour dates are Sept. 29, Oct. 24 and Nov. 14. Call Waimea Valley at 638-7766.

Free “Hangar Talks” – The Pacific Aviation Museum, Pearl Harbor, presents “Hanger Talk” the third Saturday of each month at the museum theater. The next session is, Aug. 29, 1-2 p.m., at the museum theater. Robert Yonover noted inventor and author will present “Air and Sea Survival Technology: Born in Hawaii.”

The session is free with paid admission. Museum general admission is \$14, adults; \$7, children. Kamaaina and military admission is \$10 adults; \$5, children.

Call 441-1000 for more information. Visit www.PacificAviationMuseum.org.

30 / Sunday

Honolulu Mystery Tour – Discover Honolulu’s Chinatown area while searching for world-famous detective Charlie Chan during a 2-mile interactive walking tour, Aug. 30, 1 p.m.

The three-hour tour takes participants

SEE COMMUNITY CALENDAR, B3

21 / Friday

Family Fun Fridays – Family Fun Friday is back at the Tropics, Schofield Barracks, Aug. 21, 6 p.m. with free Papa John’s pizza, games and contests the whole family will enjoy.

Check out Nintendo Wii, PS3 and Xbox 360 games or play a game of pool, darts, air hockey, table tennis, beach volleyball and much more. Call 655-5698.

Employment Orientation

– Kick start your job search in Hawaii by attending an employment orientation class, Aug. 21, 9:30-10:30 a.m., at Army Community Service, Schofield Barracks.

Attendees will receive federal, state, private sector and staffing agency em-

20 / Thursday

Bible Study – The Aliamanu Military Reservation chapel’s Military Council of Catholic Women (MCCW), a weekly Bible study group, is scheduled to kick off its fall session, Aug. 20, with mass at 8:45 a.m., followed by a kick off event.

Free child care is available; however, children must be registered with the Child Development Center/STACC.

Call Katie at 744-1285 or e-mail mcwchawaii@yahoo.com.

21 / Friday

Made in Hawaii Festival – Mark your calendars for the 14th Annual Made in Hawaii Festival, Aug. 21-Aug. 23, at the Neal S. Blaisdell Exhibition Hall and Arena.

The festival will include more than 400 booths featuring food, items and entertainment that can all proudly say they are “Made in Hawaii.”

Festival hours are Aug. 21-22, 10 a.m.-9 p.m., and Aug. 23, 10 a.m.-5 p.m. Admission costs \$3 per person; children 6 and under are free.

Call 533-1292 or visit www.madeinhawaii festival.com.

22 / Saturday

Ukulele Contest Auditions – Ukulele players of all ages are invited to auditions for the 4th Annual Duke’s Ukes Contest, Aug. 22, 10 a.m.-noon, at the Outrigger Waikiki on the Beach Hotel.

Selected amateur ukulele players will take the stage, Oct. 3, to compete for prizes and bragging rights in four age divisions (ages 6-10, 11-15, 16-18 and 19 and older.) Participation is free.

Visit www.DukesWaikiki.com for more information.



Send announcements to community@hawaiiarmyweekly.com

14 / Today

BayFest – Marine Corps Base Hawaii’s BayFest is scheduled this weekend and will feature the band Filter, today, 8:30 p.m., and the Black Eyed Peas, Saturday, 8:30 p.m., on the main stage.

Tickets at the gate will cost \$45 and \$55 per concert. General grounds admission is an additional \$5. Children 5 years and younger can attend events for free.

Gates open at 5 p.m., today, and noon, Saturday and Sunday. Call the BayFest hotline at 254-7679.

Visit www.bayfeshawaii.com.

15 / Saturday

“Canstruction” Competition – The American Institute of Architects-Honolulu presents the 4th Annual “Canstruction” competition, Aug. 15, 8 a.m.-2 p.m., at Pearlridge Center.

Ten teams of local architects will “construct” giant structures made entirely from thousands of cans of food. The public is encouraged to participate by visiting the event and bringing canned food donations.

Completed structures will be on display for voting through Aug. 29. “Decanstruction” takes place Aug. 30, after which the canned food will be donated to the Hawaii Foodbank.

For more information visit www.AIAHonolulu.org.



