

3IBCT teaches Iraqis advanced pre-hospital care

Soldiers partner with Iraqi Ministry of Health to create emergency system

Story and Photo by
SPC. JAZZ BURNEY
3rd Infantry Brigade Combat Team Public Affairs

CONTINGENCY OPERATING BASE SPEICHER, TIKRIT, Iraq — Focusing on quickly transporting patients to the nearest hospital for treatment and stabilization is an excellent, reachable goal.

But, after all this effort, what if patients die en route?

Soldiers of the 3rd Infantry Brigade Combat Team (IBCT), 25th Infantry Division, have partnered with the Iraqi Ministry of Health to provide a series of training events geared toward creating an emergency medical system program .

The partnership also aims to improve efficiency in pre-hospital care for civilian health professionals from the Tikrit General Hospital and for 4th Iraqi Army Division medical personnel.

“Our focus of pre-hospital care will definitely save a lot of lives and give

our medical professionals a lot of help as we go out and provide health service to our people in Salah ad-Din,” said an Iraqi civilian medical provider.

The medical training, which is taught in a train-the-trainer forum, is five weeks long, and is taught two days per week for Iraqi medical personnel. About 10-15 Iraqi health care providers attend a typical session.

“Iraqi medical professionals are really good at hospital care. An area of improvement for them is their on-site treatment,” said Capt. Ulue Porter, company commander, C Company, 325th Brigade Support Battalion, 3IBCT.

“When an improvised explosive device (IED) or suicide bomber goes off within the city, and Iraqi citizens are injured, it’s the immediate amount and quality of care that needs to be performed at the site of injury that makes all the difference in saving lives,” Porter said. “This is where we are assisting Iraqi medical personnel.”

The partnership started at the beginning of March, according to Staff Sgt. Grace David, noncommissioned officer in charge of medical training and education, 325 BSB.

The hands-on training regimen con-

sists of initial scene and patient assessment, to include proper scene evaluation procedures before providing medical treatment, proper patient loading procedures, and ongoing assessment of patients en route to the hospital.

Iraqi medical technicians also learn pain assessment and surgical techniques; learn how to handle motor vehicle accidents, blast and IED injuries; and are challenged through exercises geared toward improving effective mass casualty procedures.

“Every time these Iraqi professionals return from a previous training session, they explain to me that they have applied the knowledge learned in their medical procedures and have benefited from the experience. This is the rewarding aspect of my job. I get to see the results of my labor,” said David.



Medal of Honor recipients inspire 3rd Infantry Brigade Combat Team Soldiers

Personal courage shines through despite years

Story and Photo by
STAFF SGT. TIM MEYER
3rd Infantry Brigade Combat Team Public Affairs

CONTINGENCY OPERATING BASE SPEICHER, TIKRIT, Iraq — When the two old men arrived, their appearance personified a leadership trait that no one could ignore.

The Vietnam veterans were humbly dressed in civilian clothes, but they still had a core of military bearing, despite having been retired for many years.

Each retired Soldier wore around his neck a gold medal attached to a sky-blue ribbon adorned with 13 white stars — an image that speaks volumes.

The Army condenses the honor into two words: personal courage.

Retired Col. Robert Howard and retired Command Sgt. Maj. Gary L. Littrell both received the Congressional Medal of Honor for conspicuous gallantry under fire, without regard for their own safety, during the Vietnam War. The two are among the lucky few who lived to tell about their experiences.

Thirty six years later, the Soldiers of Headquarters and Headquarters Company, 3rd Infantry Brigade Combat Team, 25th Infantry Division, were also lucky enough to meet Medal of Honor recipients, April 13, during their tour of Iraq.

Howard and Littrell toured the brigade headquarters, including the tactical operations center and the information technology center, and then spoke to the assembled Soldiers for more than an hour, answered their questions, shook hands and posed for photographs.

“When we see a need, we go to that



Army retired Col. Robert Howard, Medal of Honor recipient, deadpans a joke while speaking to Soldiers of the 3rd Infantry Brigade Combat Team, 25th Infantry Division, during a visit to the brigade’s headquarters.

need,” said Littrell, referring to the attention they bring to issues affecting all Soldiers today, including continued

medical care for veterans, post-traumatic stress disorder, and the Fisher House Foundation, which builds

houses near military medical centers where family members of injured Soldiers can stay at no cost to them.

Howard and Littrell described Soldiers they knew, some who struggled with PTSD and didn’t make it, and others who did.

“An injury can be a disability or an inconvenience,” said Littrell, challenging the gathered Soldiers to keep a positive attitude, and to help others do the same.

They also spoke about the standards for the Congressional Medal of Honor and the Medal of Honor Museum, located on the USS Yorktown, which is part of the Patriots Point Naval and Maritime Museum, Charleston Harbor, S.C.

Before the veterans left, the assembled group of young Soldiers saluted Howard and Littrell for their sacrifice, inspiration and continued service.

3IBCT rally ‘breaks the silence’ on sexual assault

SPC. JAZZ BURNEY

3rd Infantry Brigade Combat Team Public Affairs

CONTINGENCY OPERATING BASE SPEICHER, TIKRIT, Iraq — In a unified effort, nearly 500 service members and civilians completed a 1.8-mile walk and attended a rally designed to bring awareness to and promote a stand against sexual assault during the 3rd Infantry Brigade Combat Team, 25th Infantry Division, “Take Back the Night” rally, April 11.

“If you are not willing to speak up for wrong doing, then you are willing to put up with anything and shouldn’t complain,” said Staff Sgt. Leah Sutherland, a noncommissioned officer (NCO) with the 211th Regional Support Group. “We all have to, at times, do things that are uncomfortable. We have to stand up to stop what is going on,” she said.

The walk was followed by a video presentation about sexual assault, from which participants learned that 1-in-6 women will be sexually assaulted in their lifetimes, and 1-in-33 men.

The finale was a 12-scene dramatization put on by Soldiers. It depicted various situations that led to sexual assaults. The scenes included locations such as basic and physical training, a company orderly room, a fraternity party and a barracks.

Scenes also included female Soldiers who had been sexually assaulted and a man who considered suicide when he was confronted by other men about his sexual orientation.

“We are here to make a difference and to bring



Chief Warrant Officer Tracy Hobbs | 3rd Infantry Brigade Combat Team Public Affairs

Soldiers of the 3rd Infantry Brigade Combat Team form a ribbon symbolizing unity and empowerment during a rally designed to bring awareness to and promote a stand against sexual assault, April 11.

awareness to the invisible wounds and scars of victims of sexual assault on COB Speicher,” said Sgt. 1st Class Keith Walker, the brigade’s equal opportunity advisor.

“There are many Soldiers that are here on COB Speicher that are more afraid of walking to the bathrooms at night than they are to go outside the wire to face our enemies,” Walker said. “This is sad.

“It is our goal tonight to ensure that Soldiers are trained and leaders are aware of the problems that we face,” he continued.

Many brigade Soldiers attended the training; among them were battalion commanders and senior NCOs who listened and participated.

“When improvised explosive devices took over MND (Multinational Division)-North last year, we asked our nation for help. They sent billions of dollars and put mine-resistant ambush protection vehicles everywhere to protect our Soldiers,” said Col. Walter Piatt, the brigade commander.

“We created concrete factories to make T-walls at a greater rate than we could move them,” Pi-

att continued. “We secured a land that could not be defeated; we defeated an enemy that everyone said would not be defeated. Yet, we cannot protect our Soldiers from ourselves,” he said, referring to Soldiers who sexually assault other Soldiers.

Piatt challenged everyone to prevent such attacks.

“We have to learn how to be that friend, that Soldier that will be there for our comrades in need,” he said.

The first “Take Back the Night” event may have occurred in 1877, when women protested the fear and violence they experienced at night in London, England, according to the event’s Web site. Others believe that the first rally occurred in 1976, when women attended the International Tribunal on Crimes Against Women and lit candles and took to the streets of Belgium to denounce violence against women.

The event made its way stateside in 1978 when protesters in San Francisco invoked the slogan following an anti-pornography conference.

“Take Back the Night creates an atmosphere of zero tolerance of sexual violence by serving as a collective voice to increase community awareness through education and providing leadership the tools to make a better environment for all who serve,” said Piatt.

Soldiers responded enthusiastically to the training and explained techniques they learned from the event that they could use in their daily lives.

Voices: Everyone encouraged to stand up against crimes of abuse

CONTINUED FROM A-1

masculinity, and we change that by taking a stand today,” he added.

Brenda Huntsinger, sexual assault response coordinator, U.S. Army Garrison-Hawaii, said that the play serves to bring to light a controversial issue that needs to be addressed within any community.

“We know most men are not rapists and are not committing sexual assault,” she said. “However, men stay silent. Women are open to talk about it.

“When one man stands up,” she continued, “it’s easier for others to stand up, and then we have a community that stands up against crimes like this, and people feel safer.”

Spc. Lacey Hattaway, Headquarters and Headquarters Company, 8th Theater

Soldiers, family members and civilians are encouraged to call Family Victim Advocacy at 624-7233 for more information about sexual assault.

