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

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

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

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

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Sustainability strategies come into focus

To sustain is a mindset that sees interrelationships in all we do, says program manager in part one of two-part series

DAVID ZUCKERMAN
Installation Management Command-Pacific

When John Donne wrote, "No man is an island, entire of itself; every man is a piece of the continent, a part of the main," in the 17th century, he was acknowledging the relationship of man to the world.

In 2007, then Acting Secretary of the Army Les Brownlee, and then Army Chief of Staff Gen. Peter Schoomaker, presented a similar point of view by recognizing the need to "... become systems thinkers if we are to benefit from the interrelationships of the triple bottom line of sustainability: mission, environment and community."

For the Army, sustainability is multidimensional and comprises much more than technical projects and engineering solutions. To be fully effective, the Army enterprise must fully engage the local community to maintain an adequate civilian workforce.

Sustainability is a foundation strategy and a paradigm that focuses our thinking to address both present and future needs while strengthening community partnerships that improve our ability to organize, equip, train and deploy our Soldiers.



Army sustainability acknowledges the importance of the relationship of the Army to the world in which we live, the communities in which we reside, and the people with whom we work and play.

Key to optimizing the benefits of these relationships is viewing them as part of the larger system and using a sustainability "lens" to help to identify strategic partnerships and actions needed to sustain the mission.

In this time of diminishing resources and rising costs, Army Chief of Staff Gen. George Casey Jr. has identified four strategic imperatives for the Army: sustain, prepare, reset and transform. These strategies recognize the need to "operationalize" a sustainability awareness and ethic into all we do.

Many of the challenges posed by these goals can be met by new and more efficient technologies or improved business

practices that help sustain our facilities and enhance our stewardship of the environment. For example, specific legislation, executive orders, and other mandated design standards, define specific engineering requirements and sustainability objectives.

A great deal of attention is focused on technological sustainability solutions such as wind or solar power in the development of alternative and renewable energy sources. However, sustainability is not just about technological or environmental solutions.

Behavior changes instilled into daily habits also play a critical role in sustainability. From turning off a light or a computer, to recycling, to driving less, to riding a bike - all contribute to optimizing the triple bottom line at a personal or local level.

(Editor's Note: David Zuckerman is the sustainability program manager for the Housing Branch of Installation Management Command-Pacific. In part two of his series, in the Aug. 7 edition of the Hawaii Army Weekly, he will elaborate on community and workforce involvement in sustainable initiatives.)

GI Bill: Education benefits transferable to family members

CONTINUED FROM A-1

care of that ... it's just wonderful. I'm just overwhelmed about the opportunity to really be able to take care of him."

For Soldiers and Army spouses who might want to continue with their studies, the Post 9/11 GI Bill can be used for all levels of degree programs, including a second degree, a master's degree or even a doctorate.

Defense officials are advising service members to transfer at least a month's worth of GI Bill benefit to every family member (dependent) before they leave service. Doing so will lock in an opportunity to change the number of months transferred at a later time.

Any family member not approved for transferability before a member retires or separates will be denied the opportunity forever, unless the member re-enters service.

Likewise, veterans who remarry or have more children after leaving service will not be able to transfer GI Bill benefits to these new family members.

"It's recommended that Soldiers add all family members as potential beneficiaries of their Post 9/11 GI Bill benefits. Once a Soldier has retired or separated from the Army, they can no longer add new family members as potential beneficiaries," said Bob Clark, the Defense

Department's assistant director for accession policy and military personnel policy.

As first sergeant of The Old Guard, Colbert also wants to make sure his Soldiers know about this benefit.

"Because I'm the first sergeant here at Headquarters Company, with all these assets like the Regimental Career counselors, I'm in a unique position to pass this knowledge on to my Soldiers," Colbert said.

Tuition is not the only benefit extended to potential college-goers. For students attending school more than half the time, the Post 9/11 GI Bill also pays housing costs, up to a rate equivalent to the basic allowance for housing rate for an E-5 with family members (dependents) in the ZIP code where the school is located.

Students are also entitled to a yearly stipend of up to \$1,000 to cover the cost of books and supplies, and students from highly rural areas who are transferring to a school may also be entitled to a one-time payment of \$500.

"I get choked up just thinking about the benefits I'm able to give my son," Colbert said.

The Department of Veterans Affairs administers the "Post 9/11 GI Bill" and determines eligibility for education benefits.

Further information on eligibility, benefit levels and application procedures can be found at the VA Web site.

Veteran eligibility	
Soldiers who have served less than the time required to earn 100 percent of the benefit under the Post 9/11 GI Bill may receive benefits at a prorated amount. The amount of active service members have after 9/11 determines what percentage of benefits they can receive under the Post 9/11 GI Bill.	
Member Serves	Percentage of Maximum Benefit Payable
• At least 36 months	100 percent
• At least 30 continuous days on active duty and must be discharged due to service-connected disability	
• At least 30 months, but less than 36 months	100 percent
• At least 24 months, but less than 30 months	90 percent
• At least 18 months, but less than 24 months	80 percent
• At least 12 months, but less than 18 months	70 percent
• At least 6 months, but less than 12 months	60 percent
• At least 90 days, but less than 6 months	50 percent
	40 percent



63 days since last fatal accident

Number represents fatal accidents as defined by Army Regulation 385-10, which is inclusive of all active component U.S. Army units and personnel. Current as of 7/29/2009.

Scars of painful past exist because those who love you won't let go

In a tug-of-war between alligator and mother, bet on the mother

CHAPLAIN (CAPT.) JOHN HILL
307th Integrated Theater Support Battalion Chaplain

Some years ago, on a hot summer day in Florida, a little boy decided to go for a swim in the old swimming hole behind his house. In a hurry to dive into the cool water, he ran out the back door, leaving behind shoes, socks and shirt as he went. He flew into the water, not realizing that as he swam toward the middle of the lake, an alligator was swimming toward the shore.

His mother, in the house and looking out the window, saw the two as they got closer and closer together. In utter fear, she ran toward the water, yelling to her son as loudly as she could. Hearing her voice, the little boy became alarmed and made a U-turn to swim to his mother. It was too late. Just as he reached her, the alligator reached him. From the dock, the mother grabbed her little boy by the arms just as the alligator snatched his legs.

That began an incredible tug-of-war between the two. The alligator was much stronger than the mother, but the mother was much too passionate to let go. A farmer happened to drive by, heard her screams, raced from his truck, took aim and shot the alligator. Remarkably, after weeks and weeks in the hospital, the little boy survived. His legs were extremely scarred by the vicious attack of the animal. And, on his arms, were deep scratches where his mother's fingernails dug into his flesh in her effort to hang on to the son she loved.

The newspaper reporter who interviewed the boy after the trauma asked if he would show him his scars. The boy lifted his pant legs. And then, with obvious pride, he said to the reporter, "But look at my arms. I have great scars on my arms, too. I have them because my Mom wouldn't let go."

You and I can identify with that little boy. We have scars, too; no, not from an alligator, but the scars of a painful past. Some of those scars are unsightly and have caused us deep regret, but they also remind us that healing has taken place. Some wounds, my friend, are because God has refused to let go. In the midst of your struggle, He's been there holding on to you. The Scripture teaches that God loves you. You are a child of God. He wants to protect you and provide for you in every way. But sometimes we foolishly wade into dangerous situations, not knowing what lies ahead.

The swimming hole of life is filled with peril - and we forget that the enemy is waiting to attack. That's when the tug-of-war begins - and if you have the scars of His love on your arms be very, very grateful. He did not, and will not, ever let you go.