Allamanu (AMR) Chapel

836-4599

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

Fort DeRussy Chapel

836-4599

- Catholic Saturday, 5 p.m. – Mass in Chapel (May-Aug.) Saturday, 6 p.m. – Mass on Beach
- Protestant Sunday, 9 a.m. – Worship Service
- Buddhist 1st Sunday, 1 p.m.

Fort Shafter Chapel

836-4599

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

Helemano (HMR) Chapel

653-0703

- Contemporary Protestant Sunday, 9 a.m. – Bible Study Sunday, 10 a.m. – Worship Service 8 Children’s Church

Main Post Chapel 655-9307

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

MPC Annex, Building 791

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

Soldiers Chapel

- Catholic Friday-Saturday, noon – Adoration
- Liturgical Sunday, 9:30 a.m.- Worship

Tripler AMC Chapel

433-5727

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

Wheeler Chapel 656-4481

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



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



Bruno

(R)
Friday, 7 p.m.
Wednesday, 7 p.m.

Ice Age:Dawn of the Dinosaurs

(PG)
Saturday, 2 p.m.
Sunday, 2 p.m.



Transformers:The Revenge of the Fallen

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

Public Enemies

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

No shows on Mondays or Tuesdays.

AFTB helps newcomers master the military environment

Story and Photos By
DON ROBBINS
Staff Writer

SCHOFIELD BARRACKS – Volunteer instructors guided more than 20 military spouses through the ins and outs of Army life during an Army Family Team Building (AFTB) class at the Noncommissioned Officer (NCO) Academy, here, Aug. 4.

The military spouse 101-style course, titled “Welcome to the Jungle,” provided a basic introduction to military life.

The course navigated newcomers to the Army through the maze of terms, entitlements, customs and courtesies, finances and resources that Soldiers learn throughout their careers.

Regularly taught at Army Community Service (ACS), the daylong level one course at the NCO Academy has been attracting more participants whose Soldiers are enrolled in the Warrior Leaders Course taught at the academy, said Catherine Baldwin, U.S. Army Garrison-Hawaii (USAG-HI) AFTB program manager.

The juxtaposition of the courses allowed spouses to have lunch with their Soldier that day and an opportunity to share their experiences.

“The AFTB class helps spouses become family team leaders and assists in the accomplishment of their Soldiers’ mission,” said NCO Academy Command Sgt. Maj. James M. Fraijo of the ACS and NCO Academy partnership.

Volunteer program manager and Army spouse Shelly Hinzman said



More than 20 Army spouses enjoy a lighthearted moment during the “Welcome to the Jungle” Level I Army Family Team Building (AFTB) class at the Noncommissioned Officer (NCO) Academy, Aug. 4.



Ashley Young (left) and Teresa Powell ask questions and take notes during a Level I Army Family Team Building (AFTB) class, which unraveled the complexities of Army life for them and other newcomers.

AFTB has been operating for about 16 years and started after Desert Storm, “to give us as families a chance to educate ourselves and to learn more about the Army, so we’re better prepared.”

“I learned a lot of acronyms and learned about the LES (Leave and Earnings Statement),” said newcomer Jessica Francis, wife of Sgt. Zachary Francis. Learning about community resources also proved to be of value to Francis who has a 5-month-old son.

“Knowing where ACS is and what it is will help tremendously,” she said.

The level one course covered basic military benefits and entitlements, school-related issues, community resources, introduction to family readiness groups (FRG), handling finances, and basic problem solving.

Student handouts and discussion subjects included expectations and impact of the Army mission on family life, mil-

The next AFTB Level I class is scheduled Aug. 25. Call 655-1703 to reserve a seat. For information about AFTB Level II and III classes, call 655-4227.

The next AFTB instructor class is scheduled Sept. 1-4.

itary abbreviations and terms, chain of command, and military customs and courtesies.

Students learned that an FRG is a mutual support linkage of family members, volunteers, retirees, Soldiers, civilian employees and interested friends belonging to a unit or organization. However, an FRG is not a babysitting service, coffee group or club, instructors said.

“It actually taught me things I didn’t know before, and I’ve been an Army spouse for two-and-half years,” said Alyssa Breighner, wife of Spc. William Breighner, 58th Military Police Company.

“All the different programs that ACS offers, I had no idea that they offered half of that,” Breighner added. “You just go in and it’s free. They can help you with everything.”

Baldwin says any spouse can master the military environment or sharpen survival skills by continuing his or her learning at an AFTB Level II or III course offered at various times throughout the year.

