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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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HAWAII

ARMY WEEKLY

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Nondelivery or distribution problems in Army Hawaii

Family Housing areas? If so, call 656-3155 or 656-3156.

139 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 10/14/09.

DES Straight Talk

Little monsters can have Halloween fun safely

CHRIS GRAVES
Deputy Director, Directorate of Emergency Services

With trick-or-treating and other Halloween celebrations just around the corner, the Directorate of Emergency Services (DES) advises parents, children and drivers to exercise caution, Oct. 31.

On U.S. Army Garrison-Hawaii installations, trick-or-treating is Oct. 31, from 5:30-9 p.m. The police department will be handing out reflective necklaces and other items that will add to the preventative safety measures that parents can take for their children when trick-or-treating.

In addition to common sense precautions, parents should walk with their children on the far left side of the road, when sidewalks aren't available.

Always walk facing the oncoming traffic, so drivers can see you and you can see them. Law enforcement officers will be patrolling the area, but their mission is to assist, not to interfere, with the festivities.

Drivers should be on the lookout for trick-or-treaters who may be walking in the roads, and motorists should drive at slower speeds, especially in areas with low visibility, in case trick-or-treaters might not see them coming.

DES advises parents to examine any food before giving it to their children, and to be aware of any foods that might not be safe for them to eat.

For homeowners

- Clear your yard of anything a child can trip over, such as garden hoses and ladders.
- Have an outside light turned on near your front door and walkway.
- Keep any paper and cloth decorations away from jack o'lantern candles or use battery/electric-powered decorations.
- Keep any pets securely away from the door, so they



- don't run out, bite a child, or get scared themselves.
- For a change of pace, give non-food treats, such as stickers, pens, coins or temporary tattoos.
- For kids and parents**
- Parents should put reflective tape on costumes or add bright colors to increase visibility. Parents should also make sure the costume does not drag on the ground.
 - Make-up, rather than masks, should be worn to help ensure that children have a clear, unobstructed view of their surroundings.
 - Wear only flame-resistant costumes.
 - Do not carry anything that looks like a real knife, sword or gun.
 - Children should stay on the sidewalk.
 - Children and parents should carry a flashlight to see and be seen.
 - Trick-or-treaters should always be accompanied by an adult or travel in a group.
 - Parents may want to limit kids to local events run by police stations, firehouses, churches, senior citizen centers or local businesses, or organize their own event.
 - Children should never eat unwrapped candy and should always have their parents see the treats before eating.
 - Do not approach a dog you do not know.
 - Children should eat a meal before heading out.
 - Children should wear a watch and let you know where they will be.
- For drivers:**
- Although it's best for kids to make their trick-or-treat rounds during daylight, that may not be possible. Therefore, drivers need to be particularly careful at dusk



H.G. Wilshire | U.S. Geological Survey

The support-columns of the upper deck of the Cypress viaduct, Oakland, Calif., failed and collapsed after the Loma Prieta earthquake, Oct. 17, 1989.

Human, natural tragedies show importance of being prepared

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

The tragic events in Samoa last week jogged my memory.

Twenty years ago tomorrow, on the afternoon of Oct. 17, 1989, in San Francisco, the weather was eerie.

It was hot, and still, the wind that always blows along the bay from the Golden Gate Bridge was gone. Flags in the city hung limp on their poles, which rarely happened. There was a strange quiet in the air.

The sun was literally shining on San Francisco that day. The NFL's 49ers were heading toward their fourth Superbowl, and Major League Baseball's two top teams were playing in the World Series at Candlestick Park that afternoon, one team from San Francisco and the other team from right across the bay in Oakland.

It seemed like a magical time, but it all changed at 5:04 p.m.

I was on active duty then, stationed at the Presidio of San Francisco, and living in quarters at Fort Mason, about two miles away. That afternoon I changed into physical training (PT) gear, then ran home along the bay. I couldn't get over the stillness in the air.

I arrived home about 4:50 p.m. and went inside and to watch the World Series on television, which began at 5 p.m. Our two children were playing in the basement, and my wife, nine months pregnant, was upstairs.

I'd just turned on the TV when a deep rumbling sound came from somewhere in the ground. The house started to vibrate.

Spirituality feeds hungry souls

CHAPLAIN (MAJ.) BRIAN REED
U.S. Army-Pacific Chaplains Office

Do you know that feeling after you have eaten a great meal? Not overstuffed, just satisfied.

Maybe it was filet mignon or a great pizza crust with great sauce and melt in your mouth cheese. Maybe it was a great Angus burger or succulent king crab, lobster or coconut-battered shrimp.

Perhaps it was the dessert that was the icing on the cake to a fabulous feast. The flavors have swirled around in your mouth, bouncing off and entertaining taste buds, making them pop.

Are you hungry, yet?

It is a feeling of contentment. A feeling that makes you tilt your head back and rub your belly and say, "Ah, now that was some good eats." You are ready for a nap or at least a smile of satisfaction.

Location and atmosphere help, too. It can be at a fine restaurant, an often-frequented diner, a little-known haunt, or maybe it's grandma's or mom's dining room table.

The atmosphere and the food have worked together to give you a grand gourmet-filled gullet to sit back and heave a heavy sigh of fulfillment, at least for the moment. You want to savor the food and savor the time.

I recently threw some sirloin steaks on the grill. I made the proper turns, for the proper amount of time, until they were done to perfection, or at least to the standard our family prefers: medium well to well done.

They were "well done," too, if I do say so myself. I enjoyed that steak so much I didn't even notice I hadn't put steak sauce on it. It didn't need it. What a great flavor, a great feeling. I was content.

Israel's second king, David, may have had a super-satisfying supper in mind when he wrote, "Taste and see that the Lord is good" (Psalm 34:8).

As you begin to ramp up for the holidays and some glorious, scrumptious delicacies, remember that the full feeling will go away. The satisfaction can't last forever. You will



SEE EARTHQUAKE, A-7

Voices of Ohana

National Bosses Day is Friday, Oct. 16.

What qualities do think make a good supervisor?

"Honesty."

Nadine Kuikahi
CYS School Age Services,
Child Youth Program Assistant

"Someone who leads by example."

Madison D. Matthews
Management Analyst, U.S. Army Garrison-Hawaii Resource Management Office

"Someone who listens to their employees."

Pam Murray
Federal Child Care Provider

"Someone who supports their staff, mentors them and values them as people."

Sylvia Scully
DES, Assistant Emergency Plans Officer

"Someone who is not a micro-manager and who listens to their employees."

Shirley Steinhoff
Lead Supply Specialist, TV2

8th MP Bde. ‘Watchdogs’ return home

**8TH MILITARY POLICE BRIGADE
PUBLIC AFFAIRS**
News Release

WHEELER ARMY AIRFIELD — 8th Military Police (MP) Brigade, 8th Theater Sustainment Command, held a redeployment ceremony, here, this morning. More than 100 Soldiers of the 8th MP “Watchdog” Bde. returned to Oahu from their 12-month deployment to Iraq. This deployment was the first for the brigade headquarters in support of Operation Iraqi Freedom. During its deployment, the 8th MP Bde. operated throughout the country of Iraq, further developing Iraqi security forces, to provide a safe, secure and stable environment for the Iraqi people while they continually foster democracy and the establishment of the rule of law. The brigade assisted, mentored and provided overwatch to Iraqi police through many historical milestones from the enactment of the security agreement, the successful provincial elections, and the withdrawal of troops from cities. 8th MPs also provided mentorship and guidance for upcoming provincial elections this fall.

Task Force Wings take to MND-N skies

Story and Photo by
SGT. 1ST CLASS TYRONE C. MARSHALL JR.
25th Combat Aviation Brigade Public Affairs

CONTINGENCY OPERATING BASE SPEICHER, Iraq — Multinational Division-North’s (MND-N) combat aviation brigade (CAB) transferred authority in a short ceremony, here, near Tikrit, Iraq, Saturday. The 25th CAB, or Task Force (TF) Wings, assumed responsibility for aviation operations in MND-N, relieving 10th CAB, TF Falcon, from its yearlong mission. “Today marks the official transfer of authority between two great, battle-tested combat aviation units,” said Maj. Gen. Robert L. Caslen Jr., commanding general, TF Lightning and MND-N. “Both units have great historic traditions, and we could not be more proud of each of them. “We welcome the arrival of the 25th CAB, led by Col. Mike Lundy and Command Sgt. Maj. Jesus Ruiz. I challenge the 25th (CAB) to continue to build upon the solid foundation of the relationships that are already in place,” Caslen continued. TF Falcon successfully conducted full-spectrum operations, including reconnaissance and security, target acquisition, medical evacuations, air assault and air movement operations as it supported TF Lightning in its efforts to secure the Iraqi people and



Command Sgt. Maj. Jesus Ruiz (left), Task Force (TF) Wings, and Col. Michael Lundy, commander, TF Wings, uncase the brigade’s colors during the transfer of authority ceremony at Contingency Operating Base Speicher, Iraq, Saturday. TF Wings relieved TF Falcon of the 10th Mountain Division. its most recent 15-month deployment; however, its commander underscored the importance of continuing the success TF Falcon achieved. The brigade last conducted aviation operations in the region nearly 23 months ago, and there have been many changes in the region, including the implementation of the security agreement, June 30. “Although there are many un-

OIF
knowns over the next 12 months, it is clear that our support to the Soldiers on the ground will continue to be paramount as the brigade combat teams and MND-N leadership further strengthen our partnership and trust with the Iraqi security forces, provincial governments and the Iraqi people,” said Lundy. After welcoming TF Wings and thanking 10th CAB, Caslen spoke of his confidence in the 25th CAB. “If you live with the motto ‘every single day is a day you can make a positive difference in the lives of the Iraqi people,’ you’ll be on the right path for success,” Caslen said. “We all know that we can count on you to do your part to ensure Iraq and her citizens are secure, living within the rule of law, and where each one has a hope for the future and for themselves and their loved ones” he continued. “Undoubtedly, you will succeed because of the great professional Soldiers in your organization — the best in the history of the United States military,” Caslen added. “Remain vigilant and be the professional fighting force that Iraq’s security forces and the rest of the world’s armies want to emulate,” Caslen added. “You have my complete trust.”