"But the Lord is faithful, and he will strengthen and protect you from the evil one" (2 Thessalonians 3:3).



Hill

Voices of Ohana

What was your favorite pet when you were a child and why?

<p>"He was a shepherd/collie mix, that was a loveable, loyal and active friend."</p> <p>James Archer Assistant Project Manager Blackstone Consulting</p>	<p>"Our dog 'Simba.' He was happy all the time and would play and run with us."</p> <p>Spc. Justin Duh Aviation Survivability Equipment Repair Specialist B Co., 209th ASB</p>	<p>"Our dog 'Charlie.' He was always there for us, following us around."</p> <p>Staff Sgt. Elena Edwards Mortuary Affairs Specialist HSC, 209th ASB</p>	<p>"My favorite pet was a husky breed dog. I just liked the way they looked."</p> <p>Staff Sgt. William Edwards Avionics Electronics Specialist B Co., 209th ASB</p>	<p>"My dog 'Happy.' He was a fun, goofy and lovable pet that loved to play tetherball with us."</p> <p>Rhonda Suzuki Chief, Environmental Compliance Branch DPW</p>
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News Briefs

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

3 / Monday

TAP Workshops – The Army Career and Alumni Program (ACAP) offers a 2 1/2 day Transition Assistance program (TAP) employment workshop for Soldiers leaving active duty and entering the civilian workforce. Separating personnel must attend the mandatory pre-separation briefing prior to attending the TAP workshop. Spouses are also eligible to attend.

August workshops are scheduled Aug. 3-5, 10-12, 17-19 and Aug. 31-Sept. 2.

The workshops are held at the ACAP Center, Schofield Barracks, Soldier Support Center. Visit www.acapexpress.army.mil.

11 / Tuesday

Fire Warden Training

– Every building requires a fire warden. Fire warden training will be held for building representatives Aug. 11, Sept. 8 and Oct. 13 at the Schofield Barracks Education Center above the Sgt. Yano Library.

Classes will be held from 10-11:30 a.m. Contact Battalion Chief Marter at albert.marter@navy.mil.

Newcomers Brief for Soldiers

– The next monthly newcomers briefing for Soldiers is scheduled Aug. 11, 4-5 p.m., at the Soldier Support Center, Building 750, Schofield Barracks.

ASAP Brief

– The Army Substance Abuse Program (ASAP) will hold a presentation on alcohol, drugs and suicide, Aug. 14, 10-11:30 a.m., at the Sgt. Smith Theater, Schofield Barracks. This workshop satisfies two of the four hours of a unit's annual alcohol and drug awareness training and the Department of the Army civilian two-hour requirement. Call Karen or Tracy Powell at 655-8322.

17 / Monday

Motorcycle Training

– U.S. Army Garrison-Hawaii and the California Superbike School will host an advanced motorcycle course for military personal, Aug. 17-20, at Wheeler Army Airfield. Each "Train as you Ride" session is limited to 36 riders, and will be accepted on a first-come basis.

Students must sign up using an online tool at <https://airs.lmi.org>. Select "Pacific," "Hawaii," then "Advanced Motorcycle Course."



Sgt. Jake Cochran, lead diver, 7th Engineer Diving Team, leaps into Bar Point Harbor in Ketchikan, Alaska, during a breakwater improvement project. During the dive, Cochran surveyed the old chain on the sea floor and prepared it for removal.

Dive: Hawaii divers brave Alaskan waters

CONTINUED FROM A-1

Now, in 2009, the 7th EDT is on-site to perform work that includes removing the 18 wire ropes and replacing them with stronger, corrosion resistance material; replacing the anchor chain; removing the fender system around the breakwater and installing new fenders to protect it from passing boats; repairing cracking on the surface of the breakwater; and removing marine growth on the concrete surfaces and chain.

The tasks sound challenging, so what happens when day-to-day variables are added to the workload?

"Every day the weather can change at a moment's notice – the tides shift, winds pick up, temperatures drop, plus you're not sure how the chain will be lying on the sea floor," said Spc. John Hoover, 2nd class diver, 7th EDT. "But that's what makes it exciting; it's always a problem-solving activity."

Every time a diver has to go in the water, the supervisor (either a staff sergeant or sergeant first class) has to get his hands on the diver to check every piece of equipment. It's also the supervisor's job to make sure everyone knows exactly what's going on at the dive site.

When the supervisor shouts a command, everyone on the site, regardless of his or her job, has to shout it back. This action lets the supervisor know that everyone understands the command and informs the team of what the diver is doing on the bottom.

Also on-site is an Army master diver. This position is held by the 7th Engineer Diving Team's first sergeant.

"I have to be on-site for any high risk dives or surface decompression dive or



Staff Sgt. Andrew Harrison, diving supervisor, 7th Engineer Diving Team, cuts an old chain that holds the breakwater in place. The team is in Ketchikan, Alaska, repairing a floating breakwater in Bar Point Harbor.

dives deeper than 100 feet," said 1st Sgt. William Baumgartner, master diver, 7th EDT. "I'm there to backup supervisors and make sure all the supervisors follow safety guidelines and procedures for decompression."

The divers have four weeks to complete the project, with Aug. 14 as their scheduled completion date.

"This job not only serves the Corps of Engineers and the local community, but it provides divers with an opportunity to improve their diving skills and gain valuable experience in a cold water location,"

said 1st Lt. Jonpaul Navarro, executive officer. "Diving in Alaskan water offers us a setting that is completely different to the conditions we're used to in Hawaii."



Spc. John Hoover (left), 2nd class diver, 7th Engineer Diving Team (EDT), removes the diving helmet of Pfc. Britton Hall, 2nd class diver, 7th EDT, after his dive.

EOD Soldiers show off skills to students

Story and Photo by
SPC. JENNIFER PREMIER
45th Sustainment Brigade Public Affairs

KAPOLEI, Hawaii — Four Soldiers from the 706th Explosive Ordnance Disposal (EOD) Company, 303rd Ordnance Battalion, 45th Sustainment Brigade, provided a demonstration for students at American Renaissance Academy, here, July 21.

Complete with EOD robots, a bomb suit, an X-ray machine that screens for explosives, and training ordnance, the Soldiers demonstrated many of their capabilities and also provided a short safety class on unexploded ordnance (UXO).

While summer school is not always fun, the students at the school enjoyed the hands-on approach to learning, which fit in with their current curriculum. As part of the school's science class, many of the students have studied different types of UXOs that are still found in Hawaii.

The students now have a clear idea of what UXOs look like and what to do if they locate one. In addition to providing safety information, the Soldiers also gained valuable insight from the experience.

"It's important for us to come out and demonstrate our capabilities because it builds bonds with the community," said Pfc. Brian Salaver, EOD team member, 706th EOD Company, 303rd Ordnance Bn.

The Soldiers' visit to the school provided students and teachers with a taste of the various capabilities of the military and began what everyone hopes will be a lasting bond between the school and the EOD personnel.

"Living in the state of Hawaii with the necessary military presence, we want stu-



Spc. Eric Phillips, explosive ordnance disposal (EOD) team member, 706th EOD Company, teaches Hanna Hogland, 11, how to move the EOD robot during a demonstration at American Renaissance Academy.

dents to be aware of what (Soldiers) do and how they protect and serve the community," said Richard Shaffer, president of American Renaissance Academy.

"This is [the school's] first contact in establishing a relationship with the Army," said Jenkins. "We hope to do other things like this in the future."

The EOD company is equally open to

providing future safety-oriented classes and additional demonstrations at the school.

Currently, EOD is planning a larger-scale demonstration that will showcase several branches of the military and local law enforcement agencies.

The next demo will take place during the school year.