Sustainment Command, said sexual assault is sometimes not fully understood. Classes, which teach Soldiers what to do and who to call do help the Army deal with the severity of sexual assault.

“It can happen to anyone, not just men,” she said. “In order to know about it, you need to be instructed on it. With classes teaching Soldiers about the issue, everyone will know what to do if it happens, and how to prevent it from

happening again.”

According to the Rape, Abuse and Incest National Network, 60 percent of all sexual assaults are not reported. In 2007, there were 248,300 victims of sexual assault with one person being sexually assaulted every two minutes.

As the play came to a close, Ather-ton-Zeman ended with a solemn message.

“Not everyone loves this play. If you are agree with the message or not, you’ll be arrested if you abuse or rape someone. If we can get more people aware of this crime, we can do our part to one day have a society where crimes like sexual assault don’t exist.”

Sexual assault victims are entitled to health care, a counselor, a victim advocate and any follow-up services they require.

25th STB donates books

PVT. JESUS ARANDA

25th Infantry Division Public Affairs

CONTINGENCY OPERATING BASE SPEICHER, Iraq – Soldiers with the 25th Special Troops Battalion (STB), 25th Infantry Division (ID) Security Detachment, distributed dozens of boxes of text books to several local “primary schools,” near Tikrit, Iraq, April 20.

On this day, the security detachment’s mission was to donate boxes of books to younger Iraqi children of both boys and girls schools within their area of operations.

The detachment typically visits principals, teachers and leaders of the local schools and area several times a week, according to 1st Lt. Hugo Flores-Diaz, platoon leader, Security Detachment, 25th STB.

“Usually, we donate books to first grade through sixth grade schools, which are known as primary schools,” said Hus-sain Alsoltani, an interpreter attached to

the detachment, who was raised in Iraq.

“When I was growing up in Iraq during primary school, I looked at teachers as secondary parents,” said Alsoltani. “They taught values, as well as schooling.”

For Alsoltani, who participates on many missions with the detachment during visits to the local area schools, many similarities exist between the children of Iraq and the children of the U.S.

“A lot is the same,” said Alsoltani. “Here you have cliques, bullies, children who excel in their studies, all kinds of children, just like anywhere else.”

Flores-Diaz mirrored the same sentiment as Alsoltani, with regard to similarities shared between the youth and education of both nations.

“In some of the schools, I see where I came from when I was growing up,” said Flores-Diaz. “I try to make more of an effort to try to build a more professional relationship with them to get things done

BOOKS, A-8

Best Sapper competition engineers face toughest challenge

U.S. ARMY GARRISON-HAWAII
News Release

FORT LEONARD WOOD, Mo. – The 5th Annual Best Sapper Competition ran from April 20-23, here. After 52 hours of the toughest events known to engineers, two Army Hawaii teams placed in the top ten out of a field of 36.

The winning teams comprised of men fresh off deployment with the 2nd Stryker Brigade Combat Team (SBCT).

The team of Capt. Mark Gillman, Headquarters and Headquarters Command, 2nd SBCT, and Staff Sgt. Gordon Paulson, 66th Engineer Company, 1st Battalion, 14th Infantry Regiment, took second place in the competition.

The team of 1st Lt. Christopher Blackburn and Staff Sgt. Moises Ramirez, both of 66th Eng. Co., 1-14th Inf., earned eighth place.

The challenge is open to any Soldier, Sailor, Airman or Marine who has earned the Sapper tab by successfully completing the U.S. Army Engineer School's 28-day Sapper Leader Course. Competition is also open to all engineers in the Army's 21 career series, without Sapper tabs.

In the nonstandard physical fitness test, teams did as many push-ups and sit-ups as possible in five minutes, as many pull-ups as possible in three minutes and then ran three miles, as fast as possible, wearing Interceptor Body Armor plates – that was just the first event.

Other Best Sapper events included constructing explosive charges; taking a written demolitions exam and standing a demolition systems inspection; demonstrating knots and rope systems, land navigation, and a poncho raft swim; conducting Sapper Stakes (engineer specific challenges), weapons assembly and disassembly; and the final event, completing the X-mile (distance unknown) road march.

The Sappers competed for a variety of reasons, but the primary one was to prove to themselves they could complete the gruelling competition.

“There is no better test of physical and mental toughness than the Best Sapper Competition,” said Gillman. “This is the fifth year, and it has definitely grown into a world-class event. I relished this chance to represent my unit and the Engineer Regiment.”

Sappers are engineers, but a one-



All Photos by Luke Waack | Fort Leonard Wood Public Affairs

1st Lt. Chris Blackburn (right) and Staff Sgt. Moises Ramirez (left), both with the 66th Engineer Company, 2nd Stryker Brigade Combat Team, 25th Infantry Division, cross the finish line of the second event, the Helocast and poncho raft swim, at Fort Leonard Wood Training Area 250, April 20.

word title doesn't do them justice.

“A sapper is a jack-of-all-trades. We are expected to be able to know and do everything from infantry tasks to clearing a road and building fortifications,” said Capt. Michael Natalino, Sapper Leader Course chief-of-training. “As an engineer, you don't know what's coming next.

“It's about heart,” Natalino continued. “Those guys who can keep their wits about them to carry out the mission and the heart and to finish it – through

(seeming) insurmountable odds – embody a sapper.”

Paulson couldn't agree more with Natalino. He said the best thing about the competition was knowing that his team gave it their all.

“(We) left everything on the field, and we pushed ourselves to new limits,” said Paulson.

Both teams agreed that they couldn't have accomplished all they did without their “Sapper buddies.”

“The bond that you build with your



Engineers helocast from a Kansas Army National Guard CH-47 Chinook helicopter during the Best Sapper Competition at Fort Leonard Wood Training Area 250.



Capt. Mark Gillman (left) and Staff Sgt. Gordon Paulson (right), both with the 66th Eng. Co., 2nd SBCT, near the finish line of the X-mile ruck march, in the Best Sapper Competition at Fort Leonard Wood, April 21.

Sapper buddy throughout the train-up and during the competition is everlasting,” said Blackburn. “With Staff Sgt. Ramirez being a squad leader in my platoon in Iraq, then my teammate during this event, we have a unique relationship of shared experiences that will last for many years.”

The engineers gave some advice for their fellow Sappers who are looking to move forward in the Army.

“Don't ever let an opportunity pass you by and say, 'maybe someday when

I'm more prepared,” Gillman said. “Seize every chance to grow and learn now rather than wait for ideal conditions. Someday never comes.”

“Engineers are out front every day, whether it's in combat or in training, so do your best each day and make the regiment proud,” added Ramirez.

(Editor's Note: This article was compiled from stories by Luke Waack, Fort Leonard Wood. Kyle Ford, U.S. Army Garrison-Hawaii, contributed.)

130th Engineer Brigade prepares for upcoming deployment

Story and Photo by
SGT. RICARDO BRANCH
8th Theater Sustainment Command Public Affairs

SCHOFIELD BARRACKS — A platoon of Soldiers with Headquarters and Headquarters Company, 130th Engineer Brigade, donned their combat gear, climbed aboard humvees and prepared to roll out for its mission during a training exercise here, April 23.

Soldiers honed their combat capabilities on the road as they prepared themselves against the threat of improvised explosive devices (IED) and small-arms fire downrange in Iraq.

“We’re doing this IED lane to get Soldiers familiar with routes and areas they might encounter,” said 2nd Lt. Brian Williams, convoy commander, 130th Eng. Bde. “This course gives us an opportunity to practice our communications, tactical techniques procedures, and IED reaction drills.”

The three-mile course set up for the troops tests their responses to a variety of scenarios, such as ambushes, roadside bombs and dealing with local populations.

“This is our mission out there,” Williams said. “We do a lot of route clearance and are expected to know how to deal with IEDs, so we need to know what we can face in the field.”

During the training, Soldiers drove down the course and immediately encountered a small-arms ambush along their left side. They rushed through the “kill zones” without any loss of equipment or personnel, dealt with simulated traffic further along the route, and traveled into an area congested with locals asking for food and water.



Soldiers from 130th Engineer Brigade load a (simulated) casualty onto the back of a humvee during improvised explosive device lane training, April 23, at Schofield Barracks.

“All week, we’ve been conducting drills, going over equipment and escalation of force procedures and techniques to spot roadside bombs,” Williams said. “We’ve been preparing for this training for some time and this was our chance to culminate all that planning into one event.”

Throughout the training, Soldiers of the 130th Eng. Bde., valued the opportunity to fine-tune their Soldier skills for the upcoming deployment to Iraq in June. Some of the things Soldiers learned were how to spot IEDs, call in unexploded ord-

nance reports, and react to contact in a convoy.

“This training is crucial,” said Pfc. Eliezer Bonilla. “Most of the time when we are in danger, it will be while we are on convoys. Guys like me that are brand new have not been over there yet.

“All the things I’ve learned these last few weeks, I’ve never even heard of, and it will help keep me alive and bring me back home safely,” he added.

The new troops used the training as an opportunity to further develop their skills, while experienced leaders helped them during difficult por-

tions.