Commissary seeks potential new products, vendors at annual Hawaii Food Show

NANCY O'NEILL
Defense Commissary Agency-West

WAIKIKI – Defense Commissary Agency (DeCA) buyers will evaluate food- and grocery-related products from more than 80 Hawaii small businesses during the 12th Annual American Logistics Association (ALA) Hawaii Food Show at the Hawaii Prince Hotel, here, Aug. 20.

The show will provide DeCA buyers with the opportunity to taste-test locally produced products and interact one-on-one with business owners before selecting new products for the five military commissaries on Oahu.

“When military shoppers walk into their commissary, they deserve the best product selection available,” said DeCA Director and CEO Philip Sakowitz Jr.

“We are constantly looking for new items to enhance our stock selection and make coming to the commissary worth the trip for service members and their families,” he said. “The ALA Hawaii Food Show has proven over the past 11 years to be a successful method to discover distinctive Hawaiian products that are a hit with commissary shoppers.”

With more than 75,000 military service members and retirees living in Hawaii, breaking into the military market can boost a business’ bottom line.

“The annual event is a win-win for commissaries and Hawaii businesses,” said Benjamin Wainwright, DeCA zone manager, who oversees the five commissaries in Hawaii.

Since the first ALA Food Show held in 1998, DeCA has added more than 1,400 products from Hawaii businesses to its shelves. Some of these products are now sold in commissaries worldwide.

“Last year alone, DeCA selected 251 products from the food show,” said Wainwright. “Those products ranged from frozen cookies, coffee and vanilla ex-



File Photo | U.S. Army Garrison-Hawaii Public Affairs Office

Numerous food- and grocery-related products line vendor booths at last year’s American Logistics Association (ALA) Hawaii Food Show. Companies representing the unique culture of Hawaii are scheduled to showcase their products in hopes of stocking the commissary shelves at the 12th Annual ALA Hawaii Food Show, at the Hawaii Prince Hotel in Waikiki, Aug. 20.

tract to biodegradable cutlery and plates.”

Commissaries routinely stock more than 2,000 grocery items from local Hawaii companies and more than 100 varieties of locally grown fruits and vegetables.

In addition to evaluating products, DeCA will provide each company with individual feedback on its product within days of the show.

“We attend the food show on behalf of commissary shoppers,” said Vicki Sliwicki, a DeCA buyer who will be attending the event for the ninth year. “It’s fun to taste-test new products, but we do get down to business.

“Service members travel the world over and enjoy foods from many cultures,” Sliwicki said. “We owe it to them to find the very best products from Hawaii to offer in commissaries in Oahu.”

Parents, resources support scholastic achievement

U.S. ARMY GARRISON-HAWAII SCHOOL LIAISON OFFICE
News Release

SCHOFIELD BARRACKS – The summer has quickly come to an end, and students across Hawaii are looking forward to another great year of learning and fun.

The Department of Education will continue to focus on each student’s progress towards achieving Hawaii Content and Performance Standards, which are used to indicate what students are expected to know, to learn, to be able to do, and to care about.

How can parents help their child achieve the Standards?

- Know what the standards are and what your child is expected to do.
- Take care of your child’s social, emotional and physical health.
- Know what kind of homework is expected of your child and develop a routine for homework completion.
- Show interest in your child’s school activities.
- Make reading a natural part of your child’s daily routine.
- Discuss current events. Allow your child to express opinions.
- Encourage activities that involve prob-

Contact the U.S. Army Garrison-Hawaii School Liaison Office at 655-9818 with education-related questions.

lem solving.

- Expose your child to new cultural, environmental and social experiences that support and stimulate learning.
- Guide and limit television viewing and video games.

In addition to the standards, students are held accountable for General Learner Outcomes (GLO).

What are the six GLOs that students are to learn to be in all grade levels?

- Self-directed learner: the ability to be responsible for one’s own learning.
- Community contributor: understanding that it is essential for human beings to work together.
- Complex thinker: the ability to demonstrate critical thinking and problem solving.
- Quality producer: the ability to recognize and produce quality performance and quality products.
- Effective communicator: the ability to communicate effectively.
- Effective and ethical user of technology: the ability to use a variety of technologies

effectively and ethically.

What resources are available for parents?