DoD, NOAA to study ocean currents near underwater munitions disposal sites

HUDSON KEKAULA
U.S. Army Corps of Engineers

FORT SHAFTER — The National Oceanic and Atmospheric Administration (NOAA), under an agreement with the Department of Defense (DoD), placed ocean current monitoring sensors at two munitions sea disposal sites off Oahu, July 24-25, as part of DoD's ongoing efforts to assess the potential impact of sea-disposed munitions on human health and the environment.

Researchers will use data from these sensors to determine the potential fate of munitions components that may be released from sea disposed munitions into Pacific Ocean currents at these two locations.

"We are pleased that after months of planning, NOAA will initiate this yearlong effort to collect critical information about the Hawaii marine environment that will be useful to DoD as it continues its research efforts to understand the potential impact of sea-disposed munitions on the ocean environment," said Tad Davis, deputy assistant secretary of the Army for Environment, Safety and Occupational Health.

"We believe this collaborative

effort will also provide information about the currents off the Waianae coast of Oahu that will be useful to NOAA, the state of Hawaii and the local community," he continued.

Davis has been leading the effort for the DoD.

NOAA's researchers deployed four high-precision sensor arrays at a conventional munitions disposal site (known as HI-06), off Waianae, known locally as "ordnance reef," and one sensor array at a deep-water chemical munitions disposal site (known as HI-01), approximately 10 miles off Waianae.

Crews aboard the NOAA ship Hiialakai and University of Hawaii research vessel Klaus Wyrtki deployed the submerged ocean current monitoring sensors at depths ranging from 50 to more than 300 feet at ordnance reef HI-06, and at a depth of approximately 8,000 feet at site HI-01, the deep water munitions disposal site.

The sensors will record the speed and direction of ocean currents during a one-year period. The data provided by the sensors

SEE OCEAN, A-5

163rd Trans. Det. begins 12 month deployment to Kuwait

Story and Photo by
SPC. JENNIFER PREMIER
45th Sustainment Brigade Public Affairs

HICKAM AIR FORCE BASE – More than 30 Soldiers from the 163rd Transportation Detachment, 545th Trans. Company, 45th Sustainment Brigade, said goodbye to family and friends during a deployment ceremony, Friday, at the Officers Club, here.

The Soldiers will embark on a 12-month deployment to Kuwait Naval Base in support of Operation Enduring Freedom where they will be tasked with providing waterborne transportation between southeastern Kuwait and Qatar.

“You were trained by the best to be the best, and the results are undeniable,” said Capt. David Walters, commander, 545th Trans. Co. “I am honored to be standing in front of you today.”

The detachment has been training vigorously for the last nine months by attending ranges and battle-focused training classes, practicing convoy operations and training at Pohakuloa Training Area.

“We are absolutely prepared for this deployment. The Soldiers are well-trained and ready for this mission,” said Chief Warrant Officer 4 Charles Torell, commander, 163rd Trans. Det.

In 2006, the detachment deployed in support of Operation Iraqi Freedom and was awarded the Meritorious Unit Commendation award. In Hawaii, the 163rd’s mission includes interisland transportation support for numerous units in the Army, Navy and Marine Corps.

“These are the finest Soldiers the Army has to offer,” said Torell. “I am certain we are going to write another chapter in the 163rd’s history.”



Sgt. 1st Class Miguel Saldivar (front left), senior enlisted official, 163rd Transportation Detachment, and Chief Warrant Officer 4 Charles Torell, commander, 163rd Trans. Det., prepare to case the company’s guidon during the detachment’s deployment ceremony on Hickam Air Force Base.

Ocean: Sensors help assess potential danger of munitions leakage

CONTINUED FROM A-4

will assist DoD in determining where Pacific Ocean currents at these two sea disposal sites might carry munitions components in the event of a release. The data will also be used in an integrated observation and prediction system that currently monitors ocean circulation, water quality and biological productivity off the south shore of Oahu.

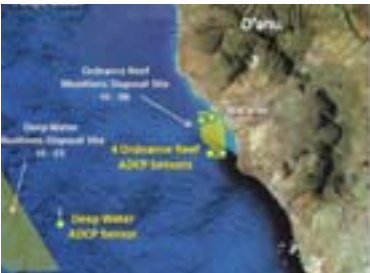
The sensor deployment is part of a broader effort by DoD and other federal agencies, NOAA and University of Hawaii to assess the potential impact

of sea-disposed munitions on the marine environment, and to provide information to the community, federal, state and local officials.

NOAA conducted a screening-level assessment of ordnance reef in 2006 to determine whether the presence of munitions posed an immediate and unacceptable risk to the public.

DoD has not identified any immediate risk or unacceptable threat to the public health or the environment from the munitions sea disposed at these two sea disposal sites.

NOAA developed the data collection plan with input from DoD and in consideration of input



Courtesy Photo

Left — The graphic shows where the sensors were deployed off “Ordinance Reef” and at the deep water munitions disposal site.

provided by the Ordnance Reef Coordinating Council; Davis chairs the committee, which includes representatives from DoD; the State of Hawaii, including the Department of Land and Natural Resources, and the University of Hawaii; community members; and the U.S. Environmental Protection Agency.

NOAA will make reports of data collected by these sensors available to the council and public.

Barracks: New high-rise way ahead of schedule

CONTINUED FROM A-1

no accidents reported to date, Sagum said.

Mike Miyata, a quality assurance representative with the Corps of Engineers, said that the barracks project coordination has been better than any past project of this size that he has worked on.

Work orders have flowed smoothly from the project manager, to the fore-

man, to the workers and subcontractors in the field.

“This is a project with high visibility,” said Randy Mita, contracting office representative for the Corps of Engineers. “There hasn’t been a project of this size at Fort Shafter in many years, and so there is a lot of interest. Both sides have worked together to solve any issues, and that is the main reason why everything is going so well and ahead of schedule.”

The new barracks will house unaccompanied enlisted Soldiers. Two Soldiers will occupy each unit with two separate bedrooms, a shared bath and kitchen.

The barracks will have a special, textured paint that is more resilient to wear-and-tear; it will be moisture resistant and mold proof. Additional improvements from previous barracks here include solid interior doors, 9-foot ceilings, solid surface kitchen countertops

and 30-inch range ovens.

Paul Choy, project engineer for the Corps, said the building will meet the requirements to be LEED (Leadership in Energy and Environmental Design) Silver certifiable and was designed to match the motif of the buildings around it, namely the Fort Shafter Community Theater and Building 520.

The Army uses LEED as a system to rate the green standards in construction.

The topping-off ceremony was a thank-you celebration for the construction workers, the Corps of Engineers and Fort Shafter command staff. It included a pupu buffet and live music.

“The whole design and your efforts are truly going to enhance the quality of life for our Soldiers,” said Gledhill, during the celebration. “People often forget that you’re here doing your duty by doing your jobs and helping out the Soldiers.”

CATEP: Wellness program targets stress of personal lives

CONTINUED FROM A-1

interviewing approach.