130th Engineer Brigade recognizes warriors who keep communications seamless

STAFF SGT. MELANIE TROLLINGER
130th Engineer Brigade Public Affairs

CONTINGENCY OPERATING STATION MAREZ, MOSUL, Iraq — In most units, the routine technical requirements of information technology needed to keep a network’s computers, phones, printers and other signal equipment operational goes unnoticed. Most people don’t think about the effort and knowledge needed to keep the Army’s numerous communications systems running. In fact, most Soldiers don’t think about the S-6 section until they have an issue with their computer or any of their other comm equipment. The 130th Engineer Brigade’s S-6 is responsible for the continuous availability and integrity of the local network connectivity, and for security of numerous communications systems that keep information flowing and the brigade productivity running

smoothly. From running network cables to troubleshooting communications equipment issues, the seven-man team is continually on the go. Its main focus is to provide signal support for various types of systems, to include the Blue Force Tracker, Frequency Management communications, Army Battle Command Systems, and anything that produces automated productivity. The team also ensures the brigade’s secure radios are up to date with the latest “crypto” for tactical communications during missions outside the wire. The most important aspect of the S-6 section’s job in Iraq is providing the critical communications that enhance the brigade’s role in the U.S.-Iraqi partnership, according to Maj. Alex Bishop, signal officer, 130th Eng. Bde. The brigade is responsible for engineering and reconstruction efforts in Ninewa province. With en-

gineer battalions and companies scattered throughout not only Ninewa province, but all of Multi-National Division-North, reliable communications is essential. The S-6 section, on average, responds to 10-15 help desk requests per day, not including the emergency walk-ins who need assistance right away or the “while-you-are-here” requests received while working on various trouble tickets in different offices. Bishop said, when the brigade first arrived in country, his team responded to about 40 per day. “When we first got to Iraq, my section worked about 16-18 hours a day to establish the required network structures, so all the brigade’s sections could function. While it has slowed down, new requirements continue to arise, requiring further expansion to our established networks,” Bishop said. Sgt. Stacey Sill, a signal support system spe-

cialist with Headquarters and Headquarters Company, 130th Engineer Bde., uses her technical expertise to troubleshoot and solve any issues that come up with the brigade’s communications network. “We can fix a problem one way, but sometimes the same problem comes up the next day, and yesterday’s solution won’t work,” said Sill. Along with setting up and maintaining the brigade’s computer network, another S-6 responsibility is compliance and information assurance security. Recently, the S-6 section took time to make life, here, a little more enjoyable for the brigade’s headquarters. The section spent several days running cables for American Forces Network (AFN) to Soldiers’ containerized housing units, CHUs, which are the Soldiers’ “home away from home” in Iraq. With limited entertainment options in Iraq, AFN provides news, movies, sports and other programs to entertain the troops.

31BCT: Brigade projects leave lasting mark

CONTINUED FROM A-1

firm relationship with their partners was exceptionally successful.

"We listened to what our counterparts had to say, not as military personnel, but as humans," said Piatt. "I feel it was this which we did best. By building strong relationships with our Iraqi counterparts, we came into Salah ad Din as friends, and left as family.

"Our emphasis was to become one force, rather than two separate entities," Piatt continued. "We did this by changing locations of personnel, at times, to allow for our Soldiers to work together on operations and tasks. This led to smoother operations all around."

Understanding and relationships between the Broncos and their Iraqi counterparts were nurtured through close-quarters teamwork, which many Iraqi citizens and leaders believe was especially close.

"Colonel Piatt, his officers and all his Soldiers, have proven they are capable of emerging in our Iraqi society," said Salah ad Din Provincial Council Chairman Abu Mazin. "They worked side-by-side with the provincial council, and we consider Colonel Piatt to be the 29th member of our council. They have entered our homes and shared our happiness, and they have truly touched the people of Salah ad Din."

Piatt and the Bronco Soldiers achieved success, in part, by assisting Iraqis with more than 350 projects, including urban renewal, school renovations, assistance to local farmers, health care, and



Pfc. Jesus J. Aranda | Task Force Lightning Public Affairs

Col. Walter Piatt, commander, 3rd "Bronco" Infantry Brigade Combat Team (31BCT), 25th Infantry Division, and 31BCT Command Sgt. Maj. Anthony Morrero, case the brigade's colors during a Transfer of Partnership ceremony at Contingency Operating Base Speicher, near Tikrit, Iraq, Oct. 8.

provisions for essential utilities to the people of Salah ad Din.

"We were willing to do whatever the provincial councils decided was important to help the people," said Capt. Justin King, manager of the commander's emergency response program, which sought to aid local entrepreneurs with monetary support for small businesses. "The councils decided we should emphasize support to schools and water projects during our partnership."

Projects included more than \$30 million in completed and in-progress programs and aid to cities, rural farmlands and localities in the province.

One such project saw the removal of many protective concrete walls from Samarra, which were initially placed to protect the population from insurgent

attacks, but soon proved to be a hindrance to the city's budding economy.

"A big push was in Samarra, where many vendors had their businesses blockaded by protective walls," said King. "The walls were there to protect the people from insurgents, but a lot of business owners were effected very badly because the consumers couldn't get in either."

With the combined effort of Iraqi security forces (ISF) and U.S. forces, these walls were removed and the people of Samarra were ecstatic.

"I don't remember his exact words," said King, "but one of the Samarra leaders said this project was one of the most important steps toward the city's development."

Other projects included Bronco Soldiers working side-by-side with and

mentoring their ISF counterparts in professional training such as advanced criminal investigation procedures, police and military tactical training, and medical training.

Realizing the ambition of local Iraqi entrepreneurs was often limited by lack of financing. The brigade began working to provide financial aid to struggling business owners.

King oversaw the distribution of more than 1,000 small business grants throughout Salah ad Din on behalf of the

"Throughout this process, we learned when we become friends first, we operate as one."

— Col. Walter Piatt
Commander
3rd Infantry Brigade Combat Team

Broncos and believes the people of the region took tremendous strides under their partnership with the Broncos.

"We handed out a lot of micro-grants to business owners in Samarra and a lot of grants to farmers for irrigation systems or to buy livestock," said King.

Supporting the desire of small-business owners to prosper in a still-developing economy proved to be a considerable success.

"Some grant recipients made enough profit from their businesses as a result of the grant to continue to expand," said King. "The results were generally very

positive."

"We can see the results right away," Piatt said. "We can see the Iraqi people embrace sovereignty, and we can see their professionalism increase and show results in the areas around them."

As the ISF and people of Iraq continue to excel, Piatt is confident the true scope of the hard work of the Broncos during Operation Iraqi Freedom 09-11 is still yet to be seen.

"The true legacy of the Broncos and all of our military's efforts in Iraq will be seen in the generations of Iraqis not yet born," Piatt said. "The future generations of Iraq will continue to follow the trend of those who came before them."

The "Bronco Brigade" now departs Salah ad Din, which has made vast strides toward total sovereignty and unbound prosperity, to rest and recover at the Hawaiian home left behind so long ago. Piatt realizes arriving home safely is only the beginning, and more challenges still remain for his Soldiers.

"We leave Iraq with new challenges," Piatt said. "We have the challenging goal of reuniting Soldiers with their families and allowing them to reconnect to the bonds they had left behind. Our biggest concern is the successful transition of life in Iraq to the military, family or civilian life back at home."

While the transition from deployment life to family life may be easy for some, many of the Bronco Soldiers will still hold fond memories of the other members of their extended family still remaining in Iraq.

311th shoots, gets shots during component training

Battle training assembly successful because of leadership competency

LIANA MAYO

311th Signal Command Public Affairs

SCHOFIELD BARRACKS — When they weren't zeroing their weapons and qualifying at the range, 84 Soldiers in Headquarters, Headquarters Company (HHC), 311th Signal Command, received flu shots and other needed immunizations during their two-day stay at Training Area X, here, Oct 3-4.