“If I had any questions, I knew who to turn to,” Bonilla said. “They have a good knowledge about what the situation is like over there and did a good job mentoring and helping us new Soldiers along. I’m proud of my leadership. We all did our best out here.”

Sgt. Maj. Raymond Theard, operations sergeant major, 130th Eng. Bde., rode with the first team during the training, and after seeing them perform on the course, he said the Soldiers are taking steps in the right direction.

“As engineers, we make a lot of the routes safe for other units to conduct operations in Iraq,” he said. “This training today will allow us to mitigate the risk of IEDs that might be on the route to our construction projects, and we’re coming along real well.”

Some of the challenges for the Soldiers included the initial run through the course. The Soldiers absorbed a lot of information throughout the initial preparation and execution on the course.

Bonilla said the Soldiers of his company realized the mission ahead and are using the time now to rehearse before they board a plane to Iraq.

Bonilla offers one piece of advice for units following the engineer brigade’s footsteps.

“Keep practicing; make sure you know all your stuff,” Bonilla said. “Before I went home, yesterday, one of my NCOs told me to make sure I know my 9-line MEDEVAC (medical evacuation procedures). You never know if you’re going to be the Soldier behind the radio, and it’s vital for everyone to know.”

Army’s criminal investigative command seeks special agent candidates

**U.S. ARMY CRIMINAL
INVESTIGATION COMMAND**
News Release

FORT BELVOIR, Va. — The Department of Defense’s premier law enforcement agency, the U.S. Army Criminal Investigation Command, commonly known as Army CID, is actively recruiting qualified Soldiers who are interested in careers as highly-trained federal law enforcement officers.

Special agents with CID are responsible for investigating felony-level crime where there is an Army nexus: conducting protective-service operations, conducting counter-narcotic operations, developing criminal intelligence, and working with other federal, state and local law enforcement agen-

cies worldwide to solve serious crime.

Agents receive training at the U.S. Army Military Police School and advanced training in specialized investigative disciplines.

CID agents are some of the most highly-trained and experienced detectives in the law enforcement arena. Selected agents receive advanced training at the FBI National Academy, the Metropolitan Police Academy at Scotland Yard, the Defense Academy of Credibility Assessment (formerly known as the DoD Polygraph Institute), or the Canadian Police College.

Agents also have the opportunity to pursue a master’s degree in forensic science from George Washington University, and enlisted agents have tremendous opportunities to become

warrant officers.

“The unique opportunities in CID are second to none, and our agents are some of the most sought-after professionals in law enforcement today, because of the caliber of training they receive and their experience in solving crime,” said Chris Grey, chief of Public Affairs for CID. “We are always looking for qualified Soldiers to join our elite team of investigators.”

According to Grey, CID special agents are first responders and the Army’s detectives for murders, sexual assaults, contracting fraud, robbery, computer crimes and any other felony criminal acts against the Army community.

Agents from

To apply, contact your local CID office at 655-1765 or 655-8371, or go to www.cid.army.mil for additional information.

CID work daily with the FBI; the Bureau of Alcohol Tobacco, Firearms and Explosives; the Drug Enforcement Administration; and numerous other law enforcement agencies and have one of the highest solve rates for serious crime within federal law enforcement.

To qualify, applicants must meet several requirements; among them, applicants must be a U.S. citizen at

least 21 years old; be an E-4 through E-6; have at least two years, but not more than 10 years time in service; have an Armed Services Aptitude Battery score of 107 or higher (ST of 110 if tested prior to Jan. 2, 2002); have at least 60 college credit hours from an accredited institution (waiver of up to half of this prerequisite may be considered if favorably endorsed by a local CID office); and have an acceptable physical profile.

Other qualifications apply. Contact CID at 655-1765 or 655-8371. Visit www.cid.army.mil for additional information.

8th TSC Soldiers lend support to improve PTA’s Kipuka Trail

CHICPAUL BECERRA
Pohakuloa Training Area Public Affairs

POHAKULOA TRAINING AREA, Hawaii — Four Soldiers were just about done with unit training at the Pohakuloa Training Area (PTA) when a different kind of service called.

Spc. Anthony Cardenas, Pfc. Spencer Brown, Pvt. 2 Monica Brown, and Pvt. 2 Julius Rogers, from the 8th Theater Sustainment Command, were chosen to support a much-needed Na Ala Hele-Trails and access systems work project, April 21, at the Kipuka Trail, located at the 21 Mile Marker on Saddle Road.

The half-mile circular Kipuka Trail, once completed, will be a place where people can get closer to nature.

“We plan to build a pavilion with two picnic benches, a railing to overlook the forest and a user-friendly trail,” said Virginia Aragon, information and education outreach specialist, Division of Forestry and Wildlife. “At this time, we need volunteers to make improvements to the trail so that it is safe for children and senior citizens to use when they walk around the forest.

“The area provides a place where people can see native bird species, such as the akapea and the palila, in their natural habitat,” she added.



A Division of Forestry and Wildlife employee (left) assists Pvt. 2 Julius Rogers (center) and Pfc. Spencer Brown (right) with loading rocks on a wheelbarrow.

Aragon said she appreciates all volunteers.

“The Soldiers are valuable in completing the trail as we rely upon volunteers for much of the work,” she said. “The Division of Forestry and Wildlife truly appreciates their efforts, and we hope that we can continue to rely on this partnership with Pohakuloa (Training Area).”

One of the Soldiers expressed his appreciation for nature.

“I’ve been working on the trail for

about an hour-and-a-half, basically hauling rocks and placing them at an area where there is a need to slightly level off part of the steep trail,” said Cardenas. “I understand what this work means as we develop this trail into a much safer place to navigate. By carefully laying out rocks and the gravel along the path, we are making this into an enjoyable means for people to appreciate various wildlife, birds and plants.”

Soldiers’ support for the Kipuka Trail is beneficial in two ways, according to a PTA staff member.

“I think that two of the greatest things we do at Pohakuloa Training Area are partnering with our local community and preserving the environment, working with the State’s Na Ala Hele trails program,” said Robert Misajon, PTA plans and operations officer. “It’s our way of giving back to the aina (land) and is also educational for the Soldiers supporting Na Ala Hele.

“Virginia Aragon is an expert on the flora and fauna in the Kipuka and always shares her knowledge and love for the land with volunteers and Soldiers who help out,” Misajon added, grateful for Aragon’s contributions.

News Briefs

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

4 / Monday

Spring Clean Up

— The U.S. Army Garrison-Hawaii spring clean up, which applies to all on-post housing, is scheduled, May 4-6.

Lumber, cardboard and small appliances pick up is May 4; hazardous items such as batteries, May 5; and large appliances, May 6.

Residents are advised to ensure that all items are brought out to the main thoroughfares for pick up and placed in an orderly fashion.

Items placed on side streets or alleyways will not be picked up because vehicles cannot maneuver down smaller streets.

Ensure all oil and liquid containers are closed and sealed.

If you are unsure about an item, talk to a unit representative, or call 655-0222.

Spouse Information Meeting

— The next Spouse Information Meeting is May 4, 9 a.m., in the Post Conference Room, Schofield Barracks.

7 / Thursday

Asian-Pacific American Heritage Month

— The 8th Theater Sustainment Command (TSC) and Team Equal Opportunity (EO) Hawaii will host an Asian-Pacific American Heritage Month observance, May 7, 10-11:15 a.m., at Sgt. Smith Theater, Schofield Barracks.

Grandmaster Jhoon Rhee, known at the “Father of American Tae Kwon Do,” will be the guest speaker. For more information, contact the 8th TSC EO office at 438-1627.

8 / Friday

Bone Marrow Donor Briefing

— U.S. Army Garrison-Oahu North is hosting a Bone Marrow Drive unit representative briefing, May 8, 1-2 p.m., at the Sgt. Smith Theater, Schofield Barracks. Eligible attendees include company/battery/troop representatives, Department of Defense civilians, contractors and agency representatives.

For more information, contact the Oahu North community director’s office at 655-0497.

12 / Tuesday

Newcomers Brief for Soldiers

— The next monthly newcomers briefing for Soldiers is May 12, 4-5 p.m., at the Soldier Support Center, Building 750, Schofield Barracks.

13 / Wednesday

Lyman Gate Closure

— Lyman Gate, Schofield Barracks, will be closed, May 13-29, to install additional force protection measures.

The Visitor Control Center (VCC) will be relocated to the

Stoneman Field parking lot, accessible via McNair Gate during the closure. To view gate hours, visit www.garrison.hawaii.army.mil (Click “Post Updates,” then “Traffic Information”). For more information, call 656-6735.

Provost Marshal Office has recovered personal property items belonging to Soldiers or their family members on both

Schofield Barracks and Fort Shafter. The found items include unregistered bicycles. Call 655-8255.

Ongoing

Found Property

— The

Garden shows visitors a slice of the island

Oahu Army Natural Resource Program staff showcase their facilities

Story and Photo by
STEFANIE GARDIN
U.S. Army Garrison-Hawaii Public Affairs

SCHOFIELD BARRACKS — Did you know that one of the Waianae Mountain ridges was named after “crazy crabs” or that some of the plants near the North Shore’s Kaena Point have hair-covered leaves to protect them from the sun’s rays?