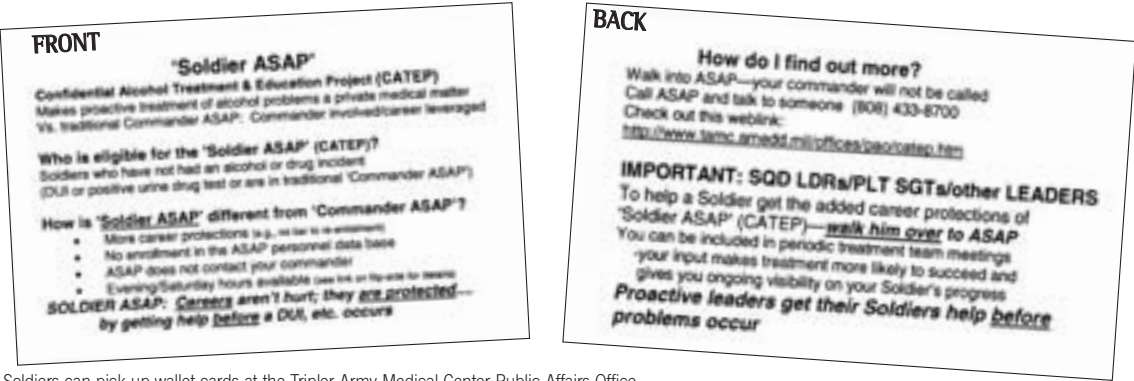
“Our goal is to assist each Soldier with creating a personal health and wellness plan in addition to developing an individualized treatment plan that targets the stressors in their life,” Slobodzien said. “Outcome measurements are based on actual lifestyle change, not just self-report that may be subjective and biased.”

The purpose of the pilot is not to keep a Soldier’s personal problems a secret from their command. In fact, commanders can be informed, with Soldier permission, and the Solder can still be enrolled in the “Soldier ASAP,” avoiding a “Commander ASAP” enrollment with potentially negative consequences.

The support of the Soldier’s squad leader or platoon sergeant, as well as family and friends, is vital to his or her success.

For Soldiers currently assigned to the personal reliability program and certain military occupational specialties, e.g., aviation, health care, parachute rigger, etc., Army regulations still require command notification upon enrollment at the ASAP clinic, but they can still benefit from the career protections that the CATEP offers, and are encouraged to participate.

“We are distributing wallet cards during redeploy-



Soldiers can pick up wallet cards at the Tripler Army Medical Center Public Affairs Office.

ment and Soldier readiness processing and at the ASAP. The cards provide the basic information of the program, an initial guide to assist the Soldier in determining what help they need,” said Brig. Gen. Steve Jones, commander PRMC and TAMC. “Our goal is to reach our Soldiers and provide support.”

“We have doubled our staff at the ASAP and are planning to expand access to care by providing outreach services to commands and the primary care clinics,” said Slobodzien. “We are also planning to

offer ASAP services at Fort Shafter and TAMC.

“We should think of offering nothing but the best for those that fight to preserve our countries’ freedom,” Slobodzien added.

To enroll or for further information, you can contact Slobodzien, by calling 433-8700, or via e-mail at james.slobodzien@us.army.mil, or call Stewart Choi at 433-8708.

The Schofield Barracks “Soldier ASAP CATEP” is a short-term program with completion date scheduled for Feb. 24, 2010.

8th TSC: Mason bids aloha, mahalo to Hawaii

CONTINUED FROM A-1

and privilege. This TSC team of teams, that is only a little over three years in existence, is a magnificent outfit where no mission is too tough for these professional Soldiers.”

Mason ended his speech by thanking the troops and families witnessing the transfer of command.

“Words alone cannot do justice to the breadth of the gracious feelings Patti and I have for each of you,” he said. “We can only say from our heart – thank you so much for your inspiring selfless service and may God Bless each of you and your loved ones.”

Following Mason’s remarks, Terry took the stand to speak to the audience.

“My first assignment was with the 25th Infantry Division, and though it’s taken nearly 30 years to be reassigned to Hawaii, my family and I are thrilled to be here,” Terry said. “I’m committed to continuing the legacy established by Maj. Gen. Mason and Patti by doing my very best to take care of Soldiers, their families, and the many civilians and department of the Army officials vital to our mission here.”

Terry went on to thank Mason for his guidance and hospitality in getting him and his family settled into life on the island.

“Thank you so much for your leadership of the 8th and for the kindness



From left, Maj. Gen. Raymond Mason, Lt. Gen. Benjamin Mixon, and Brig. Gen. Michael Terry salute the troops during the 8th Theater Sustainment Command change of command ceremony on Palm Circle, Wednesday, at Fort Shafter.

you’ve shown Cathy, the kids and me during this transition,” Terry said. “You truly set the bar high and made this move very easy for us.”

Toward the end of the ceremony, Terry spoke to his new team gathered before him on the field.

“To the Soldiers, you have my commitment that I am dedicated to ensuring you are prepared for combat, that

the families ... are taken care of, and that the reintegration of troops coming back home and rejoining families is done right,” Terry said. “May God continue to bless the United States of America and the U.S. Army, and particularly those Soldiers in harm’s way and their families eagerly awaiting their return.

“Sustain the force. Mahalo,” Terry said.



Brig. Gen. Michael Terry (left front), commander, 8th Theater Sustainment Command (TSC), receives the unit colors from Lt. Gen. Benjamin Mixon, commander, U.S. Army-Pacific during the 8th TSC change of command ceremony, Wednesday.



PAU HANA

www.garrison.hawaii.army.mil/haw.asp

"When work is finished!"

FRIDAY, JULY 31, 2009

Sgt. Joseph Counterman, chemical, biological, radiological, and nuclear specialist, 71st Chemical Company, 45th Sustainment Brigade, moves to gain control during his first-ever mixed martial arts match at the Tropics, Schofield Barracks, Saturday.



MMA

BRINGS military, local fighters to a faceoff

Story and Photos by
SPC. ASHLEY ARMSTRONG
 94th Army Air and Missile Defense
 Command Public Affairs

SCHOFIELD BARRACKS — Military and local fighters threw punches, kicks and bodies during the first ever mixed martial arts (MMA) event at the Tropics Recreation Center, here, Saturday.

Sixteen Soldiers and one seaman were paired against local MMA fighters in 16 amateur matches and one professional match during the historic "Scuffle on Schofield."

Out of the 17 total matches, the military team fought to approximately six wins, including the main event in which Sgt. Michael Winkelspecht, chemical, biological, radiological and nuclear specialist, 71st Chemical Company, 45th Sustainment Brigade, won by technical knock-out in the third round against Tillis Stonesini.

"I bring whatever I have to the table and just go out there and fight," said Winkelspecht. "Going into the fight, I had some background on the guy, and I figured he was really good toe-to-toe, and he was. He hit me a few times and it hurt, so I figured I would take him to the ground because that is where most of my experience comes from."

All of the military participants had some fighting experience, whether it was boxing or jujitsu, but for some, it was their first MMA match ever, said Winkelspecht, who has 10 years wrestling experience and one year MMA.

"After we found out about the fight, we trained for a



Sgt. Michael Winkelspecht, chemical, biological, radiological, and nuclear specialist, 71st Chemical Company, 45th Sustainment Brigade, throws a punch leading up to his win during an amateur mixed martial arts match at the Scuffle on Schofield, Saturday.

solid two or two-and-a-half months preparing. Monday through Friday we go to the gym and train with each other," said Winkelspecht.

All amateur matches were three, three-minute rounds, and the

professional match was three, five-minute rounds.

The fighters were hand selected through various fight schools and clubs by X-1 World Events, a Hawaii-based fighting organization and event promoter. All fighters were prepared and trained to participate in the event.

"I was pumped before the fight. I was so pumped I couldn't even pull my shirt off; it got caught on my gloves," said Winkelspecht, with a laugh.

Not only was the fight the first MMA event hosted at the Tropics, but it also was the first time any military installation on island would allow it, said Danny Padeken, operations manager for X-1 World Events.

Matthew Enoch, recreation center program manager for the Tropics, decided to organize the MMA event in response to popular demand, and not only did it turn out to be a great crowd pleaser, but a revenue builder as well, he said.