Soldiers also received briefings on military justice, law of war, fraternization and operational security, and weapons familiarization and marksmanship. They received a hot meal each day, brought in from a Schofield Barracks dining facility.

The three-day battle training assembly (BTA), Oct. 2-4, was a chance for troop program unit Soldiers, or Reservists, to receive the training that their active component and active Guard and Reserve counterparts have access to during the week.

One of the biggest challenges of a multicomponent command is using BTA time efficiently to achieve results.

"My training operations officer, 1st Lt. Jason Robinson, had a goal to keep each Soldier out at the range no longer than 90 minutes at a time," said Capt. Jason Hillman, commander, HHC, 311th Signal Command. "He achieved this by using troop carriers to take Soldiers back to Area X for classes when they weren't shooting."

"An advantage of having all the resources and full-time support of an active duty unit is the ability to get the land, or Area X, which Reserves would only have priority over during the summer months," Hillman added. "The full-time staff also scheduled the range, ammunition, food and logistics support, and issued our linen and equipment such as weapons and masks."

Hillman said the exercise provided opportunities for the unit's active component Soldiers that they would not otherwise have. For example, flu shots were provided through the Reserve side of the house.

Janet Matas, unit administrator, HHC,



Photos by Capt. Jason Hillman | 311th Signal Command

From left, Col. Michael Jackson, 311th G-3, observes Pfc. Geraldine Solia, Spc. Kimo Anderson, and Pvt. Isaiah Magday load ammo into strips to be fired by the M-249 "Saw" at a range on Schofield Barracks.

311th Signal, coordinated civilian medical support to provide vaccinations.

The BTA started at 6 a.m., Oct. 2, with an annual physical fitness test (APFT) at Foster's Point, Hickam Air Force Base. Hillman said the unit's 99-percent pass rate was a direct result of the diagnostic PT test administered in August.

After the PT test, Soldiers were issued M-40 protective masks, clothing and equipment. They conducted pre-combat checks and inspections, and received hands-on training in preparation for

the range, including dime-and-washer and shadowbox training, to brush up on fundamental techniques of marksmanship.

"Conducting this training the day before was (one of the keys) to our success on the range, where we had 100-percent pass rate for the M-16, and 11 out of 19



After tightening her shot group on an M-16 target, Pvt. Rowena Napoles, administrative specialist for the 311th Headquarters, Headquarters Company (HHC), receives a flu shot. During their two-day stay at a range on Schofield Barracks, Oct. 3-4, HHC Soldiers received other needed immunizations, legal and operational security briefings, and classes on weapons familiarization and marksmanship.

passed on the M-249," Hillman said. "Many of the techniques we use to qualify are perishable skills, so it is important to refresh on things like proper breathing, trigger squeeze and getting a good sight picture. The longer Soldiers spend on the range, the more fatigued they get, so if they know what to expect, things run much more smoothly."

As his number one key to success at the range, Hillman named the high level of competency among the leadership and range safety officers. Reserve Soldiers used the opportunity to shadow their active component counterparts. Together they effectively planned, coordinated and managed the event, to include the transportation of Soldiers on and off the range in a timely manner to

best use available training time.

"We are starting out the new fiscal year with a bang," Hillman said. "These exercises help us meet the challenge of getting our Reservists trained, vaccinated and qualified. As of this first quarter, we are closer to being 100-percent ready in weapons qualification and medical readiness, both of which are command priorities."

Hillman said he and his leadership team will continue to work toward meeting the Dec. 1 suspense to achieve 100-percent medical readiness.

The next opportunity for all 311th Soldiers in Hawaii to receive the flu shot will be at the command's Soldier Readiness Processing (SRP), scheduled Nov. 20-22.

Hawaii Garrison University chooses new logo, motto

JACK WIERS

U.S. Army Garrison- Hawaii Public Affairs

SCHOFIELD BARRACKS – In the increasingly competitive world of continuing education, a new player has arrived: Hawaii Garrison University (HGU). The focus of this university, however, is directed towards the existing garrison workforce. The university program, aligned with the Army's Civilian Education System (CES), recently unveiled its newly designed logo and motto "Building Leaders~Serving Soldiers." After a U.S. Army Garrison-Hawaii (USAG-HI)-wide competition, which also served to elevate the program's visibility, the judging committee chose Dave

Pawlak's entry. The commercial services management office for the Directorate of Public Works chief incorporated the HGU brand and motto with the current Garrison logo design. The HGU program was created through the encouragement of USAG-HI leadership, with a commitment to the philosophy that education is a lifetime process. The program launched in late summer with a series of leadership training courses. Early registration was slow, but momentum is quickly building. With the help of promotion and positive word-of-mouth, fall registration for several leadership courses is already filled to capacity.

"Hawaii Garrison University offers courses that prepare employees in professional development with a focus on developing interpersonal skills that are crucial to leadership," said Jocelyn Chang-Chuck, chief, Workforce Development, USAG-HI, who wears a dual hat as HGU's dean. "Strong interpersonal skills for many leaders is sometimes assumed, but often require cultivation," Chang-Chuck said. HGU has quickly taken shape through the encouragement from the garrison command group. "HGU helps leaders to create a workplace where civilian employees come to work because they want to, and not have to, while retaining their best tal-



ents," said Col. Matthew Margotta, commander, USAG-HI. "This will take us into the future of excellence and sustainability." Loran Doane is in the customer serv-

ice business, serving as USAG-HI's media relations chief, Public Affairs Office. Doane immediately appreciated the value of HGU's first customer service class. "Customer service is not something that just happens by accident," Doane said. "There is a process to customer service, along with a science to it." During the coming weeks, Workforce Development will continue its awareness campaign with 'road shows' throughout the garrison, according to Chang-Chuck. "Sign up for a course today while it's still free," Chang-Chuck added, demonstrating her enthusiasm for the program with the reminder.

Customer service office acknowledges going above and beyond call of duty

OPHELIA ISREAL

Customer Service Officer

SCHOFIELD BARRACKS – When she found out I was interviewing her for an article on providing excellent customer service, MaryAnn Oshiro, program analyst with the Plans, Analysis, and Integration Office (PAIO), U.S. Army Garrison-Hawaii (USAG-HI), tried to leave my office. Humble and always careful to share praise, Oshiro was uncomfortable with the thought of being spotlighted. Her modesty is likely the foundation of her customer service skills. Unconcerned with who gets credit, she diligently does whatever is necessary to bring a problem to resolution. Once resolved, Oshiro credits everyone else for their contributions. Even as this article was being written, she has stopped by to remind me to include all the garrison assets who assist her in her job. Oshiro came to USAG-HI after 23 years of civil service with the Navy. In 2005, her position

was being transferred to San Diego. Through the Priority Placement Program (PPP), Oshiro was offered an analyst job at USAG-HI.

“It really is about being professional, polite and positive. It’s service with aloha.”

— **MaryAnn Oshiro**
Program Analyst
Plans, Analysis and Integration Office
U.S. Army Garrison-Hawaii

"I was concerned about moving to a new position within a completely different organization," Oshiro said, "but the folks at PAIO were so welcoming. If it wasn't for their complete acceptance of me, I wouldn't have been able to learn as much as I have and do the work I do." One of Oshiro's responsibilities is as the program manager for the Army Suggestion Pro-

gram (ASP). Any individual associated with the Army can submit a suggestion to ASP and potentially receive a monetary award of up to \$25,000. Oshiro, navigated the series of personnel and system changes, the changes in documentation, and the time necessary for evaluation and review of the suggestion by a civilian employee at the Pohakuloa Training Area, on the Big Island. The employee, Stephen Troute, recognized that the Army could save money on its Saddle Road construction project. In 2003, Troute suggested that the Army should purchase local quarry rock to build the road, instead of purchasing it from outside commercial sources and hauling it in. After extensive evaluations, the Army agreed that the cost savings would be significant – an estimated \$5 million over three years. Although Troute submitted his suggestion in 2003, only within the last month was final approval received to reward him for his idea. It took almost six years to close the file. The constant diligence of Oshiro was

throughout much of the process. Aware of how long Troute had been waiting, Oshiro prompted and prodded wherever she could, performing actions outside her scope of responsibilities just to ensure progress continued. While this example is only one of Oshiro's conscientiousness, others can attest to her sense of responsibility. Garrison employees often commend Oshiro for her hard work by submitting comments in the Interactive Customer Evaluation (ICE) system – comments like "Kudo's to MaryAnn Oshiro for the excellent service provided over and beyond her job" and "She is the (definition) of legendary service." When asked her philosophy on customer service, Oshiro takes less than a second to respond. "It really is about being professional, polite and positive. It's service with aloha," she said, then quickly adds, "But that's not just me. There are so many people throughout the garrison that provide great customer service. They are all champions."

PRMC partners with University of Hawaii for nursing research

TRIPLER ARMY MEDICAL CENTER
PUBLIC AFFAIRS
News Release

HONOLULU – Tripler Army Medical Center (TAMC), the Pacific Regional Medical Command (PRMC), and the University of Hawaii at Manoa’s (UH-Manoa) School of Nursing and Dental Hygiene (SONDH) recently signed a memorandum establishing a new nursing research partnership, Oct. 1.