- Visit www.myarmyonsource.com/cyss_tutor for 24/7 free, live, online tutoring.
- Visit www.militaryimpactedschoolsassociation.org to register for Student Online Achievement Resources (SOAR) for online assessment and tutoring support.
- Parents are encouraged to talk with the school’s PCNC (Parent Community Networking Center) parent facilitator about workshops, activities, events and services that are available to parents, families and students.
- Visit www.doe.k12.hi.us for standards and initiatives to support learning.
- Visit www.pta.org for information about the Parent Teacher Association and resources available for parents.

The Department of Education encourages parents to understand their child’s interests, academic performance and achievement of standards and GLOs.

When parents are involved in their child’s education, and show interest in their child’s progress, learning is improved and students enjoy school and are academically successful.

Community Calendar

From B-2

past sites of former police stations, coffee shops, gambling houses, movie theaters and the residence of the Number One Son.

The tour starts at Fort Street Mall and includes a 30-minute lunch break. Cost is \$30 per person or \$20 for military with a valid ID. Call 395-0674.

31 / Monday
Schofield Barracks Spouses’ Club – The Schofield Barracks Hui O Na Wahine invites all enlisted, officer and civilian spouses to a super sign-up event, Aug. 31, 5-8 p.m., at the Nehelani, Schofield Barracks.

Enjoy pupus, drinks and shopping while mingling and meeting other members.

The Hui O Na Wahine club provides opportunities for social, cultural and creative

pursuits, and supports service and community projects.

Each year the club gives thousands of dollars in scholarships and welfare grants to deserving individuals and groups. Call Czitina Jean at 888-0907, or armyjeans@msn.com. Visit www.schofieldspousesclub.com.

Ongoing

Club Beyond – Middle school and high school youth in grades 6-12 are invited to participate in the Club Beyond youth ministry group. The group meets Wednesdays, 6-7:30 p.m., at the Main Post Chapel, Schofield Barracks, and Tuesdays, 6-7:30 p.m., at the Aliamanu Military Reservation community center. Free dinners are available 30 minutes prior to the meeting.

Contact youth minister Kevin Schmidt at 372-1567, or e-mail kschmidt@clubbeyond.org.

Recycling Initiatives – Keep unwanted metals and plastics out of landfills by recy-

cling old cellular phones. Proceeds generated from this initiative help fund environmental projects and Family and Morale, Welfare and Recreation events for the community. The Army Recycling Center accepts magazines, brochures, catalogues, and other glossy paper products for recycling. Call 656-5411 or 864-1048 for a pick up.

Yellow Ribbon Program – Chaminade University and Hawaii Pacific University (HPU), and more than seven other private universities in Hawaii, are partnering with the Department of Veterans Affairs to help veterans pay for their education through the Post 9/11 GI Bill “Yellow Ribbon Program.”

Through the program, scholarships will be available for eligible undergraduate students starting fall 2009 and include a housing allowance, stipend for books, supplies and more.

Check with your university coordinator for more information and eligibility requirements, or call the Schofield Barracks Army Education Center at 655-4444.

Immunizations not just for kids, keeps adults healthy, too

BETHANN CAMERON
U.S. Army Center for Health Promotion and Preventive Medicine

Children are not the only people who need immunizations; young adults to senior citizens can benefit from immunizations, too.

Many adults become ill, disabled or die each year from diseases that could easily have been prevented by being immunized.

Immunizations benefit people in the community where they live or work, putting fewer numbers of people at risk by preventing the spread of diseases.