A spectator runs up to congratulate Sgt. Michael Winkelspecht, chemical, biological, radiological, and nuclear specialist, 71st Chemical Company, 45th Sustainment Brigade, on his win by technical knock-out moments after his opponent threw in the towel in the third round during the mixed martial arts match at Schofield Barracks, Saturday.

"The crowd consisted of 500 people, and the tickets were almost split down the middle between locals and Soldiers," said Enoch. "I think it turned out to be a really good community relations effort because we don't have a lot of recreation opportunities for the local population on post. I thought that everyone appreciated the event."

After putting on a successful event, Enoch and Padeken are discussing organizing another MMA event at a larger venue.

"Fighting is pride here. It was such a big morale boost for all the Soldiers, especially for Schofield," said Winkelspecht. "(MMA) is such a big sport ... the event brought the community and the military together under the same roof to enjoy a sport that we like," he added.



A competitor slams a kick on his opponent during one of the amateur mixed martial arts matches at the Scuffle on Schofield, Saturday.



31 / Today

Dog Days of Summer – The Recreation Activities office is hosting its first-ever dog-friendly event, the Dog Days of Summer, today, 3-6 p.m., Sills Field, Schofield Barracks.

Pet owners and their four-legged friends are invited to enjoy an afternoon of furry fun. Compete in four-legged and two-legged contests such as dog/owner look-alike, costume and cutest dog, obstacle course, most patriotic pooch, most talented dog, and more.

For all the paw-ticulars, see the related article on page B-4 or visit www.mwrarmyhawaii.com. Call 655-0111/2.

Waikiki Wiki Wiki Bus – The Army bus rides again, today, 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. The return pick-up is at the Hale Koa at 3 a.m.

Free tickets are available at Information, Ticketing and Registration offices, and riders must have a ticket to board. The bus rides again Aug. 14 and 28. Call 655-9971/438-1985.

August

5 / Wednesday

Hawaiian Workshop – The Army Community Service (ACS) Relocation Readiness Program is offering a Hawaiian culture workshop for Soldiers and families. The 10-week workshop, "Umeke Kaeo," or vessel of knowledge, meets each Wednesday, 6-8 p.m., at the ACS, Schofield Barracks. The next class is scheduled to meet, Aug. 5.

Children 6 years and older are welcome to participate; child care is not provided. To register, call 655-4227.

7 / Friday

Recreation Round-Up Expo – Take a walk on the western side and learn about all the fun activities and programs the Family and Morale, Welfare and Recreation (FMWR) directorate offers by heading down to the FMWR Recreation Round-Up Expo, Aug. 7, 4-7 p.m., at the Tropics, Schofield Barracks.

Enjoy free snacks, games and prize giveaways. Call 656-3324.

Family Fun Friday – Family Fun Friday is back at the Tropics, Schofield Barracks, Aug. 7 – but starting one hour later, at 7 p.m.

Enjoy a special SKIES performance, along with free Papa John's pizza, fun and



Send announcements to community@hawaiiarmyweekly.com.

31 / Today

Honolulu Family Festival – The free four-day Honolulu Family Festival is scheduled today through Sunday at Magic Island, Ala Moana Beach Park.

The fest features rides, live entertainment, acrobats and specialty acts. The event is free, but food and ride tickets will be available for purchase.

The event is open, today, 5 p.m.-midnight; Saturday, 10 a.m.-midnight; and Sunday, 10 a.m.-10 p.m. Visit www.Honolulu-FamilyFestival.com for the daily schedule of events.

Summer Shuttle Ends – The Summer Shuttle service for 2009 ends today. Effective Aug. 3, there will be no shuttle until next year.

August

1 / Saturday

Yellow Ribbon Program – Hawaii Pacific University (HPU) and more than 700 schools nationwide 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," which goes into effect Aug. 1.

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

Contact Sherri-Ann Pai, HPU VA coordinator, at 356-5222.



Mark Brown | Army Hawaii Family Housing

Don Payuio of Hawaiian Paradise Coffee prepares an espresso machine for opening day at the new Muddy Waters Café in the Kalakaua Community Center, Schofield Barracks. The cafe, owned and run by Julie Loo, is the first retail operation set up by the Army Hawaii Family Housing partnership at Schofield.

Café newest amenity in AHFH community

ARMY HAWAII FAMILY HOUSING

News Release

SCHOFIELD BARRACKS – A neighborhood café will be the newest amenity Army Hawaii Family Housing (AHFH) residents can look forward to.

Muddy Waters Café, located in the Kalakaua Community Center, here, is scheduled to open Aug. 8, and will be the first retail operation set up by the AHFH partnership.

"The café will be a great compliment to our community center amenities," said Jerry Schmitz, development manager with Actus Lend Lease. "We look forward to it being a gathering place for friends and neighbors residing in AHFH communities, as well

as people who work at Schofield."

Muddy Waters Café will offer a delicious variety of fresh-baked cakes and cookies, as well as breakfast and lunch items. An extensive beverage menu will feature hot and iced coffees, smoothies, Italian sodas and juices.

The café will open Aug. 8 at 6 a.m., with a grand opening celebration 10 a.m.-noon. Festivities include a Hawaiian blessing and hula, gift card and T-shirt giveaways, samplings, face paintings, balloon animals, and live music by Boogie Blues.

In the evening, patrons can enjoy blues music by Slim Jr., 7-9 p.m. For more details about café hours and menu offerings, visit www.ArmyHawaiiFamilyHousing.com.

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 22 at the Tropics, Schofield Barracks.
- Aug. 20, at Fort Shafter Gymnasium.
- Aug. 21, Piliilau 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. For more information on library programs, call 655-8002.

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

20 / Thursday

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.

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

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 "canstruct" 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. Visit www.AIA-Honolulu.org.

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 mc_cwhawaii@yahoo.com.

21 / Friday

Made in Hawaii Festival – Mark your calendars for the 14th Annual Made in Hawaii Festival, Aug. 21-23, 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.madeinhawaiifestival.com.

23 / Sunday

Duke's OceanFest – The 8th Annual Duke's OceanFest is scheduled Aug. 23-29 in Waikiki and offers a variety of ocean sport competitions and special events,

including surfing, swimming, stand-up paddleboarding and beach volleyball, held in tribute to the legendary Duke Kahanamoku and the lifetime of recognition he earned as an Olympic swimming champion, "the Father of International Surfing," and Hawaii's "Ambassador of Aloha."

- Aug. 23 – The fest opens with a Hoomana Ceremony in the Duke Kahanamoku Lagoon at the Hilton Hawaiian Village Beach Resort & Spa.
- Aug. 24 – Celebrate Duke Kahanamoku's 119th birthday at a traditional Hawaiian sunrise blessing at his statue on the beach in Waikiki.

• Aug. 26 – Enjoy four days of ocean sport competitions in Waikiki

• Aug. 29 – Duke's OceanFest concludes with a sidewalk surfboard parade and draping of Duke Kahanamoku's Statue with the beautiful flower lei of Hawaii. Visit www.dukefoundation.org.

Ongoing

Youth Choir Classes – Youth show choir classes are being offered each Wednesday starting Aug. 5 at the Camp Stover Community Center, Wheeler Army Airfield. Youth in grades K-6 are invited to develop their talents in singing, dancing, music and showmanship. No auditions are required. Grades K-2 meet 2:30-3:15 p.m.; grades 3-6 meet 3:15-4 p.m. Call Angela Harris 489-1998 or visit www.ShowtimePerformers.com.

Waikiki Aquarium Volunteers – Residents are invited to join the Waikiki Aquarium's volunteer team. During weekly two-hour shifts, volunteers provide the opportunity for visitors to learn about the importance of conservation. Volunteers receive hands-on training 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 & 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.