The agreement calls for TAMC nurses to team up with UH-Manoa nursing faculty to conduct research on health promotion, disease prevention and evidence-based practices that will expand nursing knowledge and, ultimately, improve care for military personnel and their families.

The program will also cultivate interest in nursing research careers and support a network for mentorship and professional development for nurses in both organizations.

“We are committed to continually seeking new ways to improve the care of our service men and women in Hawaii and the Pacific Region,” said Col. Theresa Sullivan, deputy commander for nursing, TAMC. “This part-



Les Ozawa | Tripler Army Medical Center

From left, Dr. Mary Bolland, University of Hawaii at Manoa (UH-Manoa), Dean of School of Nursing and Dental Hygiene; Gary Ostrander, UH-Manoa's vice chancellor for research; Brig. Gen. Steve Jones, commanding general, Pacific Regional Medical Command (PRMC); and Col. Theresa Sullivan, deputy commander for nursing, Tripler Army Medical Center (TAMC), display the formal academic-clinical nursing research partnership memorandum between TAMC-PRMC and UH-Manoa after the signing, Oct. 1.

nership will strengthen our relationship with the community to enhance the conduct of scientifically sound re-

search and evidence-based practice so that we can provide the best care we can to our 436,000 beneficiaries."

Dr. Mary Bolland, UH-Manoa's dean of the School of Nursing and Dental Hygiene, said, "At the SONDH, we serve

“This partnership will strengthen our relationship with the community.”

— Col. Theresa Sullivan
Deputy Commander for Nursing
Tripler Army Medical Center

the community through our efforts in nursing research, education and service. We are honored to expand our longstanding relationship with PRMC to conduct joint research."

The memorandum-signing ceremony marked the first formal academic-clinical nursing research partnership between an Army medical treatment facility and a public university.

Ceremony participants Brig. Gen. Steve Jones, PRMC commanding general, and Gary Ostrander, UH-Manoa's vice chancellor for research, congratulated nurses from both organizations for their efforts to create a joint vision for the future of nursing and health care.

Earthquake: First line of protection in emergency is ourselves

CONTINUED FROM A-2

damaged in those few seconds.

Although the earthquake occurred at 5:04 p.m. in the heart of the rush hour, amazingly only 63 people lost their lives that day. The low death toll was attributed to the amount of people who had left work early to watch the World Series; otherwise, the freeways and bridges would have been packed.

At Candlestick Park, 65,000 World Series attendees sat stunned or confused as portions of the stadium shook. The game was called as players hurried into the stands to find their loved ones.

Severed water and power lines rendered the Marina District helpless and a fire started to engulf the largely wooden structures. It could have quickly swept over the city – thankfully there was no wind and fireboats were used from the adjacent bay .

The clear and balmy evening later proved kind for thousands of people made homeless from the devastation.

The days and months that followed were filled with emotion, community spirit, numerous aftershocks, and surreal contrast between the destruction and continuation of everyday life. One week to the day of the earthquake, my son Jacob

was born, family and friends christened him “Jake ‘The Quake’ Drake.”

What can we learn from the Samoa, Indonesia and San Francisco tragedies?

First, earthquakes and tsunamis come unexpectedly and can be instantly devastating. Second, we must be prepared in advance.

Here, in the isolated Hawaiian islands, everyone should have a 72-hour survival kit, complete a with battery-powered radio, flashlights, first aid

kit, and water and food to survive for three days.

Third, every family should have an evacuation plan, predetermined rallying points and a communication plan. The plan shouldn't rely on cell phones as cell phone towers and relays could be overwhelmed or not work at all.

The bottom line is, advance planning is critical. We can't stop the event, but we can be prepared. The first line of protection for our loved ones is often ourselves.

News Briefs

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

16 / Today

FBI Recruitment – Are you interested in a career with the FBI as a special agent (SA) or as a professional support employee? Learn more about the FBI by attending an FBI career presentation today, 10 a.m., at the Soldier Support Center, Building 750, Schofield Barracks. For more information, contact Special Agent Kal Wong at 566-4488/4300.

19 / Monday

Military Job Opportunity Session – The White House Communications Agency will hold an informative session on job opportunities, Oct. 19, 9:30 a.m., at the Hickam Memorial Theater, Building 1776, Kuntz Ave. All branches of the service are welcome to attend. Opportunities are available in several military occupational specialties. Call 202-757-5150 or visit www.disa.mil/whca.

Change of Command – Adm. Robert Willard will assume command of U.S. Pacific Command (PACOM) from Adm. Timothy J. Keating in a ceremony, Oct. 19, 10 a.m., at Camp Smith.

20 / Tuesday

ACS Tripler Office Closure –The Army Community Service (ACS) office at

Tripler Army Medical Center will be closed all day Oct. 20 for staff training. The office will be open for business again at 7:30 a.m. Oct. 21.

Call the Schofield Barracks ACS office at 227-0144.

21 / Wednesday

Retroactive Stop Loss Pay – Service members whose period of obligated service was involuntarily extended or whose established date of separation, release from active duty, or approved voluntary retirement was involuntary suspended (commonly known as stop loss) are eligible to receive special pay beginning Oct. 21.

Eligible service members will be paid \$500 for each month or portion of a month they were retained on active duty past their contractual Expiration of Term of Service (ETS) date. Each service member or survivor must file a claim for retroactive stop loss special pay before Oct. 21, 2010.

Beginning Oct. 21, service members or survivors who believe they are eligible for retroactive stop loss special pay may submit an electronic claim at <https://www.stoplosspay.army.mil>. Call the Transition Center at 655-0175 for assistance.

28 / Wednesday

WASP Temporary Closure – All units requiring munitions support for training during early November need to draw their required ammunition by Oct. 28 because the Wheeler Ammunition Supply Point (WASP) will be closed Nov.

2-6 for quarterly inventory.

The Training Ammunition Vehicle Holding Area (TAVHA) will be available for munitions storage during this time.

Emergency issues will be handled on a case-by-case basis, and must be approved by Armell Armstead, Directorate of Logistics (DOL) Munitions Accountable Office, at 656-1649 or 226-8441, or the DOL supply branch chief, John Gearhart, at 656-0817 or 227-2760.

29 / Thursday

Hail and Farewell – U.S. Army Garrison-Hawaii employees and their spouses are invited to attend the next Hail and Farewell costume/masquerade gathering to bid aloha to newly arriving and departing employees, Oct. 29, 3-6:30 p.m., at the Tropics, Schofield Barracks.

Prizes will be awarded for the best costumes. Cost is \$17 and includes heavy pupus, beverages and dessert. A no-host bar will be available. R.S.V.P. by Oct. 16 through your directorate.

Ongoing

Kolekole Pass Hours of Operation – Kolekole Pass, the road that connects Schofield Barracks to the Waianae coast through Naval Magazine-Lualualei, is open Monday-Friday, 7 a.m.-5:30 p.m.

Traffic is permitted to drive from Waianae to Schofield, 7-11:45 a.m., and traffic is permitted to drive from Schofield to Waianae noon-5:30 p.m. The pass is closed weekends

and holidays, and operation times are subject to change due to training or inclement weather.

Motorists are urged to call 668-3007 before attempting to access the pass.

DPW Assistance Online – The Directorate of Public Works (DPW) has an online customer service/assistance handbook to provide guidance for all those requiring DPW services at <https://dpwhawaii.army.mil/general/customer-handbook.aspx>. For more information, contact Camille Howe, DPW program analyst, at 656-5281.



CFC 2009 – The 2009 Combined Federal Campaign (CFC) runs now through Nov. 9. The CFC is the world's largest and most successful annual workplace charity campaign, which raises millions of dollars to support nonprofit organizations throughout the world.

Visit www.cfc-hawaii.org, or contact your unit representative to learn more.

Civilian Fitness Program – Department of Army (DA) civilians are invited to participate in a six-month program al-

lowing time during regular work hours to exercise. DA civilians are encouraged to take advantage of this opportunity to improve their health, fitness and quality of life.

To participate at the Health and Fitness Center, Schofield Barracks, or the Fort Shafter Fitness Center, call 655-4804. A pre- and post-fitness assessment is required.

Religious Services – A full list of all services, children's programs and educational classes offered by the garrison's Religious Support Office can be found online at www.garrison.hawaii.army.mil.

From the home page, click on "Religious Support," which is under the "Directorates & Support Staff" menu. For more information, call 655-6644 (North communities) or 833-6831 (South communities).

Commanders Referral Program – Commanders and first sergeants can approve up to \$1,000 of basic living expenses from Army Emergency Relief (AER), which offers an essential training course that commanders and first sergeants must complete to use the program. Classes run from 9-9:30 a.m., the fourth Wednesday of the month, at Army Community Service, Building 2091, Schofield Barracks. Call 655-4ACS (655-4227) to register or contact Jackie Torres, AER officer, at 655-7132, or e-mail, Jacqueline.torres1@us.army.mil

Strykers: Armored units cooperate

CONTINUED FROM A-1

historical occasion, a meeting point of the two greatest democracies of the world,” he said.