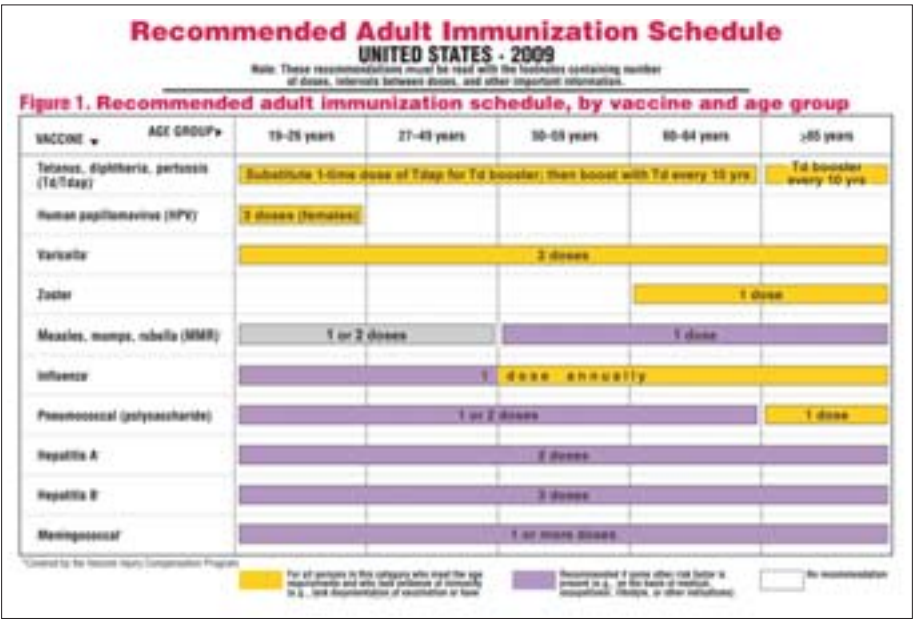
Diseases like influenza (flu), tetanus and measles can cost Soldiers, families and civilian personnel time and money because of doctor visits, lost duty and work time, and hospitalizations.

How do immunizations work? Immunizations prevent disease in the people who receive them. A weakened form of disease is injected into the body. The body makes antibodies to fight the invader.

If the actual disease ever attacks the body in the future, the antibodies will still be there to destroy it.

Some adults assume that the immunizations they received as children will protect them for the rest of their lives. Usually this is true, except in he following instances:

- Some adults were never immunized as children,
- Newer vaccines were not available when some adults were children,
- Immunity can begin to fade over



Graphic Courtesy of Department of Health and Human Services, Centers for Disease Control and Prevention

The recommendations in this schedule were approved by the Centers for Disease Control and Prevention's (CDC), the Advisory Committee on Immunization Practices (ACIP), the American Academy of Family Physicians (AAFP), the American College of Obstetricians and Gynecologists (ACOG), and the American College of Physicians (ACP).

time, and

- As we age, we become more susceptible to serious diseases caused by common infections (for example, flu and pneumococcus).

Military personnel, their family members and civilian personnel should work closely with their health care

providers to schedule immunizations and make sure that immunizations are up to date.

The recommended immunizations for adults are influenza, pneumococcal polysaccharide (PPSV), Td/Tdap (Tetanus, diphtheria, pertussis), MMR (measles, mumps, rubella), varicella

(chickenpox) and hepatitis B.

People who travel overseas, college students and young women may require additional immunizations. Health care providers also recommend immunizations for adults who have chronic illness such as heart disease, lung disease and liver disease, or other risk



Recommended guidelines and immunization charts for U.S. military personnel in all branches of service are on the Web at www.vaccines.mil.

Find a complete list of immunizations recommended by the U.S. Centers for Disease Control and Prevention for adults and a recommended schedule for adolescents and children at www.cdc.gov/vaccines/recs/schedules.

factors such as alcoholism or cigarette smoking.

Immunizations protect the health of military personnel, help maintain mission readiness and are required. An immunized Soldier is less likely to become seriously ill from a disease threatening his or her unit's mission.

Even though immunizations have reduced diseases to low levels in the United States, Soldiers, civilians and contractors getting ready to deploy may require specific, additional immunizations.

(Editor's Note: BethAnn Cameron is a health educator for the U.S. Army Center for Health Promotion and Preventive Medicine.)

Be water wise; responsibility and child supervision can prevent drownings

CARLLA JONES
U.S. Army Center for Health Promotion and Preventive Medicine

Did you know that drowning can happen in just a few seconds? On average, it takes only 20 seconds for a child and 60 seconds for an adult to drown. Drowning is often a silent event, especially for children; those 5 years and under don't understand the danger of falling into water and don't usually splash, cry or call out for help.

According to the Centers for Disease Control (CDC) and Prevention, in 2005 an average of 10 deaths per day occurred due to drowning. More than one in four drowning victims were children

aged 14 and younger.

Soldiers and their families can have fun, but take steps to prevent drowning and near drowning:

- Designate a responsible adult "water watcher" to supervise all children swimming or playing in or around water.
- Avoid drinking alcohol before or during swimming, boating or water skiing
- For home pools, install a four-sided, isolation pool fence that completely separates the house from the pool area. The fence should be non-climbable and at least 4 feet tall. Use self-closing, self-latching gates that open outward and have latches above the reach of children. Place items that

can be used for climbing (like tables and chairs) away from fences.