The Proposal

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

Night at the Museum: Battle of the Smithsonian

(PG)
Saturday, 4 p.m.



My Sister's Keeper

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

No shows on Mondays or Tuesdays.

Class teaches kids how to stay safe when home alone

Story and Photo by
DON ROBBINS
Staff Writer

SCHOFIELD BARRACKS — Children learned how to be responsible and take charge when they’re home alone during a class at the Kalakaua Community Center, here, July 22.

Many children, commonly referred to as “latchkey kids,” come home from school to an empty house and will be alone until their parents come home from work.

To teach children how to deal with strangers, first aid, fire safety and Internet safety, the Army Community Service (ACS) Family Advocacy Program (FAP) offers the Home Alone education class geared towards keiki ages 9-11 prior to every school break. Lessons are taught through presentations made by subject matter experts, fun games and quizzes to keep the children on their toes.

Roma Rapoza, inspector with the Federal Fire Department (FFD), joined by firefighters Matt Fujimoto, Barron Choy, Dan Bennett and Capt. Ron Akiyama, started off the day as the first team of presenters.

With their well-equipped red fire truck parked behind them, the FFD team had no trouble keeping the children’s attention as they discussed fire safety and showed the flashlights, medical supplies, water hoses and pumps they use.

Choy demonstrated the fire protective gear, helmet and mask, including a self-contained breathing apparatus used to breathe fresh air rather than smoke.



The recent Home Alone graduating class lines up outside the Kalakaua Community Center, Schofield Barracks, for a group photo in front of the Federal Fire Department fire truck, July 22. More than 20 keiki ages 9-11 learned how to stay safe when their parents are not home.

During the presentation, Rapoza said family fire drills should be practiced at least once a month.

“I learned don’t use the stove when your parents are gone. Don’t open the door when you’re home alone, and don’t mess with lighters,” said 10-year-old Corbin Rivera, who attended the class with more than 20 other children.

“I learned to test smoke detectors once a month,” chimed in Tully Boylan, 10.

Besides the firefighters, Louise Johnson, Army public health nurse, taught the keiki how, why and when to call 911. Johnson explained basic first aid

procedures, such as how to tend to minor cuts by washing and applying pressure to stop bleeding. She talked about simple ways to avoid injury and urged them not to jump up and down on the sofa.

Johnson also discussed what to do when a sibling is choking, how to stop nosebleeds and how to cope with minor burns and bruises.

Military Police officers with the Drug Abuse Resistance Education (DARE) team talked to children about personal and Internet safety.

Catherine Ignacio, prevention specialist, said the DARE officers discussed

The next session of the Home Alone class is scheduled this fall. For more information on how to sign up your child, call Catherine Ignacio, prevention specialist, at 655-6215, or Deidra Saina at 655-1670.

the need for children to always have parental consent when entering a Web site and to delete any suspicious looking e-mail they receive.

Additionally, officers told kids not to provide personal information to anyone they don’t know.

“Even if you do know the person, don’t give out any information without your parents’ permission,” an officer said.

“The kids really enjoyed the class,” said Deidra Saina, licensed master social worker (LMSW) and prevention specialist, FAP.

After the presentations, the children played a memory game to help reinforce what they had learned during the class.

The day concluded with a graduation ceremony and group photo; each child received a certificate of completion.

The next Home Alone class will be offered in the fall.

AAFES upgrades offer customers new services and merchandise

DON ROBBINS
Staff Writer

SCHOFIELD BARRACKS — A variety of new service and facility upgrades are happening at Army Air Force Exchange Service (AAFES) locations throughout U.S. Army Garrison-Hawaii (USAG-HI).

AAFES customers will see more than \$2.2 million in improvements in the form of new fast-food facilities, renovations, new services and increased merchandise offerings.

According to Ronnie Williams, food business manager, AAFES, residents, Soldiers and civilians at Fort Shafter will soon enjoy the convenience of a new Burger King and an Anthony’s Pizza.

A Burger King quick service restaurant trailer is scheduled to open Aug. 3 and will be located at the gas station on Arsenal Street, Fort Shafter. The facility will be open seven days a week and feature inside dining said Williams.

The Anthony’s Pizza will be opening inside the Post Exchange (PX) Mart at Fort Shafter, although grand opening plans have not yet been announced.

Back at Schofield Barracks, renovations of the Home Center and Class 6 store have just been completed, according to Willa Gardner, sales and merchandise manager, AAFES.

The renovations included upgrading the lighting, wall decorations, carpeting and tiles.

Mattress selections have also expanded, and overall, three classes of furniture are available for purchase, said Gardner, including affordable selections for the average young family.

Additionally, an expanded selection of snack foods, wines and liquors are available in the Class 6

store.

A slew of other improvements are also planned at Schofield Barracks, according to Erika Pfauntsch, general manager, AAFES.

For example, a drive-through car wash has just entered the planning stage, and construction will commence at a date to be announced. The car wash, a service which is currently nonexistent, here, will sit next to the Schofield Car Care Center and cost approximately \$250,000 to build, Pfauntsch explained.

In addition, the existing Dominos Pizza located at the Sunset Shoppette, Schofield Barracks, will undergo a \$75,000 renovation that will expand the kitchen area, “which will allow us to provide delivery service,” she said.

The Schofield Car Care Center image upgrade project will begin Aug. 1. The \$750,000 renovation will take four months to complete and includes sales floor and bathroom improvements, new fixtures, air conditioning upgrades and the installation of an energy-efficient lighting system.

In the same time frame, the Helemano Military Reservation shoppette will also receive a \$500,000 image upgrade to include new fixtures, flooring, energy-efficient lighting and a new snack avenue with a drink and coffee bar.

A new canopy will also be added to the entrance and a new freezer will be installed to accommodate a larger selection of frozen foods.

“Upgrades of AAFES facilities provide a long-term connection with our military service members and families. Improvements are all designed to provide a bright, easily accessible, pleasant shopping environment for our customers,” Pfauntsch said.



BayFest celebrates 20 years of music and magic

MARINE CORPS COMMUNITY SERVICES
News Release

MARINE CORPS BASE HAWAII – BayFest, Oahu’s premier summer family festival, celebrates 20 years of music and magic, here, at Marine Corps Base Hawaii (MCBH), Aug. 14-16.

Originally dubbed the “Windward Family Festival” in 1990, BayFest began as a community relations event to thank the military for their service, as well as to welcome the local community onto the installation to learn about the lifestyle of being a Marine.

In 1992, the Windward Family Festival was renamed to “BayFest” due to the many activities that focused on ocean sports in Kaneohe Bay. The number of water activities has lessened, but the name, BayFest, has remained constant through the years.

Honoring Hawaii’s military continues to be at the heart of BayFest as MCBH commemorates the 20th anniversary with the announcement of its biggest headline acts in history: the band Filter, Aug. 14, 8:30 p.m., and the Black Eyed Peas, performing live, Aug. 15, 8:30 p.m., on the main stage.

Building on past successes, BayFest 2009 will also feature nightly fireworks, carnival rides, Coconut Island boat rides, a Bubba Gump Shrimp eating contest, a Bathtub Regatta homemade boat race, the General Nutrition Center’s (GNC) BodySearch Fitness Challenge, as well

BayFest Schedule

Headline Bands:

- Filter, Aug. 14, 8:30 p.m.
- Black Eyed Peas, Aug. 15, 8:30 p.m.
- Katchafire, Aug. 16, 8:30 p.m.