YA09 consists of two weeks of peacekeeping operations, along with an exchange of staff organizational tactics related to peace operations at various levels. Participants will be engaged in a variety of missions: from joint planning and executing to a variety of artillery ranges both in and out of vehicles, to cordon and search operations, as well as search and rescue training.

“The United States and India have historical ties, and over the last few years, these ties have graduated on to cooperation in the military, wherein both of us – as partners in peace and prosperity in the world – join hands to understand each other, to synchronize with each other, adopt an interoperability, so that we can understand how we can best utilize the resources of each other towards achieving the overall aim,” said Malik.

The 17 Strykers, which are now in India, represent the largest deployment of Strykers outside of Iraq and Afghanistan for Pacific Rim forces. They will play a vital role in the exercise as U.S. Soldiers show off one of the Army’s newest vehicles.

Armored vehicles the Indian army will use during the exercise include the Boyevaya Mashina Pekhoty, or BMP, a Russian tank similar to the Bradley Tank, and the T-90, a Russian Main Battle Tank, which is similar to the U.S. M1 Abrams tank.

“The size and scope of this combined exercise is unparalleled and will be characterized not only by realistic and challenging training, but by regular athletic, academic and cultural exchanges,” said Lt. Col. Jim Isenhower, commander, 2-14th Cav. Regt. “Our Soldiers are excited to engage in the exercise during the upcoming two weeks and feel a distinct sense of privilege as participants in Yudh Abhyas.”

After the ceremony, Soldiers and commanders from both armies began their exchange by showing off their various weapons systems, vehicles and other equipment used by each force.

“Before today, I didn’t know the Indians had a mechanized force of this magnitude with so much of a rich tradition,” said Sgt. Logan Anderson, personal security detail noncommissioned officer, 2-14th Cav. Regt. “Since this unit of the Indian army is mechanized and we’re a Stryker unit, I’m really looking forward to how we’re going to maneuver together.”

Malik expressed a similar sentiment, stating a desire for all training and endeavors of



Sgt. Deshaun White, cavalry scout, Troop B, 2nd Squadron, 14th Cavalry Regiment “Strykehorse,” 2nd Stryker Brigade Combat Team, 25th Infantry Division, unties ropes on the bed of a truck to prepare vehicles for unloading, in preparation for Exercise Yudh Abhyas '09 in Babina, India, Saturday.

participants to be successful.

“I wish you all that the aims set forth by both the armies are fully achieved, and we are in a position to carry forward the lessons learned,” said Malik. “I wish you all the very best, a comfortable stay here, and that the training that you receive here will bring you all to greater glory.”

Rotations: Warrior Bde. ready to return

CONTINUED FROM A-1

nel and leadership from the last Iraq deployment, and are currently conducting combat training in preparation for our spring brigade mission rehearsal exercise at the National Training Center (NTC) in California,” said Col. Malcolm Frost, commander, 2nd SBCT.

“All of this training,” he continued, “is critical in ensuring we are fully prepared for our combat mission to advise and assist Iraqi security forces and civil agencies.”

The Warrior Brigade returned from its 15-month deployment to Iraq earlier this year. During that deployment, 2nd SBCT Soldiers operated in northwest Baghdad, conducting more than 30,000 patrols, many of them combined with their Iraqi security

force counterparts, to help provide a safe, secure and stable environment for the Iraqi people.

The brigade’s upcoming deployment will mark its third deployment to Iraq; the first was in 2005 and the second was in 2008.

Defense Secretary Robert M. Gates also approved a request by Army Gen. Ray Odierno, commander of Multinational Force Iraq, to extend the deployment of the 1st Cavalry Division Headquarters for up to an additional 23 days, and elements of the II Marine Expeditionary Force for up to an additional 79 days.

The extensions will ensure that key capabilities are maintained following Iraqi national elections in January

and provide support for redeployment of remaining Marines and their equipment.

Odierno said Oct. 1 that current thinking is to maintain U.S. force levels in Iraq between 110,000 and 120,000 troops for the two months after the January election, but ahead of a massive U.S. force reduction expected before next fall.

“What we’ll do is we’ll hold that in place through the elections and about 60 days after the elections,” Odierno told Pentagon reporters. “And depending on how that goes, ... then we will make a determination of coming down to the 50,000 transition force by the first of September.”

Town Hall: Leaders listen to residents

CONTINUED FROM A-1

non-military youth and adults managed to find their way on to AMR for the annual costume-attired celebration.

Hosted by U.S. Army Garrison-Oahu (USAG-Oahu), the Oahu South Community Town Hall was the third and final meeting of the year for Soldiers and families in the communities of AMR, Fort Shafter, Tripler Army Medical Center and Fort DeRussy.

The meetings are intended to keep residents up to date on the latest happenings in their neighborhoods, as well as allow them an opportunity to voice quality of life concerns before USAG-Oahu senior leadership and agency representatives.

Crime-related items

Every South community reported a minor rise in larceny reports, except at AMR, which experienced a 60-percent drop in property thefts.

Still, nearly one-half of all larceny reports were of unsecured items. As a result, residents were once again encouraged to do a better job at locking up their personal belongings.

In one case, a Soldier purchased a 47-inch flat-screen television and left it unsecured in the bed of his pickup truck. Hours later, the brand-new TV was missing.

"I can't do anything about that," stated Hulsebosch, adding that residents become easy targets for thefts when they fail to put away their household items or leave their possessions in plain view inside their cars.



Lt. Col. Dan Hulsebosch (left), director, Directorate of Emergency Services, and Vickie Domingo, director, South Region operations, Army Hawaii Family Housing, discuss the latest news at their respective agencies during the Oct. 7 Oahu South Community Town Hall meeting at the Aliamanu Military Reservation Chapel.

Hulsebosch also encouraged residents to participate in the installation's Anonymous Crime Tip (ACT) program, a reporting tool that allows those who witness a crime to pass valuable information on to police without revealing their identity. To learn more about ACT, visit www.militarycrimetips.com.

Construction updates

Vickie Domingo, South Region operations director for Army Hawaii Family Housing (AHFH), informed town hall guests that Funston Loop residents will be relocated to Plumeria neighborhood before the end of the year.

Also, homes at Simpson Wissar, Fort Shafter, will be first offered to those families in the Hibiscus neighborhood who

have students attending Moanalua Middle and High schools. Remaining officer and enlisted Hibiscus residents will be offered housing in Aliamanu in the fall of 2010, she added.

Finally, Domingo notified residents that work to repair existing cracks on the AMR pool deck will begin in the near future.

At the end of the meeting, Lt. Col. Richard Gledhill, commander, USAG-Oahu, thanked residents for participating in the last of the South Region meetings scheduled for the year.

"I appreciate you taking the time to be here and making sure your voices were heard," Gledhill said. "If you want to get at the issues, it has to start at the community level."

Substance abuse and workplace make for harmful combination

Drug-Free Workweek is October 19-25, 2009

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

U.S. Army Garrison-Hawaii is committed to providing a safe, healthy and drug-free working environment and wants to take the opportunity to remind employees about the importance of working drug free for their own safety and that of their co-workers.

Some of the potential risks and hazards of workplace alcohol and drug use are obvious, particularly those related to safety. Alcohol and drug use can seriously impair judgment and coordination, which can lead to workplace accidents, injuries and even death.

A person does not need to be an alcoholic or drug addict to create safety hazards. For example, someone who still has alcohol in his or her bloodstream from drinking before he or she was on the clock may not be in any condition to work safely.

But problems extend beyond safety. Workplace alcohol and drug

use can weaken an organization's ability to operate profitably and productively. Drug use is also associated with lower levels of employee morale – not only that of employees struggling with alcohol or drug problems, but also those who work alongside them.

The key to preventing problems is for all employees to understand help is available for anyone struggling with alcohol and drug problems. If you (or someone you know) are struggling to work drug free, call 1-800-662-HELP (1-800-662-4357) or visit www.findtreatment.samhsa.gov.

Other sources of help are available at www.dol.gov/workingpartners. USAG-HI's Employee Assistance Program provides confidential, short-term counseling and referral services as a benefit to employees. Professionally trained staff can be reached at 655-6047/6046.

HAWAII ARMY WEEKLY PAU HANA

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

"When work is finished!"

FRIDAY, OCTOBER 16, 2009

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



23

26
27
28
Furlough Fridays

29

30

PACOM Education Task Force meets to discuss options

BILL MOSSMAN
Staff Writer

FOSTER VILLAGE — Representatives from U.S. Army Garrison-Oahu (USAG-Oahu) recently joined forces with other military service branches, hoping their combined efforts would yield answers to the question on many parents' minds these days: "What are we going to do with the children when teachers go on furlough?"

Beginning Friday, Oct. 23, thousands of students in the Hawaii public school system will be left out of their classrooms — the unfortunate victims of massive budgetary cuts occurring across the nation, which have forced teachers to take unpaid days off.