These are just a few of the interesting tidbits guests learned while touring the Oahu Army Natural Resource Program’s (OANRP) new interpretive garden.

OANRP showcased the garden as part of an Earth Day celebration, April 23, dedicating the program’s new base yard and facilities, while thanking public and private partners and volunteers in the conservation effort.

About five years ago, the OANRP staff started outgrowing its facility and began looking for a new home, which the Directorate of Plans, Training, Mobilization and Security was kind enough to give to them.

“We had probably 35 people squeezed into three rooms, so it was a little crowded,” said Kapua Kawelo, OANRP biologist.

The new base yard, which is located near Range Control and Area X on Schofield Barracks, gives the staff more room to grow, literally.

“We needed a better greenhouse, and this site provided us an op-



portunity to develop an interpretive garden where we could bring off-islanders or just general visitors ... who don’t actually get an opportunity to get up into the forest and work with us and see those plants in the wild,” Kawelo said.

OANRP’s interpretive garden is loosely modeled off the interpretive garden at Pohakuloa Training Area, Hawaii, with the exception

that the Oahu garden attempts to showcase plants living in five very different types of habitats.

The five habitats represent about two-thirds of the types of habitats that OANRP staff works with on

Left — Maj. Gen. Raymond Mason, commanding general, 8th Theater Sustainment Command, waters an endangered Hibiscus brackenridgei, Hawaii’s state flower. Mason and Col. Howard Killian (right), deputy director, Installation Management Command-Pacific Region, planted the flower during the dedication of the Oahu Army Natural Resource Program’s new base yard and interpretive garden, April 23.

Army training lands and areas where they partner with other land owners.

“Kaena” represents the coastal dry shrubland, “Lower Ohikilolo” the lowland dry shrublands, “Kalu-akauila” the lowland dry forest, “Kahanahaiki” the lowland mesic forest, and “Ohikilolo Cliff” the dry cliff, mesic shrubland and mesic forest.

As visitors walk from one moku, or section, to the next, interpretive signs point out habitat characteristics, native plants and animals, and even some of the cultural history of the locations represented. For example, at the Ohikilolo Cliff moku, visitors learn about the role some plants play in hula.

General visitors can access the garden, which is located at 413 Oahu Street, for self-guided tours, Monday-Thursday, 7 a.m.-5:30 p.m. Larger groups should contact the OANRP staff at 656-7641, to give the staff advance notice.

Books: Strong school system built with help

CONTINUED FROM A-1

to improve the schools and area.”

Comparing his youth in Iraq to the current state of Iraq, Alsoltani believes the importance placed on schooling in Iraq has faltered due to the recovery and reconstruction.

“I think a bit has changed since I was going to school here,” Alsoltani said. “It was a priority for parents to send their kids to school, to teach them to read and write and send them all the way up to college.”

“Without a strong school system, in the areas outside of the cities, a lot of kids drop out after grade six, because the desire to help the family with their farms can outweigh the benefits or practicality of further education,” he added.

Still, many parents and townspeople continue to contribute toward the education of the village’s children by chipping in when the schools can’t raise funds.

Despite some challenges, Alsoltani believes, with the help of the Iraqi people, the country of Iraq is on its way toward improving their children’s education system.

“It will take time. The government is still establishing itself, but I think the education system is going back to how it was and maybe better,” Alsoltani said.

In addition to donating books to the local school, the detachment also helps out by donating school supplies and sporting goods for the children of primary and secondary schools.

These supplies are typically donated or purchased with coalition funds.

Everyday heroes honored for outstanding community service

Story and Photo by
AMY L. BUGALA
Staff Writer

FORT SHAFTER — Members of U.S. Army Garrison-Hawaii (USAG-HI) gathered at the Hale, Ikena, here, to recognize the service and accomplishments of some everyday heroes at the 2009 Installation Volunteer Recognition Ceremony, April 23.

Guest speaker Maj. Gen. Raymond Mason, commanding general, 8th Theater Sustainment Command, honored the volunteers by donning his general officers belt prior to making his remarks, calling forth a tradition he said he saves for only special occasions.

“In my 30 years in the Army, I have witnessed many heroic acts of selfless service ... the efforts of these volunteers today certainly rises to that level of heroism,” said Mason.

Twenty-nine individuals were nominated this year by units and community organizations to be recognized in seven different categories.

As Tracey Clark, Army Community Service, Army Volunteer Corps coordinator called the names, she briefly described each nominee's accomplishments as Mason and Col. Matthew Margotta, commander, USAG-HI, presented certificates of appreciation and mementos.

Seven individuals were selected from the 29 nominees to be recognized as outstanding volunteers of the year in the following categories; Soldier, Spouse, Civilian, Volunteer Ambassador, Youth, Silver and Family.

During his speech, Mason personally thanked the volunteers and spoke about the significance of this year's theme, “Volunteer to Change the World.” He said volunteer contributions vividly show how simple acts of kindness and selfless service can lead to overall improvement in our communities and lives.

“That spirit of volunteerism,” Mason said, “lives right here in Hawaii, and



U.S. Army Garrison-Hawaii Volunteers of the Year gather for a keepsake photo. Pictured, left to right, are Linda Chevalier (represented by her daughter), honored as Silver Volunteer; Elizabeth Woodruff, Spouse and Installation Volunteer; Meko Thompson, Youth Volunteer; Bogus family (child in arms Peyton, Chris, Cera, Michelle and Rhiannon), Volunteer Family of the Year; Spc. Courtney Robinson, Soldier Volunteer; and Staff Sgt. John Irace, Volunteer Ambassador. Amy Earle (not pictured) is Civilian Volunteer of the Year.

right here in this room.”

Elizabeth Woodruff is one of many volunteers who embodies that spirit. As the Installation Volunteer of the Year and Spouse Volunteer of the Year awardee, Woodruff gives of her talents in anyway she can – from stepping up to lead the battalion's family readiness group (FRG) through a 15-month deployment, to substitute teaching, co-leading a Girl Scout troop, volunteering for youth sports, or helping to honor the fallen and their families by singing at memorial services.

“It was an honor to be recognized and represent all the ladies in our battalion,” Woodruff said.

As a mother of three, Woodruff explained that if her efforts can set an example for others, then she believes she has affected change and the community.

Inspiring others is one reason Spc. Courtney Robinson, 209th Aviation Support Battalion, Soldier Volunteer of the

Year, gives of her time. Her efforts reach beyond the Army community to sponsor children in Indonesia and Africa and raise funds for the Make-a-Wish Foundation and St. Jude's Hospital.

As a single Soldier and expectant mother, Robinson is actively involved in her unit's FRG, and her efforts have helped posture her unit for deployment.

“Inspiring people to do more is what matters to me,” she said. “I think that as a Soldier you are exposed to so many more opportunities to give.”

Nominee Heather Brock, Charlie Troop, 2nd Squadron 6th Cavalry Regiment FRG leader, said she helps wherever she is needed.

Brock volunteers as an Army Family Team Building instructor and for the Hui O Wahine, the Schofield Barracks spouses' organization.

“I volunteer because I want programs to continue in the community. It's always fun and I enjoy what I do,”

Brock said.

Having fun is a key component to the volunteer efforts made by the Bogus family, who were recognized as the Volunteer Family of the Year.

“Keeping the family busy helped us get through deployment,” said the mother of three, Michelle Bogus.

As the list of nominees came to an end no community program was left untouched by the selfless contributions of volunteers.

Clark illustrated the wealth of service by presenting Margotta with a check in the amount of \$2,575,681, symbolizing the amount of money 800 volunteers and 132,000 volunteer hours has given the community.

“I cannot help but be awed by what some of these volunteers do. We as a community can't say thank you enough,” said Margotta. “You are truly heroes.”

2009 U.S. Army Garrison-Hawaii Outstanding Volunteer Nominees

Heather Brock
Capt. Clayton Cole
Mildred A. Compton
Marissa Diaz
Theresa Dighans
Martina Foote
Mike Godich, Jr.
Juanita C. Johnson
Theresa Johnson
Paula Katers
Jeanine North
Yuko O'Reilly
Bernice N. Oshita
Sherrell Pippen
Rebecca Anne Rhodes
Carrie Sonnen
Suzanne Tuten
Mary Ward
Melinda Yeary
Staff Sgt. Richard T. Yniguez
Yearly Family
Joyce A. Zook

VOLUNTEERS OF THE YEAR

Installation Volunteer of the Year

Elizabeth Woodruff

Soldier Volunteer of the Year

Spc. Courtney Robinson

Spouse Volunteer of the Year

Elizabeth Woodruff

Civilian Volunteer of the Year

Amy Earle

Silver Volunteer of the Year

Linda Chevalier

Volunteer Ambassador

Staff Sgt. John Irace

Youth Volunteer of the Year

Meko J. Thompson

Volunteer Family of the Year

The Bogus Family
(Chris (father), Michelle (mother),
Rhiannon, 14; Cera, 10; and
Peyton, 10-months-old)

Army surgeon general says ‘no cause for panic’ about flu

C. TODD LOPEZ
Army News Service

WASHINGTON — While emphasizing caution, the surgeon general of the Army said there’s no reason to be alarmed by H1N1 flu.