- Remove all floats and other toys from the pool after use. These toys can tempt children to enter the pool area and potentially fall in.
- Know the local weather conditions and forecast before swimming or boating. Bad weather can make swimming and boating very dangerous.
- Use only U.S. Coast Guard-approved life jackets when boating. Always use life jackets, regardless of the distance to be travelled, the size of the boat or the swimming ability of the boaters. Do not use air-filled or foam toys (like "water wings") in place of life jackets.

- Never swim alone, even if you are an excellent swimmer.

You should also plan ahead for water emergencies. Teach everyone how to use safety equipment and how to call 9-1-1.

Finally, learn cardiopulmonary resuscitation (CPR). Your CPR skills could make a difference in someone's life in the time it might take for paramedics to arrive. For more information, visit

- The CDC, <http://www.cdc.gov/SafeChild/Drowning/default.htm>.
- Safe Kids U.S.A., <http://www.usa.safekids.org>, and search on "drowning."

Self-care prevents foot blisters and keeps boots, feet marching on

MARCIE BIRK

U.S. Army Center for Health Promotion and Preventive Medicine

Foot blisters can cause extreme discomfort and reduce concentration. They can prevent Soldiers from completing marches, lead to days of limited activity or even affect a Soldier's ability to respond to threats. In the field, poorly managed blisters can lead to more serious health problems, such as infection.

A blister is a raised spot on the skin filled with liquid. Foot blisters can occur when slight movements of the foot in a shoe or boot produce friction between the skin and sock. This friction is made worse by the moisture produced by sweating.

The best way to avoid blisters is to wear synthetic-blend socks (some synthetics are polyester, acrylic and nylon) versus cotton socks. Synthetic-blend socks help to pull water away from and reduce friction on the skin. These socks also help reduce blisters that can occur during physical training.

The Joint Services Physical Training Injury Prevention Work Group recommends wearing a thin pair of synthetic-blend socks as a liner under boot socks. Boot socks made up of wool and polyester blend also help pull water away from the skin and reduce friction.

If socks have large toe seams, wear the socks inside out to prevent blisters on the tops of toes. Changing wet socks for dry socks also



File Photo | U.S. Army Garrison-Hawaii Public Affairs

helps to reduce foot blisters.

Protecting or "shielding" areas of the foot with a high potential for blister formation is another preventive approach. To protect areas prone to blisters, apply a piece of moleskin, cut slightly larger than the area of intense friction or sensitive skin. Alternatives to moleskin are the "liquid" bandages that dry to form a tough protective covering on the skin.

The following self-care steps are provided if you still end up with a small or large "hot spot."

Self-care steps for small blisters

- Don't "pop" blisters. Your own skin is the

best protection for healing.

- Place a small moleskin "doughnut" around the blister to protect it from further irritation.

Self-care steps for large, painful blisters

- Wash your hands and clean the blister area with soap and water.
- Heat the tip of a clean, sharp pin over a flame until it glows red and allow it to cool, or wipe it with rubbing alcohol.
- Puncture a small hole at the blister's edge.
- Drain fluid with gentle pressure, but leave the "roof" of the blister intact.
- Apply an antibiotic ointment to the blister and



For information on blister prevention and treatment, check these sources:

- Soldier Health Maintenance Manual, <http://usachppm.amedd.army.mil/dhpw/wellness/selfcare.aspx>
- The Mayo Clinic, blister first aid, <http://www.mayoclinic.com/health/first-aid-blisters/WL00008>

cover with a clean dressing or adhesive bandage.

- Apply moleskin over the dressing or adhesive bandage to keep it in place and protect the blister from further irritation.

- Clean the area and replace the dressing or bandage daily.

When to go to sick call

- Fluid or pus oozes out of the blister, redness is around the blister, or blisters are so bad you can't wear shoes or boots.

- Pain is so bad you cannot perform your duties.

- Blisters are not getting better with self-care.

(Editor's Note: Marcie Birk is a health systems specialist at the U.S. Army Center for Health Promotion and Preventive Medicine.)



Send sports announcements to community@hawaiiarmyweekly.com.

15 / Saturday

Hike Waimea Valley – Join a series of hikes in the Waimea Valley during the month of August. Children must be at least 7 years old and accompanied by an adult, unless otherwise noted.