Opening Acts: Ten Feet, 360 band, Fiji, Go Jimmy Go, Marine Forces Pacific Band, Mike Corrado.

Opening hours

- Aug. 14, 5 p.m.-1a.m.
- Aug. 15, noon-1a.m.
- Aug. 16, noon-10 p.m.

Daily Activities

- All Hawaii Cruises/Marimed Foundation.
- Coconut Isle boat rides.
- E.K. Fernandez carnival rides, games and midway.
- Island Lifestyle expo featuring more than 50 products and services.
- JN Automotive New Car Show.
- Marine Corps and Navy military displays.
- Fireworks each night.
- Contests**
- Bubba Gump Shrimp eating contest, Aug. 15, 6:30 p.m.
- Bathtub Regatta homemade boat race, Aug. 16, 1:30 p.m.
- GNC BodySearch fitness challenge, Aug. 16, 3:30 p.m.

as family entertainment.

Exclusive military rate ticket sales are available at all Information, Tickets

& Tours (I.T.T.) offices, through today. Advance ticket prices at I.T.T. for Filter are \$20 each, and for Black Eyed Peas, \$25 each. Tickets at the gate will cost \$45 and \$55 per concert. General grounds admission is \$5.

Children age 5 years and younger can attend the events for free. Gates open at 5 p.m., Aug. 14, and noon, Aug. 15-16. BayFest is open to the general public and organized by Marine Corps Community Services.

Directions

BayFest is located beside Hangar 101 on Marine Corps Base Hawaii, Kaneohe Bay.

–From Likelike Highway: Turn right onto Kamehameha Highway. Take a left on the H-3 exit off Kamehameha Highway. H-3 goes directly to the front gate of the base. Signs will direct you from there.

–From the Pali Highway: Take a left at the Kamehameha Highway/Kaneohe exit. Go right on H-3 towards MCBH Kaneohe. H-3 goes directly to the front gate of the base. Signs will direct you from there.

–From Kailua: Take Kalaheo Drive until it turns into Kaneohe Bay Drive. Take a right into MCBH.

–From H-3: H-3 goes directly to the front gate of the base.

For more information, call the BayFest hotline at 254-7679.

Visit www.bayfesthawaii.com.

Dogs, owners invited to strut their stuff at ‘Dog Days of Summer’

LORAN DOANE
U.S. Army Garrison-Hawaii Public Affairs

SCHOFIELD BARRACKS — The installation, here, goes to the dogs during U.S. Army Garrison-Hawaii’s “Dog Days of Summer” festival at Sills Field, today.

The community is invited to bring their canine friends out from 3-6 p.m. for an afternoon of fun, food and excitement. Admission is free and offers pet lovers an opportunity to show off their animals in competitions, while maybe taking home a few prizes.

Organizers have planned both two-legged and four-legged events. Our four-legged friends will compete in dog obstacle courses, best costume, cutest dog,

most talented dog, and most patriotic pooch competitions.

Contestants can enroll their dog in up to six dog competitions for \$5. For those with two legs and an appetite, there will be a free hotdog eating contest.

There will also be a dog owner look-alike contest.

“We’re told that dog owners often start to resemble their pets over time,” said Stacy Harding, event organizer. “We intend on putting that theory to the test, as we judge which owners look most like their pet.”

The Army’s working dogs will also strut their stuff, as they demonstrate the serious side of being a pooch in the serv-

ice of their country.

Indy Jo, Samson, Milo, Baxter and Jon Jon, trained therapy dogs that work with Wounded Warriors, will make an appearance and share their talents of helping to heal injured Soldiers.

Of course, the gung-ho dogs of the 13th Military Police (MP) Detachment, who have the very serious job of detecting narcotics and explosives, will demonstrate their skills for

the crowd.

“A lot of people don’t realize the extent to which we rely on dogs for our safety and security,” said Sgt. 1st Class Michael McPeak, kennel master for the 13th MP Detachment.

“Our dogs are every bit the Soldiers we are, even deploying to war when necessary,” he added.

Representatives from the Fort Shafter libraries and the Veterinarian Clinic will

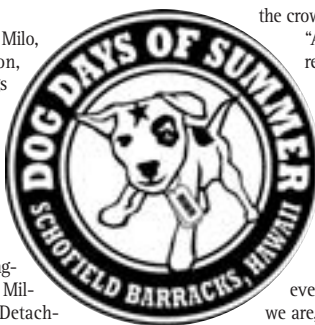
be on hand to discuss the “Reading to a Dog” program and answer pet care questions.

All dogs are required to be either on a leash, in a carrier, or in a stroller, at all times.

Please bring sociable dogs only; aggressive or potentially aggressive dogs such as Pit Bulls, Rottweilers, Doberman Pinschers, Chows and wolf hybrids are not permitted.

Owners with dogs in heat are kindly asked to leave them at home.

Guests may enter Schofield Barracks through any gate, 3-6 p.m., today. Photo identification, proof of insurance, and registration are required for entry.





August

1/Saturday

Surfing Lessons

Learn to surf like a professional, or at least look the part, with Outdoor Recreation, Schofield Barracks, Aug. 1, 7-10 a.m. Lessons are \$35 and include equipment and round-trip transportation from Schofield Barracks. Call 655-0143.

Ladies Golf Clinic

The Leilehua Golf Course offers a free ladies golf clinic the first Saturday of each month. The next clinic is scheduled, Aug. 1, 2:30-3:30 p.m., at the golf course driving range. Call 655-4653 to sign up.

Looking to improve your swing? The driving range is open daily until 9 p.m. Golf balls are \$1.50 per bucket.

2/Sunday

Adventure Hiking

Enjoy a day hike to various locations around the island with Outdoor Recreation, Aug. 2, 7 a.m.-2 p.m.

This level two program provides a moderate level of difficulty.

Round-trip transportation from Schofield Barracks is provided. Registration is required, and costs \$10. Participants are asked to bring water.

Call 655-0143.

8/Saturday

Adventure Kayaking

Come along on a half-day of adventure kayaking from various beaches around the island of Oahu, Aug. 8, 5-11 a.m. Enjoy fantastic views of the island from a truly unique perspective. This level two activity requires moderate skills. Cost is \$25 per person and includes equipment and round-trip transportation from Schofield Barracks. Call 655-0143.

9/Sunday

Mountain Biking

Take a bike trip with Outdoor Recreation through the Waianae mountain range, Aug. 9, 7 a.m.-2 p.m. This program will include both beginner and intermediate paces. Cost is \$15 plus an additional \$5 for bike rental, if needed. Round-trip transportation from Schofield Barracks is provided. Call 655-0143.

Military Long Drive Contest

The Directorate of Family and Morale, Welfare and

Recreation is hosting the 2009 Military Long Drive Championships at the Leilehua Golf Course, Aug. 9. The contest is open to all active duty Soldiers and their family members 18 years and older, reservists, National Guardsman and retirees. To register, call 655-4653. Visit www.armymwr.com.

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 paddle boarding, 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 Wait

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 info or to reserve a space.



Send sports announcements to community@hawaiiarmyweekly.com.

August

2/Sunday

Hike Oahu

Join the Hawaiian Trail & Mountain Club for a 6-mile intermediate hike in the Kahana Valley, Aug. 2. The circuitous route takes hikers through lush jungle, crossing streams and tramping muddy trails. Call Grant Oka, 674-1459.

Upcoming hikes include:

- Aug. 8, 4-mile intermediate hike beginning in the foothills above Kaneohe; includes a ridge and a valley contour section. Call Doug Klein, 263-8330.

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

For more information and a calendar of future hikes, visit www.htmclub.org.