With many military parents scrambling to find suitable services to care for their sons and daughters, the U.S. Pacific Command (PACOM) Education Task Force decided to deal with the issue by huddling, here, at the Oahu Veterans Center, Oct. 7, along with 50 representatives from the Air Force, Army, Marines, Navy, U.S. Coast Guard and Hawaii Army National Guard.

"This is your chance to hear others' ideas and tweak them to suit your purposes," said event co-facilitator Charles Hendryx, Education Technology program manager, PACOM, to those in attendance.

During the meeting, participants discussed ways to pool their resources and tackle looming questions regarding child care services and potential activi-

ties for military youth on furlough days. They also addressed how high school seniors could successfully complete their required senior project with the loss of instructional time, and receive mentoring through the School Partnership Program (SPP) and Hired! — an apprenticeship service offering \$500 stipends for 180 hours of work.

Additionally, the task force considered ways to cultivate a military child's "sense of belonging" through enrollment in Army sports programs or in the new EDGE! (Excel, Develop, Grow and Experience) program — an out-of-school program developed by the Army's Child, Youth and School Services (CYS2).

Following three hours of lively discussions, representatives from each branch decided to hold off on any definitive answers. Instead, they agreed to keep the channels of communication open, with potential solutions coming out of future meetings.

"It is unreasonable to assume that we can be geared up and ready to go with a complete program by the first furlough day," said Col. Mike Davino, director for Manpower, Personnel, and Administration, PACOM, who helped lead the discussion. "This is at least a two-year event,

so we will need to continue to evolve."

Lt. Col. Richard Gledhill, commander, USAG-Oahu, agreed with Davino, saying the issue is too complex to make any hurried decisions. He further cautioned other military branches that there was no "silver bullet" to the furlough problem, with a myriad of issues, including transportation questions, still needing to be resolved.

The Army, Gledhill concluded, would extend a helping hand to fellow service members once it had a firm grasp on exactly what services would be available for Soldiers and their families.

"We all want to be the big team player," Gledhill said, "but from the Army's position, we have to define our own problems and make sure we have adequate resources tied to us, so that

we can deliver those services to our family members and service members. After that, we'd be willing to look at this and say, 'Here are the areas where we have capacity to serve (other military branches).'"

To deal with the expected \$227 million budget deficit the Department of Education (DoE) is facing, the Hawaii State Teachers Association (HSTA) ratified a contract late last month calling for the closing of the state's public schools over a series of Fridays this school year. In doing so, teachers chose 17 furlough days over layoffs, with the unpaid days representing a 7.9 percent cut in pay.

As it stands, the Army figures to be the hardest hit among service branches, with an estimated 7,000 dependents — or, roughly half of all military children attending Hawaii public schools — looking for somewhere to pass the time on "Furlough Fridays."

Davino said he looked forward to subsequent task force meetings and the solutions they might yield. However, he warned those in attendance not to expect the 17 furlough days, which represent approximately 10 percent of the school year, to be brought back anytime soon. "Once something is cut back, it's hard to restore," he said.



Furlough activity, service alternatives are available for students

SCHOOL LIAISON OFFICE
News Release

SCHOFIELD BARRACKS — "Furlough Fridays" are fast approaching, and many parents are concerned and are inquiring about services for their child(ren).

The Hawaii State Teachers Association (HSTA) ratified their contract, Sept. 22, to include the following 17 furlough days for all Hawaii public schools: Oct. 23 and 30, Nov. 6 and 20, Dec. 4, 11 and 18, Jan. 18, Feb. 15 and 29, March 5 and 12, April 23 and 30, and May 7 and 14.

The Army is well aware of the situation and is equally concerned and committed to helping students thrive during this time.

Since the day the furlough announcement was made, the Directorate of Family and Morale, Welfare and Recreation (DFMWR) has been working with all its programs to provide options to our military students.

Child, Youth and School Services (CYS2) has announced the fee schedule for Furlough Fridays for its School-Age Services (SAS) program:

• If your child is currently enrolled in a CYS2 After-School Program, there will be no additional cost.

• If your child is currently enrolled in only a CYS2 Before- or After-School Program, the cost is \$15/day.

• If your child is not enrolled in either a CYS2 Before- or After-School Program, the cost is \$30/day.

SAS is also offering hourly care at all four SAS locations: Bennett Youth Center, Helemano (HMR) Youth Center, Fort Shafter Youth Center, and Aliamanu (AMR) Youth Center.

The hourly care fee is \$4, and parents will need to reserve a space two weeks in advance. Parents can register their child(ren) for up to 12 hours of care between the hours of 5:30 a.m. and 6 p.m.



On The WEB

• For the latest information on Family and Morale, Welfare and Recreation Furlough Friday options, visit www.mwramy.hawaii.com.

• For a list of off-post organizations offering Furlough Friday programs, visit the Hawaii Chamber of Commerce Web site at www.cochawaii.com/furloughfriday.asp.

• For a list of frequently asked questions about Furlough Fridays, visit the Hawaii Department of Education Web site at www.doe.k12.hi.us.

In addition to SAS, CYS2 offers babysitting services by teenagers who have been certified through the CYS2 babysitting classes. Eligible teenagers are 13-18 years old and are certified in first aid and cardiopulmonary resuscitation (CPR). Call the CYS2 Registration Office at 655-5314 and request a list of certified babysitters.

For middle and high school students, the Middle School/Teen (MST) Program will operate from 10 a.m.-4 p.m. on Furlough Fridays.

Child(ren) must be registered with CYS2 prior to the first day of participation in either the SAS or MST programs.

For parents who have the time and ability to transport their child(ren) off-post, many other options are available.

The Bishop Museum, Kamaaina Kids, YMCA, and Wiz Kids are some of the organizations offering programs for Furlough Fridays, with fees ranging from \$25-\$50/day.

Although CYS2 is offering options for parents for Furlough Fridays, parents are also encouraged to spend time with their child(ren). Online resources include Student Online Achievement Resources (SOAR) and Tutor.com.

SOAR is a free Internet-based program for students in grades 3-12. It is a virtual classroom that focuses on math, reading and language arts. This resource is great for students at home.

Tutor.com is a Web site that allows students to chat with a live tutor to assist them with homework assignments and special projects. It's available 24/7 and is free for military family members.

Resources For Parents

• **CYS2 Registration Office**
Phone: 655-5314

Mon.-Fri.: 7:30-11 a.m. (*walk-in*)
Mon.-Fri.: noon-4 p.m. (*by appointment*)

• **Bennett Youth Center**
Phone: 655-6461

Mon.-Fri.: 5:30 a.m.-6 p.m.

• **Schofield Barracks MS/Teen Center**
Phone: 655-0451

Furlough Fridays: 10 a.m.-6 p.m.

• **Helemano (HMR) Youth Center**
Phone: 653-0717

Mon.-Fri.: 5:30 a.m.-6 p.m.

• **Fort Shafter Youth Center**
Phone: 653-0717

Furlough Fridays: 10 a.m.-6 p.m.

• **Aliamanu (AMR) Youth Center**
Phone: 833-4932

Furlough Fridays: 5:30 a.m.-6 p.m.

• **Aliamanu MS/Teen Center**
Phone: 833-0920

Mon.-Fri.: 10 a.m.-6 p.m.

• **Fort Shafter Youth Center**
Phone: 438-1487

Mon.-Fri.: 5:30 a.m.-6 p.m.

• **Fort Shafter MS/Teen Center**
Phone: 438-1487

Furlough Fridays: 10 a.m.-6 p.m.

DFMWR is continuing to adjust its programs to offer more options to families.



16 / Today
Anime Showcase and Manga Swap – Do you love anime and manga? The Sgt. Yano Library, Schofield Barracks, will feature episodes of the hit anime today, 6-8 p.m. Fans are invited to bring old manga and comic books to trade with others for new reads.
This program also celebrates Teen Read Week. All ages are welcome. Call 655-8002.

Family Fun Friday – Family Fun Friday is back at the Tropics, Schofield Barracks, today, 6 p.m., with free Papa John's pizza, games and contests the whole family will enjoy. Check out the HDTV 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 Express – The Waikiki Express rides again, today, 9 p.m.-4 a.m. Let the Family and Morale, Welfare and Recreation Waikiki Express be your own personal chauffeur for traveling to Waikiki on Fridays.
The bus is free, but tickets are required and available at the Information, Ticketing and Registration (ITR) offices. All riders must have a ticket to board the bus.
Pick-ups are available at both Schofield Barracks and Fort Shafter. To reserve a seat, call 655-9971 or 438-1985. The bus rides again Oct. 31.

17 / Saturday
Jewelry Making Workshop – Make a necklace or bracelet and learn the basics of beading, stringing and the tools of jewelry-making, Oct. 17, 10 a.m.-noon, at the Schofield Barracks Arts & Crafts Center. Cost is \$20 and includes supplies. Call 655-4202.