“It’s important for you all to understand that there is no cause for panic or alarm,” wrote Lt. Gen. Eric B. Schoomaker, U.S. Army surgeon general in his blog. “Antiviral drugs are available in the event you become ill, and there are preventive measures you can take to stay healthy.”

The H1N1 flu virus has been confirmed in such places as Mexico, the U.S., New Zealand, Canada, Spain and the United Kingdom. There

have been deaths in Mexico.

“The most recent cases of (H1N1) flu appear to have the ability to be passed from person to person and have resulted in a number of cases in the United States,” Schoomaker said.

The symptoms of H1N1 flu are similar to other kinds of flu, including fever, cough, sore throat, body aches, headache, chills and fatigue. In some cases, there may also be vomiting and diarrhea.

Medication like Tamiflu and Relenza can treat the H1N1 flu, Schoomaker said. These medications are not available over the counter, however, but by doctor’s prescription.

“If you have (H1N1) flu and need treatment, treatment should start within two days after you begin to feel sick,” Schoomaker said.

Those with chronic medical conditions are at risk for more severe illness from the swine flu, he said.

According to Schoomaker, neither the Army nor the overall military population are showing any unusual spike in illness that might indicate H1N1 flu. Additionally, the surgeon general said, he and other senior medical officials in the joint community are staying abreast of the issue in order to keep the force healthy.

“Rest assured that my staff and I are working the (H1N1) flu issue close-



ly with the Joint Staff surgeon, the assistant secretary of Defense for Health Affairs, the other military serv-

ices, Health and Human Services, and the Centers for Disease Control and Preventive Medicine,” Schoomaker said.

Deployed service members are at no increased risk of infection, according to information released by the Surgeon General’s Office.

The Army Medical Command recommends Soldiers and their families avoid contracting the (H1N1) flu by avoiding those who already have the flu, and by washing their hands often.

“If you think you have (H1N1) flu, contact your health care provider. He or she will be able to determine if you need testing or treatment,” Schoomaker said.

Officials give answers to questions about H1N1 influenza



Although no current pandemic outbreak is linked to H1N1 flu, service members, their families and Department of Defense civilians should be informed about the virus. The questions and answers that follow are provided for use in understanding H1N1 flu.

What is the Type A H1N1 flu? H1N1 influenza is a respiratory disease. The portion of this virus that we are tracking resembles the influenza viruses normally seen in pigs. It also has genetic materials seen in pigs, humans and birds. Every year influenza viruses change.

How serious is H1N1 flu infection? Like seasonal flu, H1N1 flu in humans can vary in severity from mild to severe.

What are the signs and symptoms of H1N1 flu in people? The symptoms of H1N1 flu in people are similar to the symptoms of regular human flu. They include fever, cough, sore throat, body aches, headache, chills and fatigue. Some people have reported diarrhea and vomiting associated with H1N1 flu.

In the past, severe illness (pneumonia and respiratory failure) and deaths have been reported with H1N1 flu infection. Like seasonal flu, H1N1 flu may cause a worsening of underlying chronic medical conditions.

How does H1N1 flu spread? Spread of the H1N1 influenza A virus is thought to be happening in the same way that seasonal flu spreads, mainly from person to person through coughing or sneezing of people with influenza. Sometimes people may become infected by touching something with flu viruses on it and then touching their mouth or nose.

Is the H1N1 flu virus contagious? The Centers

for Disease Control has determined that the virus is contagious and spreading from human to human. However, at this time, it not known how easily the virus spreads between people.

What is the contagious period? Infected people may be able to infect others beginning one day before symptoms develop and up to seven or more days after becoming sick. That means that you may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick. Children, especially younger children, might potentially be contagious for longer periods.

How long can viruses live outside the body? Some viruses and bacteria can live two hours or longer on surfaces like cafeteria tables, doorknobs and desks. Frequent hand-washing will help you reduce the chance of getting contamination from these common surfaces.

How do I protect myself? Prepare for flu outbreaks as you would for all hazards. First, learn about the hazard and practice prevention techniques, including good hygiene.

- First, and most importantly, wash your hands often with soap and water, especially after you cough or sneeze. Wash for at least 15–20 seconds.

Alcohol-based hand cleaners are also effective and can be used if soap and water are not available. You can find these cleaners in most supermarkets and drugstores.

If using gel, rub your hands until the gel is dry. The gel doesn’t need water to work; the alcohol in it kills the germs on your hands.

- Cover your mouth and nose when coughing or sneezing. And avoid touching your eyes, nose or mouth. Germs spread this way.

- Try to avoid close contact with sick people. Limit direct contact by not shaking hands and do not share objects with someone who is sick (utensils, remote controls, pens and the like).

- Disinfect frequently touched surfaces, including door knobs, light switches and toilet handles.

- Teach your children flu prevention hygiene. And, if someone in your house is sick you should also stay at home until they no longer feel sick.

- In general, get vaccinated to boost immunity to flu viruses.

- In an emergency response, practice infection control by continuing to wash your hands and limiting direct contact. Telecommute or hold telephone or video conferences. Maintain personal space of at least three feet. Limit exposure to sick people.

- Try to stay in good general health. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids and eat nutritious food.

Can I get swine influenza from eating or preparing pork? No. H1N1 influenza viruses are not spread by food. You cannot get H1N1 influenza from eating pork or pork products. However, eating properly handled and cooked pork products is safe.

What should I do if I get sick? If you live in areas where H1N1 influenza cases have been iden-

tified and become ill with influenza-like symptoms, contact your health care provider, particularly if you are worried about your symptoms. Your health-care provider will determine whether influenza testing or treatment is needed.

If you are sick, you should stay home and avoid contact with other people, as much as possible, to keep from spreading your illness to others.

If you become ill and experience any of the following warning signs, seek emergency medical care:

In children, emergency warning signs that need urgent medical attention include fast breathing or trouble breathing, bluish skin color, not drinking enough fluids, not waking up or not interacting, being so irritable that the child does not want to be held, flu-like symptoms improve but then return with fever and worse cough, and/or fever with a rash.

In adults, emergency warning signs that need urgent medical attention include difficulty breathing or shortness of breath, pain or pressure in the chest or abdomen, sudden dizziness, confusion, and/or severe or persistent vomiting.

(Editor’s Note: Information compiled from Ready Army fact sheets.)

Army shows muscles at bodybuilding championship

Story and Photos by
MOLLY HAYDEN
Staff Writer

PEARL HARBOR — The best bodybuilders from the Army, Navy, Air Force and Marines gathered at Sharkey Theater here, Saturday, for the 26th Annual Armed Forces Hawaii Bodybuilding Championship.

The muscle-filled teams were introduced to a cheering crowd of more than a hundred and the competition started with a team contest.

With a larger number of Soldiers participating in this year's competition, the Army was able to create two teams, and placed first and second in the team posing category.

After the team competition, the participants split up to compete in the individual men's and women's divisions.

In each division's weight class, bodybuilders displayed their physiques and struck various poses at the judges' command during three rounds. The judges assigned points based on each contestant's aesthetic appearance.

Round one showcased muscularity and strength, and round two focused on body symmetry. The third round showed each bodybuilder's unique form and technique during a musical routine of posing and flexing. The showcase ended with a final pose down.

The judges decided the fate of each bodybuilder as the contestants waited on stage.

Staff Sgt. Jeff Herzog, Headquarters and Headquarters Company, 2nd Stryker Brigade, 25th Infantry Division, has felt this kind of pressure before.

"I competed in my first competition in 2006," said Herzog. "It's tough to get where we are, but we are all here to compete and to show how strong and mean we can look."

Herzog placed first in the men's middleweight division and said his Army training prepared him for the night.

"The Army promotes overall health," said Herzog. "(Soldiers) live such an active lifestyle, and it's easier to stay lean and healthy."

Fitness and nutrition are crucial while preparing your body for a bodybuilding com-



Above — Staff Sgt. Jeff Herzog (left) and Master Sgt. Bob Day show off their muscle power during the 26th Annual Armed Forces Hawaii Bodybuilding Championship at Pearl Harbor, Saturday. Herzog placed first and Day placed second in the men's middleweight division.

petition, according to Herzog, because rigorous training is needed to elevate muscle mass.

"You work each individual muscle and work on sculpting your body," said Herzog. "It can be tough but the reward is great."

"I still have a lot of work to do, but I came in the competition the best that I could," he added. "I felt comfortable, and now it's just a matter of increasing."

The Army men not only took first in the heavyweight division, but also second place in the men's lightweight, welterweight and middleweight divisions, and third place in the light heavyweight division.

The women took the stage next, performing the same routine as the men in a friendly flex-off.

Maj. Beth Clukey and Sgt. Saquawia Funderberk took first and second place in the heavyweight category, respectively.

In the end, the Soldiers proved "Army Strong" by taking home half of the trophies awarded at the competition.