9/Sunday

Mango Days 5K

The 7th Annual Mango Days 5K is scheduled Aug. 9, 6:30 a.m., at Ala Moana Beach Park. The

registration fee is \$35 to run/walk.

This race is stroller-friendly. Participants can register for an optional breakfast buffet following the run for \$11.

Register online at www.active.com; registration closes, Aug. 3, noon. Call the Leukemia & Lymphoma Society for more information at 534-1222.

XTERRA Mountain Man Triathlon

The 11th Annual Mountain Man Triathlon is scheduled Aug. 9, 7:30 a.m., at Kualoa Ranch. The 750-meter ocean swim takes place off Chinaman's Hat, followed by a 20K bike and 6K run course into Kualoa Ranch.

The Mountain Man triathlon is for experienced athletes or adventurous and fit novices.

Entry fee is \$90 for individuals and \$110 for relay teams (plus a \$10 USA Triathlon [USAT] one-day license for nonmembers.) Registration is available online at www.active.com; it closes Aug. 7, at 11:59 p.m. Visit www.bocahawaii.com.

15/Saturday

Volksmarch

Join the Menchune Marchers Volkspport Club on a 5K or 10K volksmarch (walk), Aug. 15, starting in Wahiawa at the Botanical Gardens parking lot (1402 Glen Ave., directly across from Wahi-

awa Elementary School). Participants can start anytime between 7:30 a.m. and 10 a.m., and finish by 1 p.m.

Call Carol at 626-3575 or visit www.ava.org/clubs/menchenumarchers.

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

23/Sunday

Waipahu Cane Haul 5K

The 1st Annual Waipahu Cane Haul 5K Run/Walk is scheduled Aug. 23, 7 a.m. The 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 postmarked by Aug. 3 is \$15 per runner/walker. Group entry prices (more than 25) are available for \$10 per person. Registration forms can be downloaded at www.canehaulrun.blogspot.com.

Ongoing

Bike Hawaii

Join Bike Hawaii's professional nature guides and explore Oahu from the rainforest to the reef. Packages include downhill biking, sailing off Waikiki and more. Meals are included.

Visit www.bikehawaii.com or call 734-4214.

Triathlon competitor ‘owns’ living with diabetes

Racing helps local youth manage his illness and inspire others to do same

JAN CLARK
Tripler Army Medical Center Public Affairs

TRIPLER ARMY MEDICAL CENTER — Diagnosed at age 9, Devin Rettke had no clue what diabetes was. Having just ended third grade, he loved candy, sugar and everything that was sweet. Devin’s symptoms were typical: getting up often during the middle of the night to urinate, drinking lots of water, and losing lots of weight. He was down to just 54 pounds.

“I wasn’t too thrilled when I found out I had diabetes,” Devin said. “I was afraid people would look at me differently; they wouldn’t want to hang out with me because it might be contagious or something.”

With the diagnosis came an entire change in lifestyle. Devin, now 14, pricks his finger about 10 times every day to check his sugar levels, and injects himself with insulin after every meal, after working out and when his numbers are high.

“But I did have help,” Devin said, referring to (Tripler Army Medical Center [TAMC] nurse and diabetes educator Hope Cooper-Oliver). “She’s become like family, and we all call her Auntie Hope. She and Dr. Anita Pedersen (TAMC Endocrinologist) have taught me all about diabetes, how to control it, and they give me support.”

Devin has proven, in spite of the diabetes, and perhaps in part because he’s taken responsibility for it, that he can succeed at whatever he undertakes, to include his choice to become a triathlete.

But the numbers he watches most closely are not just minutes and seconds when he runs, bikes or swims. It’s the sugar levels in his blood.

“If my numbers aren’t exactly in line, if they are too high, I don’t have as good of a performance. I could be slower, a lot slower. If my numbers are exactly in line, I’m a lot faster,” Devin said.

Checking those levels, and whether or not he can participate, is sometimes a



Courtesy Photo

Devin Rettke, 14, sprints to the finish along the path at Magic Island during the last leg of the Honolulu Triathlon, May 17. After being diagnosed with diabetes, Devin now races to manage his own illness, to set an example for others and to help find a cure.

calculated decision by Devin’s parents, Lt. Col. Matthew and Lisa Rettke.

“There have been races where we have written on his arm, ‘diabetic, 911, and my cell phone number’ just in case,” said Devin’s mother, Lisa Rettke. “But he has never started a race he hasn’t finished.”

As Devin began running triathlons at 10 or 11, to support the Juvenile

Diabetes Research Foundation (JDRF), his parents told him he would have to train if he was going to compete.

“I borrowed my neighbor’s old rusty mountain bike, and somehow I managed to take fourth place. And ever since, I’ve been hooked. Competing in the triathlons gives me confidence in myself. It’s like, it cancels out the diabetes and almost makes me feel like

I’m normal again.” Devin said.

Diabetes does make life more difficult, but Devin finds that having to monitor his sugar levels and manage his insulin levels has made him more responsible and organized. In that sense, he looks at having diabetes as a positive.

“Most importantly, I get to set the example. I get to help kids who have diabetes to accept it. I tell them, you don’t have to like it, I don’t like it, but you do have to own it,” Devin said.

Devin has been contacted by “Auntie Hope” or Dr. Pedersen on more than one occasion to talk with a newly diagnosed child.

“I usually meet them at Tripler and talk to them about how they have to manage their diabetes ... and face their challenges. With my racing, I try to show them what they can do, if they take care of their diabetes,” Devin said.

His concern for others and his drive to succeed, in spite of the disease, led to his applying to attend the JDRF Children’s Congress. The event, held in Washington, D.C., brings together celebrities, legislators and children from all 50 states to work together for a cure.

Of the 1,500 who applied, Devin was Hawaii’s only representative among the 150 delegates. In his application, he explained how he was an advocate for diabetes research.

“I’ve raised about \$10,000 with our schools through various fundraisers. One was ‘crazy hat day’ and there have been numerous walks. I wrote letters asking for a dollar. People didn’t just send a dollar, but instead some sent \$10 and others as much as \$100.”

At the Children’s Congress, held in June, Devin met with (legislators from Hawaii) and told them of his competing in triathlons. Happily, he didn’t have to explain to them the bills before Congress or to ask for their support. They were already committed.

Nearly all of Devin’s time in Wash-



Rettke

ington, D.C., was spent in meetings. However, a visit to the White House and the opportunity to meet President Obama was one of the highlights of his trip.

“While we didn’t get to spend that much time with the President ... just being able to see him and shake his hand was pretty amazing,” Devin said.

“I get to help kids who have diabetes to accept it. I tell them, you don’t have to like it, I don’t like it, but you do have to own it.”

Devin Rettke

“Absolutely, the best part was the president — that, and while we were waiting at the elevator we saw LeBron James,” he said. “He just came out of the elevator and I was so excited.”

During the conference, Devin realized that in reaching out to others and making them aware, he was doing his part.

“I’m not a good speaker, but I am good at running triathlons, and if continuing to run I can raise awareness, I will have succeeded. Insulin is not a cure, and it is research and technology that can make dreams come true ... and we are so close.

“So many of the children here on the island aren’t getting the care they need,” said Lisa Rettke. “We are so lucky here at Tripler to have wonderful nurses and doctors to provide us exceptional care. Every child needs a chance.”

“I will do what I can to find the cure, but I don’t plan to live my life waiting for the cure. I want others to know that they can still live their lives,” Devin said. “I know I have diabetes because I’m meant to help other kids with diabetes.

“I want to stay in good shape and go to college. I want to be an athletic trainer or go into sports medicine,” Devin added.

But for now, more races. His next race is in Colorado.