18 / Sunday
Teen Read Week – "Read Beyond Reality" is the theme of this year's Teen Read Week, Oct. 18-24. Teens are invited to check out any fantasy, science fiction or Teens' Top Ten nominated book from the library during Teen Read Week for a special prize. Ask your librarian for a list of this year's Top Ten nominees and then vote online at www.ala.org/teenstopten. Call 655-8002.

20 / Tuesday
ACS Survey – Service members and their families are invited to participate in a brief online survey to help determine

community
Calendar

Send announcements to
community@hawaiiarmyweekly.com.

16 / Today
Military Key Spouse Award – The U.S. Navy League, Honolulu Council, is accepting entries now through Oct. 28 for the 2009 Military Key Spouse Award.
One recipient is chosen from each branch of service and will receive a \$1,000 check and certificate from the State Legislature and Mayor Mufi Hannemann.
Nominees must have functioned as the volunteer coordinator and organizational focal point for units that were or are still deployed in a theater of hostile operations during the 2009 calendar year.
Award submissions should be turned in electronically through your chain of command and should include a paragraph (250 words or less) nominating a spouse and highlighting why he or she should win the award.
Include a high-resolution digital photograph for use in the event program, Web site and possible news stories. Include the nominator's name, unit and contact information as well as the nominee's name, unit and contact information.
Awardees should be available Nov. 27 for the presentation in the mayor's office and Nov. 28 for the University of Hawaii vs. Naval Academy football pre-game ceremony.

17 / Saturday
Retiree Appreciation Day – U.S. Army Retiree Council-Hawaii is conducting its annual Retiree Appreciation Day program, Oct. 17, 8 a.m.-1 p.m., at the Hale Ikena, Fort Shafter. Representatives from local agencies will be on hand to provide updates on issues affecting retirees.



Photo Courtesy of Federal Fire Department

Staying fire smart
TRIPLER ARMY MEDICAL CENTER — Members of the Federal Fire Department share fire safety tips with patients and staff, here, Oct. 8. The Federal Fire Department spent Fire Prevention Week, Oct. 4-10, manning information booths on Army installations across Oahu. Visit www.firepreventionweek.org for more information.

how Army Community Service is meeting the needs of the community.
The survey is available online at myarmyonesource.com/survey_Schofield. You can also find a link on the garrison Web site under the Survey menu. The survey is available through Oct. 20.

Big R: Countdown to Redeployment – Celebrate another month of deployment complete with your Blue Star Card Ohana, Oct. 20, 6-8 p.m., at the Nehelani.
Experience the local culture and learn some of the vibrant and exuberant moves of Tahitian dance and some of the differences between Tahitian and traditional hula movements. Light pupus and child care will be provided. Spaces are limited.
To register to attend this event or to reserve child care, e-mail sarah.chadwick@us.army.mil or call 656-3327.

24 / Saturday
Scuffle on Schofield Meet & Greet – Stop by the Tropics, Schofield Barracks, Oct. 24, beginning at noon for a meet and greet with Chris Lieban and some of the best local mixed martial arts (MMA) fighters around.

Autographs and freebies will be given away during your chance to scope out the competition before the next "Scuffle on Schofield," scheduled for November. For more information, call 655-5698

25 / Sunday
Ceramic Pumpkin Workshop – Paint

Retirees can take advantage of free counseling services, checkups and screenings from Tripler Army Medical Center. Reservations are required for both the free program and the optional luncheon, which costs \$16 per person. Lunch orders must be paid in advance.
To register, contact Rick Gajonera at 655-1585 or e-mail rick.gajonera@us.army.mil.

19 / Monday
Reintegration Readiness Classes – Be prepared and know what to expect before your Soldier returns. A series of re-union training workshops are being hosted by the 45th Sustainment Brigade, Army Community Service, and Military Family Life Consultants.
•Return and Reunion Workshop for Spouses, Oct. 19, 6 p.m. Call Shannon at 544-0436.
•Making Marriage Work after Deployments, Oct. 28, 6 p.m. Child care is available. Call Gerry at 655-0626.

For classes offering child care, space is limited and children must be registered with Child, Youth and School Services to use this service. To reserve child care, call 655-8628.

21 / Wednesday
Circle Island Tour – The Tripler office of Army Community Service (ACS) conducts a free all-day circle island tour the third Wednesday of each month for newly assigned Soldiers, civilian employees and family members who have moved to Hawaii within the last six months.
The next tour is Oct. 21. For more information or to register call, 438-4499 by Oct. 16.

25 / Sunday
Soldier's Appreciation Breakfast – The fourth annual Soldier's Appreciation Breakfast will be held Oct. 25, following the 10:30 a.m. mass service, in the Main Post Chapel Annex, Room 212, Schofield Barracks. The free breakfast is held in appreciation of all Soldiers who are redeploying and their families.
The breakfast is sponsored by the Knights of Columbus councils 14663

and take home a beautiful 7-inch ceramic pumpkin just in time for Halloween, Oct. 25, anytime between 9 a.m. and 3 p.m. at the Schofield Barracks Arts and Crafts Center. Cost is \$25. Call 655-4202.

26 / Monday
Haunted House – Enjoy a spooky good time at the Mad Scientist's Haunted House, Oct. 26-29, 6-7 p.m., at the Sgt. Yano Library, Schofield Barracks. The haunted house is free and open to all ages, especially children. Call 655-8002.

27 / Tuesday
Costume Contest – Children are invited to come dressed in costume to the Fort Shafter Library, Oct. 27, 3 p.m. Prizes will be awarded for the best costumes for ages 5 and under, and 6 and up. Bring cameras for photo opportunities in the pumpkin patch.

This program will repeat at the Sgt. Yano Library, Schofield Barracks, Oct. 28, 3 p.m., and at the Aliamanu Military Reservation (AMR) Library, Oct. 29, 3 p.m. Call 438-9521 (Fort Shafter), 655-8002 (Schofield Barracks) or 833-4851 (AMR).

28 / Wednesday
BSC Fall Photos – Blue Star Card (BSC) holders are invited to bring their children to a costume party, Oct. 28, 3 p.m. at Sgt. Yano Library, Schofield Barracks. BSC holders can stop by for a special fall photo frame between 3-4 p.m. Register for your photo frame by e-mail by Oct. 23 at sarah.chadwick@us.army.mil

(Mililani) and 6302 (Wahiawa) and the St. Damien church community. Call Matt Momiyama, 626-7870, for more information.

29 / Thursday
Drug Awareness Presentation – The public is invited to "Get Hooked On Drug Awareness," Oct. 29, 1-3 p.m., at the Fort Shafter Flats' Assembly Hall, Building 1554.
Attendees will receive the most current information on drug use in Hawaii and the mainland, the effects of illegal drugs on users and the community, and the behaviors associated with drug use.

The class is sponsored by the Army Substance Abuse Program. Call 438-1600, extension 3481, for more information.

Ongoing
Operation Purple Family Retreats – Applications are being accepted now for Operation Purple family retreats, Dec. 18-21, at Camp Erdman. The free four-day getaway gives families time to renew relationships and reconnect after deployment.
The retreats are open to service members and their families who have experienced deployment within the last 15 months and who have been home at least three months prior to the retreat.
Families will receive a stipend to cover travel costs. The retreats are provided free through the Sierra Club and the Sierra Club Foundation. Families can apply at www.militaryfamily.org/retreats.

Father/Daughter Ball – Tickets are on sale now for the annual Armed Services YMCA Father/Daughter Ball, Nov. 1, 5:30 p.m., at the Nehelani, Schofield Barracks. Tickets cost \$40 per father/daughter pair and include dinner. Tickets must be purchased in advance and are available only through the ASYMCA. Call 624-5645.

Fort DeRussy Beach Update – Effective Oct. 1, lifeguards are no longer on duty at Fort DeRussy Beach, Waikiki.

.mil or call 656-3327.

29 / Thursday
Digital Photography Workshop – Learn the basics of digital photography and photo editing, Oct. 29, 10 a.m.-noon, at the Schofield Barracks Arts and Crafts Center.

Learn how to capture the best shots possible with your digital camera. Cost is \$50 per person. Call 655-4202.

Ongoing
Excel, Develop, Grow, Experience Program – The EDGE! program offers out-of-school opportunities for children and youth to Experience, Develop, Grow and Excel (EDGE!) by participating in cutting-edge art, fitness, life skills and adventure activities.
For more information on the monthly programs, contact the EDGE! coordinator at kristineyasuda@us.army.mil or 656-0095.

Wishing Tree – When a loved one is deployed, those left behind are full of wishes: that he'll be safe, that she'll be home soon, that the children will adjust to the separation.

The staff at the Sgt. Yano Library has created a "wishing tree" as a place to collect wishes, hopes and prayers from friends and family of deployed Soldiers. Everyone is welcome to make a wish on a paper leaf or heart, which will be displayed on the tree. Call 655-8002

Swimmers are advised to exercise caution regarding open ocean hazards. Swimming with a partner is suggested, and children should be under adult supervision.
Lifeguard services will remain at the main pool of the Hale Koa Hotel, located adjacent to the state beach. Pool access is available to Department of Defense ID cardholders as long as space is available beyond hotel guest demand. The Hale Koa is an Armed Forces Recreation Center.