Maj. Beth Clukey shows off her form at the joint service bodybuilding competition. She took first place in the heavyweight category.

Hawaii honors all military & family members throughout May

The Military Affairs Council of the Chamber of Commerce of Hawaii, community members and businesses in Hawaii celebrate the military's presence in the Hawaiian Islands throughout May.

All service members and their families are invited to take part in the activities offered during the 24th Annual Hawaii Military Appreciation Month (HMAM).

Saturday, May 2

The Bishop Museum HMAM Day — The Bishop Museum is hosting a Military Appreciation Day, May 2, 9 a.m.-5 p.m. General admission is free to all retired, active duty and reserve military members and their families with ID. The first 1,500 military guests will receive free hot dogs and beverage.

The museum will be featuring Hawaiian arts and crafts and a rarely offered behind-the-scenes tour of its cultural collections. The event will also include local food booths, live entertainment, games and prize giveaways.

Regular family Sunday prices apply for kamaaina, \$3; for adult nonmilitary visitors, \$15.95; for ages 4-12 and for 65 years up, \$12.95; and 3 and under are free. Call 848-4106 for more information.

Pacific Fleet Band Performances — The Pearlridge Shopping Mall honors the military this month with several special performances of the Pacific Fleet bands at the Pearlridge Mall Uptown

Center: The 18-member Pacific Fleet Jazz Band will perform, May 2, 1-2 p.m.; the Dixie Express will perform, May 23, 1-2 p.m.; and the Pacific Fleet rock band "Hang Ten" will perform, May 30, 1-2 p.m. Concerts are open to the public, and admission is free.

Saturday, May 16

Living History Day — The U.S. Army Museum of Hawaii will host a Living History Day to commemorate Armed Forces Day, May 16, 10 a.m.-3 p.m., on the lawn area of the museum at Fort DeRussy.

The event will include static exhibits of modern military Soldiers and equipment, military memorabilia, restored military vehicles, re-enactors in period uniforms and hands-on displays of non-government military artifacts. Call 438-2825.

Military Band Concert — The Chamber of Commerce of Hawaii presents the 24th Annual Combined Military Band Concert, May 16, 7 p.m., at Hawaii Theatre. Top musicians from the U.S. Army, Navy, Marine Corps, Air Force, Coast Guard and Hawaii National Guard join forces for this concert featuring Broadway musicals, marches, classics and pops. Tickets are free and available by calling the Hawaii Theatre Box Office, 528-0506.

Thursday, May 21
Military Recognition Luncheon —

The Annual Military Recognition Luncheon is scheduled, May 21, noon-1:30 p.m., at the Hilton Hawaiian Village Hotel. Guest speaker will be Lt. Gen. Keith Stalder, commanding general, Marine Forces Pacific.

This event is the public's opportunity to welcome home returning heroes and recognize military community service awardees. To purchase tickets, e-mail Kyle Okamura at kokamura@cochawaii.org or call 545-4300, ext. 317.

Saturday, May 23

HMAM Street Festival — The members of the Honolulu Arts District Merchant's Association and the Honolulu Culture and Arts District invite service members, retirees reservists and their families to a special street festival, May 23, 5-10 p.m. at Nuuanu and Hotel Streets. Enjoy entertainment, food, movies and games for all ages. The event is open to the public.

Saturday, June 6

Honolulu Zoo HMAM Day — Military families (retired, active duty and reserve military members and their families with ID) will be treated to free admission, lunch and entertainment at the Honolulu Zoo, June 6, 9 a.m.-2 p.m. Free bus service is being provided from Schofield Barracks, Hick-

am Air Force Base, Pearl Harbor, and Marine Corps Base Hawaii. This event is sponsored by the USO and the City and County of Honolulu.

Discounts at Local Theatres

Manoa Valley Theatre — Military members receive \$5 off a regular ticket price to see "Duck Hunter Shoots Angel," May 13-31 at the Moana Valley Theatre. Tickets are available online at www.manoavalleytheatre.com. Call 988-6131.

Diamond Head Theatre — Active duty military will receive \$5 off tickets in sections A and B for performances of "Dirty Rotten Scoundrels," May 15-31, at Diamond Head Theatre. For tickets, call 733-0274 or visit www.diamondheadtheatre.com.

Honolulu Theatre for Youth — The Honolulu Theatre for Youth presents the musical "Goodnight Moon" now through May 23. Military members can buy one

adult ticket at \$16 and receive a child admission free (an \$8 value). Tickets are available online at www.htyweb.org or call 457-4254.

Ongoing

Mission Houses Museum — Mission Houses Museum is now showing "Alphabet Soup: Literacy, Language & Learning," through Sept. 12. Admission is free for active duty, retired and reserve military members and families with valid military ID during the month of May. Call 531-0481.

Contemporary Museum Celebration — The Contemporary Museum is offering free entry for retired, active duty and reserve military members and their families with ID. Regular museum hours are Tuesday-Saturday, 10 a.m.-4 p.m., and Sunday noon-4 p.m. Call 526-1322.

Manoa Heritage Center — Manoa Heritage Center offers tours to members of the military for a reduced rate of \$4 each. Reservations are required. Call 988-1287.

Honolulu Academy of Arts — The first Wednesday of every month is free for military personnel and their families. Regular admission is \$10 for adults and \$5 for military. Call 532-8700 or visit www.honoluluacademy.org





1 / Today

ITR Expo — See everything Family and Morale, Welfare and Recreation (FMWR) and the wonderful state of Hawaii have to offer at an Information, Ticketing and Registration (ITR) Expo, May 1, 10 a.m.-1 p.m., at Schofield Barracks Main Exchange.

Dozens of representatives from island attractions and FMWR programs will be on hand to answer questions and provide recreation and leisure information. Call 655-9971.

Family Fun Fridays — Family Fun Friday is back at the Tropics Recreation Center, May 1, 6 p.m., with free Papa John's pizza, games and contests the whole family can 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.

Waikiki Party Bus — The Army bus rides again, May 1, 9 p.m.-4 a.m. The bus will pick up riders on Schofield Barracks and Fort Shafter and take them down to party in Waikiki, worry-free. Free tickets are available at Information, Ticketing and Registration offices.

The bus is scheduled to run next, May 29. Call 655-9971/438-1985.

4 / Monday

Newborn Care I and II — Taking care of a newborn for the first time can be scary. From holding, to diapering and bathing, come learn the basics of newborn care to make the early months special for you and your baby. This class is a two-part series that provides tips about newborn care.

- Newborn Care I is May 4, 9-11 a.m., Sgt. Yano Library, Schofield Barracks, and May 5, 9-11 a.m., Aliamanu Military Reservation (AMR) community center.
- Newborn Care II is May 11, 9-11 a.m., Sgt. Yano Library, and May 12, 9-11 a.m., at AMR community center. Call 655-4227.

Parenting Class — Be a successful parent with the help of the Family Advocacy Prevention team. Participate in the 1-2-3 Magic Parenting class, May 4, 9-11 a.m., at Army Community Service, Schofield Barracks, and May 11, 9-11 a.m., at Aliamanu Military Reservation community center. Learn new ways to effectively deal with a child's behavior, improve communication, and build self esteem. To register, call 655-0596.

5 / Tuesday

Make Your Own Ukulele — Learn the



Amy L. Bugala | U.S. Army Garrison-Hawaii Public Affairs

Breakfast of champions

WHEELER ARMY AIRFIELD — Fifty-five sixth graders display the results of hard work at the "Breakfast of Champions" scholastic achievement recognition event at Wheeler Middle School (WMS) cafeteria, Wednesday. All together, 135 WMS students, grades 6-8, were recognized for earning all "As" and "Bs" during the last quarter. The event gives parents an opportunity to share the achievement and a small breakfast with their child.

fine Hawaiian art of ukulele making beginning May 5, 6-8 p.m., at the Schofield Barracks Arts and Crafts woodshop. This class will meet each Tuesday for eight sessions. Cost is \$225 and includes all supplies and tools needed. Call 655-4202.

Cinco de Mayo — Celebrate Cinco de Mayo at the Tropics, Schofield Barracks, May 5, with "Fiesta Hour," and a \$10 all-you-can-eat Mexican food buffet from 4-6 p.m.

Participate in hilarious contests, a salsa cook-off, entertainment and more. Reserve a spot for this great party today. Call 655-5698.

Autism Support Group — Army Community Service (ACS) Exceptional Family Member Program (EFMP) will hold an Autism Support Group meeting May 5, at Aliamanu Military Reservation Chapel, and May 13, at the Schofield Barracks Main Chapel. Dinner begins at 5:30 p.m., presentations and discussions begin at 6 p.m. On-site child care is available, registration and sign up are required.

The Autism Support Group is a partnership between ACS EFMP, the Community Chaplains, and the Children's Community Council. Contact ACS EFMP at 655-4791 or 655-1551 for details.

6 / Wednesday

Pottery Wheel Throwing — Schofield Barracks' Arts and Crafts Center is offering pottery wheel classes starting May 6. The class will meet each Wednesday from 6-8 p.m. for four sessions. Cost is \$60 and includes supplies. Call 655-4202.