- Aug. 15, Kalahee, 2-mile ridge/valley hike.
- Aug. 22, Ala Ki, 2-mile ridge/valley hike.

- Aug. 29, Kamananui Stream, 6-miles-plus hike with stream crossings. (Youth must be 12 years old.)

Hikes under 6 miles cost \$5 per person; hikes more than 6 miles cost \$10, plus Waimea Valley admission fee.

Groups meet at Waimea Valley at 9 a.m. Call 638-7766 or visit www.waimeavalley.net.

16 / Sunday

Marathon Readiness Series – Getting ready to run a marathon? Runners are invited take advantage of five fun runs designed to prepare athletes for the Honolulu Marathon, Dec. 13.

- Aug. 16, Norma Tamanaha 15K, starting at Kapiolani Park.
- Sept. 6, Runner's HI 20K, starting in Kalaeloa (Barber's Point.)
- Sept. 26, Starn O'Toole Marcus and Fisher 25K, starting in Kailua.
- Oct. 25, P.F. Chang's 30K, starting at Kapiolani Park.

Register for the entire Marathon Readiness Series by Aug. 16 at www.activem.com for \$99. Visit www.808racehawaii.com for details.

23 / Sunday

Waipahu Cane Haul 5K – The 1st Annual Waipahu Cane Haul 5K Run/Walk is scheduled Aug. 23, 7 a.m. This event takes runners and walkers on a scenic route throughout Waipahu, ending at the historic Hawaii Plantation Village with a free community festival,

10 a.m.-2 p.m. Registration forms are at www.canehaulrun.blogspot.com.

29 / Saturday

Women's Equality Day 5K– The 500th Military Intelligence Brigade and U.S. Army-Pacific invite the community to the 2009 Women's Equality Day 5K and 1-Mile Keiki Fun Run/Walk, Aug. 29, starting at 9 a.m., at Stoneman Field, Schofield Barracks.

Post-race events include information booths, food and music until 1 p.m. Free T-shirts will be provided preregistered participants (while supplies last). Download registration forms at www.garrison.hawaii.army.mil/sites/post/post.asp. Contact Sgt. 1st Class Jerrard Hughes at 655-0809 for more details.

Duke's Ocean Mile Swim – Celebrate Duke Kahanamoku's (the "father of International Surfing") birthday during Oceanfest 2009 by participating in a 1-mile swim starting at the Outrigger Waikiki, Aug. 29, 9 a.m. Registration costs \$25 per swimmer until Aug. 15; late entries cost \$30. Call Diane Stowell at 955-3534 or visit www.dukefoundation.org.



15 / Saturday

Summer Ocean Splash – Don't miss an opportunity to learn up to four water sports all in one day, Aug. 15, 7 a.m.-2 p.m., with Outdoor Recreation, Schofield Barracks. Summer Ocean Splash participants will enjoy lessons in stand-up paddleboarding, surfing, kayaking and outrigger canoeing.

The course costs \$60 per person. Registration is required and is now accepted by phone. Call 655-0143.

18 / Tuesday

Walk Off the Wair – Blue Star Card holders are invited to join the latest hike along the Haula Trail, Aug. 18, 8 a.m.-1 p.m. The hike is a 2.5 star rating (5 star scale) and will take approximately two hours and is not stroller accessible.

Bring extra money for a stop in Haleiwa for shave ice or lunch afterwards. Call 655-0111/2 for more information or

to reserve your space.

21 / Friday

Intramural Flag Football – The deadline to enter the 2009 Intramural Flag Football League is Aug. 21, 4 p.m. This program is open to all active duty Soldiers, National Guardsmen, Army reservists and retired military. League play takes place Sept. 7-Nov. 30.

An informational meeting is scheduled Sept. 2, 1:30 p.m., at the Sgt. Yano Library, Schofield Barracks.

Entries must be submitted to the Sports, Fitness and Aquatics Office, Stop 112, Building 556, Kaala Community Activity Center, Schofield Barracks, or the Fort Shafter Physical Fitness Center. Fax entries to 655-8012. Call 655-0856 or 438-9572.

23 / Sunday

Stand up Paddleboard Lessons –

Check out the latest craze to hit the surf-crazy islands: paddleboarding. Lessons are scheduled, Aug. 23, 7 a.m.-noon, with Outdoor Recreation. Cost is \$45 per person and includes all equipment and round-trip transportation from Schofield Barracks. Call 655-0143.