7 / Thursday

Children of Eden — The Army Community Theatre musical production "Children of Eden" opens May 7, at Richard-

son Theatre, Fort Shafter. Freely based on the story of Genesis, "Children of Eden" is a frank, heartfelt and humorous examination of the age-old conflict between parents and children. Adult ticket prices begin at \$15, and children's tickets are available for \$12.

Additional performances are scheduled May 15, 16, 22 and 23. Visit www.armytheatre.com for more information or to purchase tickets. Call 438-4480.

BSC Theater Offer — Blue Star Card holders are invited to attend a free showing of "Children of Eden," at Richardson Theatre, Fort Shafter, May 7. Transportation leaves Schofield at 6 p.m., and curtain call is 7:30 p.m. Enjoy free pupus and free transportation.

Space is limited. Register by May 1 with the Recreation Activities Office at 655-0112.

Stress Management

— Learn basic information for designing a personalized stress management program, May 7, 9-11 a.m., at Army Community Service, Schofield Barracks, and 9-11 a.m., at Aliamanu Military Reservation, community center. Call 655-0596.

Potty Training Tips — Learn what to expect when potty training your toddler and some tips to reaching this milestone, May 7, 9-11 a.m., at Sgt. Yano Library, Schofield Barracks. Call 655-0596.

8 / Friday

Spouse Appreciation Day — Family and Morale, Welfare and Recreation (FMWR) will host an Arabian Experience military spouse appreciation event, May 8, 5-7 p.m., at the Nehelani, Schofield Barracks. Spouses can enjoy massages, food and prizes, all in an Arabian at-

mosphere. Indulge and enjoy a unique experience while FMWR says, "thanks for being you." This event repeats, May 27, 11 a.m.-1 p.m., at the Hale Ikena, Fort Shafter.

Child care is available for both dates. Registration is required, visit www.mwr.army.hawaii.com to register. Call 655-0111/2.

Care Response Team — Learn to be part of the Care Response Team (CRT), a group of caring and trained volunteers that can immediately "be there" for a spouse and family after notification of a death or serious injury.

Basic CRT training is scheduled, May 8, noon-4:30 p.m. and May 21, 9 a.m.-1p.m., at Army Community Service (ACS), Schofield Barracks. A CRT Refresher Course is scheduled, May 16, 9 a.m.-noon, at ACS Schofield Barracks. Contact 655-4227 or robin.lalexander1@us.army.mil

10 / Sunday

Mother's Day Brunch — Enjoy a Mother's Day Brunch, May 10, 9 a.m.-2 p.m., at the Nehelani, Schofield Barracks. Last seating begins at 1 p.m. This brunch costs \$25 per person (ages 11 and up), \$18 (ages 6-11) and \$12 (ages 3-5). For reservations, call 655-4466.

12 / Tuesday

Lei Making Demo — Join an interactive workshop on Hawaiian lei making, May 12, 5:30-7 p.m., at Sgt.Yano Library, presented by the Kapolei Hawaiian Civic Club, a nonprofit, Native Hawaiian organization dedicated to the perpetuation of the Hawaiian culture. Participants will learn about the variety, art and techniques of making leis along with local lei giving traditions. Call 655-8002.

June

12 / Friday

"Elmo Makes Music" — The Blaisdell Concert Hall presents a musical event for the whole family, Sesame Street Live "Elmo Makes Music," June 12-21.

Tickets can be purchased online at www.ticketmaster.com. Ticket prices start at \$12. Visit www.sesamestreetlive.com for more information.

Ongoing

DEFY Program — Drug Education for Youth, or DEFY, is looking for youth ages 9-12 to participate in a free, year-round, two-phase drug education and mentorship program. DEFY is about creating positive experiences so youth choose healthy alternatives to substance abuse and gang involvement.

Phase I is a camp, July 8-July 17. Phase II is program development. Youth must commit to attending one Saturday per month, Sept. 2009-May 2010, during Phase II. DEFY graduation is May 15, 2010. Applications for this program are due June 2009.

Junior staff mentors ages 13-18 are also needed. To apply e-mail latasha.jones@pacom.mil or james.t.jones@pacom.mil, or visit www.donhq.navy.mil/defy/.

Troops to Teachers Program — The Troops to Teachers (TTT) Program is a federally-funded program that directly supports military members who have chosen teaching as a career.

The program provides direct resource support, including hiring, and allows up to a \$10,000 bonus for teaching in high-needs schools. Find out what it takes to become a teacher and the benefits of the program.

Contact Bryan Miller, program coordinator for TTT, at the Education Center, Schofield Barracks, Room 209,

on the first Tuesday of every month, 11:30 a.m.-1 p.m., or call 586-4054, ext. 409.

HPU Registration — Hawaii Pacific University offers associate's, bachelor's and master's degree programs on military posts for service and family members. Contact HPU at the Schofield Barracks Education Center at 687-7093 or Tripler Education Center at 687-7036. Visit www.hpu.edu/military.

Making the Grade — Students can cash in on the Army and Air Force Exchange Service's (AAFES) "You Made the Grade" program designed to recognize above-average academic achievement.

Qualifying students receive a coupon booklet that includes free admission to an AAFES Reel Time Theater, a complimentary slice of Anthony's Pizza with a drink and free magazine, as well as other coupons. To be eligible for a booklet, students must present a valid military ID and proof of an overall "B" or better average to their local post exchange.

Sexual Assault Prevention — The Army has launched a new and improved sexual assault prevention program Web site as part of its new I.A.M. Strong sexual assault prevention campaign. Visit www.preventsexualassault.army.mil.

Waikiki Aquarium Volunteers — Residents are invited to join the Waikiki Aquarium's volunteer team. During weekly two-hour shifts, volunteers explain different habitats and species within the exhibits to visitors, share information about Hawaii's marine life and provide the opportunity for visitors to learn about the importance of conservation.

Volunteers receive extensive, hands-on training from the expert staff, as well as continuous education about Hawaiian marine life. Call 440-9020.



Aliamanu (AMR) Chapel
836-4599

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

Fort DeRussy Chapel
836-4599

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



I Love You Man

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

Race to Witch Mountain

(PG)
Saturday, 4 p.m.
Sunday, 2 p.m.
Thursday, 7 p.m.



Coraline

(PG)
Saturday, 7 p.m.

No shows on Mondays or Tuesdays.



Send announcements to community@hawaiiarmyweekly.com.

1 / Today

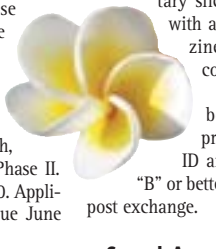
Case Lot Sales — Commissary Case Lot sales are scheduled to take place islandwide in May. Stock up and save at these locations: Marine Corps Base Hawaii, Kaneohe Bay, May 1-2; Schofield Barracks, May 15-16; Hickam Air Force Base, May 15-17; Pearl Harbor, May 22-23; and Barber's Point (Kalaheo), May 29-30. Check local store information for hours of operation at www.commissaries.com.

5 / Tuesday

Cinco de Mayo Street Festival — The Arts District in downtown Honolulu/Chinatown will celebrate the food, music and dance of Mexico with a Cinco de Mayo Street Festival, May 5, 6-9 p.m. at Nuuanu and Hotel streets. Admission is \$3 for adults and \$1 for military with a valid ID card. For more details, visit www.artswithaloha.com.

10 / Sunday

Manoa Valley Walking Tour — Malama O Manoa presents a 1-mile walking tour through the Puu Pueo (Owl's Hill) neighborhood of Manoa Valley, May 10, 8:30 a.m.-noon. See more than 20 significant homes, six of which are on the Hawaii State Register of Historic Places. Tour guides will be on hand to share architectural descriptions, historical facts and other anecdotes. The mission of Malama O Manoa is to promote community, celebrate diversity and preserve, protect and enhance the historic Manoa Valley. The tour costs \$25



Local schools receive computers through Army partnership

Public and private schools benefit from ‘CFL’ program

U.S. ARMY GARRISON-HAWAII
News Release

SCHOFIELD BARRACKS — Local schools are starting to benefit from a new initiative designed to place technological resources in the hands of students as quickly as possible.

According to Wayne Yoshino, U.S. Army Garrison-Hawaii (USAG-HI),

school liaison officer, the “Computers for Learning,” or CFL program, launched by the Army several years ago, is starting to benefit many schools in Hawaii.

The nationwide outreach program provides computer equipment and accessories such as monitors, keyboards, processors and attachments through an online order system facilitated by the USAG-HI school liaison office (SLO).

With support from USAG-HI and the 30th Signal Battalion, the CFL initiative, has blossomed.

“It’s a win-win situation,” said Yoshino.

Any school, public or private, that registers online becomes eligible for the electronics immediately.

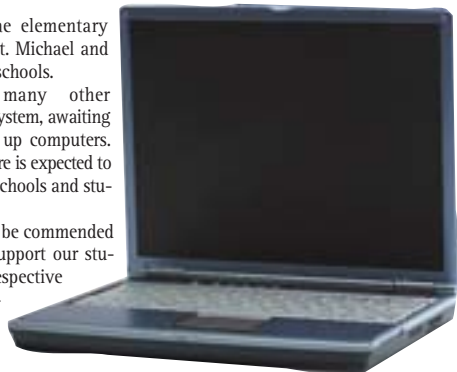
As computer equipment becomes available in the system, the schools are contacted by the SLO and arrangements are made through the 30th Signal Battalion for pick up.

Among the schools already benefiting from the program are Leilehua, Mililani, Waialua, Waianae, and Nanakuli high schools; Wheeler Middle School; Linapuni, Wheeler, Wahi-

awa, and Waianae elementary schools; and the St. Michael and Waialua complex schools.

Additionally, many other schools are in the system, awaiting their calls to pick up computers. This ongoing venture is expected to benefit numerous schools and students.

“The Army is to be commended for its efforts to support our students and their respective educational endeavors,” said Yoshino.



AHFH residents receive survey

Residents provided opportunity to assess post housing services

ARMY HAWAII FAMILY HOUSING
News Release

SCHOFIELD BARRACKS — Residents living in Army Hawaii Family Housing (AHFH) communities received the Army’s annual Military Housing and Lodging Institute (MHLI) survey this week.

The MHLI survey is a tool used by the Department of the Army’s Residential Communities Initiative (RCI) to help assess military housing.

At U.S. Army Garrison-Hawaii, Col. Matthew Margotta, commander, implements and manages the survey.

Residents are asked to assess housing services such as policies, move-in processes, office hours, and routine service requests, as well as property assets.

On The WEB

For more details, log onto www.ArmyHawaiiFamilyHousing.com.

Survey results help the garrison and AHFH make more informed decisions about its communities, in order to improve the quality of life for Soldiers and families.

To increase participation, residents who complete the surveys will be entered to win an X-Box gaming system and receive admission to special AHFH events taking place in May.

The MHLI survey is conducted at more than 40 installations during April and May. Residents who have questions about the survey can call their AHFH community center for assistance.

May case lot sales offer hundreds of products for less

DEFENSE COMMISSARY AGENCY
News Release

SCHOFIELD BARRACKS — How do you improve on a good thing? Offer more of the same. That’s exactly what the Defense Commissary Agency is doing this May with its first worldwide case lot sale of 2009.

This year’s Schofield Barracks case lot event, May 15-16, is shaping up to be the biggest spring sale yet, offering about 100 more products than last year.

The Schofield Barracks Commissary will offer close to 320 items including paper products, beverages, cleaning products and canned goods said Susan Sturgeon-Campbell, store director.

“Along with our regular bulk-sized items, customers will see a few new items

Stock up and save at these locations islandwide:

- Marine Corps Base Hawaii, Kaneohe Bay, May 1-2
- Schofield Barracks, May 15-16
- Hickam Air Force Base, May 15-17
- Pearl Harbor, May 22-23
- Barber’s Point (Kalaheola), May 29-30

Check local store information for hours of operation at www.commissaries.com.

such as;a variety pack of flavored water, nutritional drinks, ‘club pack’ chocolate covered pretzels, and a number of chill and freeze items not previously featured in our bulk sales,” she said.

Some 50-60 percent of the items are

sold in “club pack” product assortments similar to the oversized or multiple products sold at commercial warehouse club outlets.

To the new shopper, a case lot sale can be an experience to remember, said Charlie Dowlen, promotions manager for the DeCA sales directorate.

“Imagine rows of products in cases lined across a commissary parking lot or packed inside a store warehouse,” he said.

“Now, add the people who are all there to take advantage of tremendous savings, and it’s a sight to behold.”

“It always pays to shop early,” said Sturgeon-Campbell, especially for customers hoping to stock up on something in particular.

“When we select our items for the case

lot we try and choose items which are popular with our patrons. A lot of our snack type items sold out on the first day last year, and we have increased those quantities for the May sale,” she said.

Customers will find the majority of Schofield Barrack’s case lot items located under a tent in front of the commissary and frozen or chilled items will be located inside.

The commissary will be open regular business hours, Friday, 9 a.m.-8 p.m., and Saturday 8 a.m.-7 p.m, for the sale.

For maximum savings check out the case lot sales at commissaries islandwide throughout the month of May.

Check local store information for hours of operation at www.commissaries.com.

community Sports

Send sports announcements to community@hawaiiarmyweekly.com.

3 / Sunday

Hike Oahu — Join the Hawaiian Trail & Mountain Club on a 6-mile intermediate hike in the Wahiawa Hills, May 3. This twisting rambling trail follows Kaukonahua Stream.

Hikers will discover a refreshing swimming hole at the lunch spot. Call coordinator Peter Kempf, 384-2221, or 735-2220.

Save the date for this hike, too:

- May 9, a 3-mile novice hike along the Aiea Loop. Contact Phil Booth, 382-4709.

A \$2 donation is requested of nonmembers. An adult must accompany children under 18.

Hikers typically meet at Iolani Palace, mountainside. Visit www.htmclub.org.

9 / Saturday

Wahiawa Pineapple 10K — Register to take part in the 34th Annual 10K Pineapple Run, May 9, 7 a.m., starting at Kaala Elementary School, Mahele Street, Wahiawa.

The 10K (6.2 mile) scenic loop takes runners through Wahiawa and the surrounding pineapple fields.

The top three male and female finishers in each age group receive medals, and all participants receive a T-shirt and a pineapple. Register online through May 7 at www.active.com (search “pineapple run”). Cost is \$20. Call 477-6434.

June

6 / Saturday

Soccer Try Outs — Tryouts

The Directorate of Emergency Services, United States Army Garrison Hawaii presents the Schofield Barracks

Bike Rodeo

May 2, 11 a.m.-4 p.m.

Where: Porter Community Center, Schofield Barracks

• Kiosk ID • Bicycle Case Count • Bike Registration • Property ID • Safety Inspection • and More!!!

Don't forget your bike and helmet!

We will be a Crime Free, D.A.R.E. certified and the Fire Department will help teach children how to play it safe this summer. For parents, a bike registration and property identification benefit will be available. Register your property now and help the police identify your valuable if ever lost or stolen.

For more information call the Schofield Barracks Community Police section at 655-8403, or stop by the police desk anytime.

for the Kaoi Soccer Club for boys and girls ages 6-18 are scheduled June 6 and 7 at the Waiiau District Park, (98-1650 Kaahumanu Street, Pearl City, 96782). Boys are meeting from 10 a.m.-noon, and girls from 1-3 p.m.

Teams play every weekend in various locations around Honolulu. No club fees are required. Call 626-2986 for more information.

Ongoing

Youth Soccer Players Wanted — The Crush Soccer Academy in Mililani is seeking youth players (born between Aug. 1, 2000, and July 31, 2001) to form a boys competitive team. Practices will take place at Central Oahu Regional Park on the corner of Kam Highway and Ka Uka Boule-

vard. Crush Soccer Academy is dedicated to improving individual abilities regardless of skill level. All training is by nationally licensed soccer coaches. Call Coach Katie Knight at 778-1266, e-mail katie@crushsportsacademy.com or visit www.crushsportsacademy.com.

ARC Swimming Classes — Registration is now open for free American Red Cross summer “Learn to Swim” classes. Sessions are available for all ages and take place at Ala Moana Beach Park, June and July. Call 739-8179 or register online at www.hawaiiredcross.org.

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

community Sports

May

2 / Saturday

Surfing Lessons — Learn to surf like the pros, or at least look the part, May 2, 7-10 a.m. Cost is \$35 and all equipment and round-trip transportation

from Schofield Barracks is included. Call 655-0143.

3 / Sunday

Virtual Bike Tour — Bicyclists can virtually cycle around Oahu during this competitive physical challenge beginning May 3, at the Helemano Military Reservation Physical Fitness Center.

Cycle at least 40 minutes a week for 8 weeks to complete the full-circuit island bike tour. Call 653-0719 for more information.

Adventure Biking — Enjoy an easy, family-friendly bike tour of the North Shore area, May 3, 7 a.m.-noon. Discover local “secrets,” including great beach locations along the North Shore bike path.

This novice biking activity is suitable for all ages. Cost is \$15 plus an additional \$5 for bike rental, if needed. Call 655-0143.

6 / Wednesday

Ulua Fishing Class — Learn how to fish on the island of Oahu, May 6, 6-8 p.m. at

Outdoor Recreation, Schofield Barracks. This free class is designed to improve shoreline and boat fishing techniques. Call 655-0143.

9 / Saturday

Adventure Hiking — Enjoy a day hike to various locations around the island, May 9, 7 a.m.-2 p.m. This level two program provides a moderate level of difficulty.

Round-trip transportation from Schofield Barracks and water is provided. Registration is

required, and costs \$10. Hikers may register and pay by phone. Call 655-0143.

10 / Sunday

Adventure Kite Flying — Learn more about kite flying with Outdoor Recreation, Schofield Barracks, May 10, 7 a.m.-1 p.m. Enjoy a morning of relaxation, excitement and education. Bring your own kite; cost is \$10.

Participants may register and pay by phone. Call 655-0143.