Religious Services – A full list of all services, children's programs and educational classes the garrison's Religious Support Office provides can be found online at www.garrison.hawaii.army.mil. From the home page, click on "Religious Support," which is under the "Directorates & Support Staff" menu.
For more information, call 655-6644 (North communities) or 833-6831 (South communities).

Friends of the Waikiki Aquarium Membership – Now through Nov. 30, marine life enthusiasts can bring in UPCs from any Kraft Foods product, along with a membership application, and save \$5 off a family-level membership (with 3 UPCs), or \$10 off a family-plus memberships (with five UPCs).
Friends of the Waikiki Aquarium members enjoy unlimited admission for one year, invitations to exclusive events, discounts, advance notice on classes and educational programs, among other benefits. Visit www.waquiaryum.org or call the Waikiki Aquarium Membership Office at 440-9015.

Club Beyond – Middle school and high school youth in grades 6-12 are invited to participate in the Club Beyond youth ministry group.
The group meets Wednesdays, 6-7:30 p.m., at the Main Post Chapel, Schofield Barracks, and Tuesdays, 6-7:30 p.m., at the Aliamanu Military Reservation community center.
Free dinners are available 30 minutes prior to the meeting. Contact youth minister Kevin Schmidt at 372-1567, or e-mail kschmidt@clubbeyond.org.



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

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

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

Catholic Masses
•Friday, 9 a.m. at AMR
•Saturday, 5 p.m. at FD, TAMC and WAAF chapels
•Saturday, 6 p.m. a Hawaiian-style Mass (May-Aug. only) near the Army Museum (FD)
•Sunday services:
-7:30 a.m. at WAAF
-8 a.m. at AMR
-10:30 a.m. at MPC Annex
-11 a.m. at TAMC
•Monday, Wednesday and Friday, 11:45 a.m. at MPC
•Monday-Friday noon at TAMC

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

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

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

Orthodox Divine Liturgy
•Sunday, 9 a.m. at TAMC

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

Protestant Worship
•Sunday Services
-9 a.m. at FD, FS, MPC, TAMC and WAAF chapels
-10 a.m. at AMR and HMR

This Week at the
MOVIES
Sgt. Smith Theater

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



Inglorious Bastards
(R)
Fri., Oct. 16, 7 p.m.
Thur., Oct. 22, 7 p.m.

Aliens in the Attic
(PG)
Sat., Oct. 17, 4 p.m.

I Can Do Bad By Myself
(PG-13)
Sat., Oct. 17, 7 p.m.



Shorts
(PG)
Sun., Oct. 18, 2 p.m.

Extract
(R)
Wed., Oct. 21, 7 p.m.

No shows on Mondays or Tuesdays.

Local school partnership benefits education system, keiki

Story and Photo by
PFC. ASHLEY ARMSTRONG
94th Army Air and Missile Defense Command Public Affairs

KALIHI — A local partnership between the 94th Army Air and Missile Defense Command (AAMDC) and the Linapuni Elementary School, here, is providing a rewarding learning experience for Soldiers and students.

“Our partnership with the military helps to bring the community together, and it also directly benefits our students,” said Cindy Sunahara, principal, Linapuni Elementary School.

“The military members encourage the students to work hard, to do their best and to keep on trying. They also enforce putting effort into school and making it important, which really benefits the school academically,” Sunahara added.

The 94th AAMDC has sponsored Linapuni Elementary School since 2005 through the U.S. Army Garrison-Hawaii (USAG-HI) School Partnership Program.

The program encourages partnerships between schools and Army units to provide opportunities to make a difference in Hawaii public schools and to contribute to positive community relations, according to the program’s handbook.

“We feel blessed that the 94th has adopted this school. It is great to have the military’s presence, especially in this kind of community,” said Sunahara.

Among other things, the partnership provides opportunities for 94th AAMDC Soldiers to volunteer at school activities, donate necessities to students in need, assist in academic programs and, ultimately, to help provide students with a better educational experience.

“The kids really look forward to seeing us. They are very encouraged by us because they see that we care,” said Pfc. Mykeshia Mathis, admin clerk, 94th AAMDC. “It makes it a really enjoyable experience every time we volunteer.”

The most active involvement the Soldiers have at the school is with the “A Plus” after-school program, which involves assisting students with their school work.

“The Soldiers are actually very firm when they talk to the kids and tell them to ‘study hard and to do their homework,’” said Sunahara.

“For a lot of our families, school is not really a priority for them,” she continued, “but if it comes from an outsider, especially the military, people they respect, then it really means something to



Command Sgt. Maj. Phillip Rowland, 94th Army Air and Missile Defense Command, speaks with Linapuni Elementary School students moments after the unit delivered more than \$600 worth of school supplies at the start of the school year.

them.

Honest advice and extra tutoring sessions are paying off.

“We have surpassed the statewide benchmarks in reading and math,” said Sunahara. “Everything and everybody involved has played an important role in getting our students proficient in reading and math.”

The assistance the Soldiers provide with the after-school program is also a great help to faculty because it provides additional supervisors.

“We don’t give them the answer, but we try to teach them. If they are having a hard time, we encourage them to want to find the answer,” said Spc. Jacob Yangilmau, chemical, biological, radiological, and nuclear specialist, 94th AAMDC. “When

we are there, instead of wanting to play with toys, the kids want to learn. It’s great.”

The 94th AAMDC holds various annual donation drives to provide students with school supplies, shoes and other necessities.

“The donations have been a real benefit to our students, especially the school supplies, because many of our students don’t have any and that is (one) reason they don’t come to school. They are embarrassed,” said Sunahara.

“One of our biggest problems,” she added, “is attendance. By providing them school supplies, it takes away one of many obstacles for them.”

The 94th AAMDC Soldiers take part in many of the school’s activities, as well. They volunteer as chaperones for field trips and other school activ-

ities.

“They help not only academically, but also I think they provide positive role models for our students because they stand for values that we want to embrace and that we want to teach our kids. They help them to be self-directed learners and encourage them to be community contributors,” Sunahara said.

Linapuni Elementary and the Soldiers both benefit from the partnership.

“It makes me happy to help out. It actually helps me to be a better parent because it teaches me ways to help my own kids with their school work,” Yangilmau said. “It’s a learning experience for me and the students. The experience is truly rewarding.”

Housing announces SYNERGY winners

ARMY HAWAII FAMILY HOUSING
News Release

SCHOFIELD BARRACKS — Picking out a new bike was no easy task for Samantha Cottrill and Catteara Allred.


Both family members won Army Hawaii Family Housing’s (AHFH) “What Does SYNERGY Mean to Me” poster contest held in August at the SYNERGY Kids’ Club’s launch, Aug. 28.

Samantha and Catteara joined other youth from AHFH communities and enjoyed an evening of fun activities centered around education.



Courtesy of Army Hawaii Family Housing

Samantha Cottrill (left) and Catteara Allred (right) show off their award-winning posters for Army Hawaii Family Housing’s “What Does SYNERGY Mean to Me” contest outside the Army and Air Force Exchange Service’s (AAFES) Main Exchange, Schofield Barracks. Also pictured, left to right, are Michael Patmon (AAFES), Brenda Zehr (Actus), Teresa Thibodeau and Lindsay McLaughlin (AHFH), Michael Friedman (AAFES), and Watt/Spohn Universal representative Ellen Balsley. Watt/Spohn Universal donated the bikes.



for children and adults.

The north community’s club will meet again Nov. 6, at 3:30 p.m., at Kalakaua Community Center, Schofield Barracks.

More information on both SYNERGY activities will be advertised closer to the date.

south communities, Nov. 6, 3:30 p.m., at the Aliamanu Community Center. Activities are planned



Mark Brown | Army Hawaii Family Housing

Residents interested in participating on the Resident Advisory Board gather to learn about their roles and responsibilities during the first meeting for the Helemano Military Reservation, Schofield Barracks and Wheeler Army Airfield communities, Oct. 1.

Advisory boards off to productive start

ARMY HAWAII FAMILY HOUSING
News Release

FORT SHAFTER — The newly created Resident Advisory Board, established by Army Hawaii Family Housing (AHFH), is off to a productive start.

Allowing residents to share their ideas on how AHFH can strengthen and improve communities gives residents a sense of ownership and belonging, even if they’ll only be living in their house for a few years.

Advisory boards were established for both the south and north regions and consist of residents, AHFH and Directorate of Emergency Services personnel.

In May, the south Resident Advisory Board held its first meeting.

One significant item addressed by the board at recent meetings is parking in the Bougainville and Red Hill Mauka neighborhoods.

As a result of resident feedback and board recommendations, painting to clearly designate parking spaces and “no parking” zones are underway.

The board has also discussed how it can start building community and getting neighbors out to meet each other. The group came up with an idea to host block parties in each neighborhood; the first was held Sept. 19 and more than 100 Hibiscus Loop families at-

Roles and Expectations of Board Members

- Serve as a conduit for residents to voice their ideas, as well as concerns, surrounding Army Hawaii Family Housing (AHFH) communities.
- Provide recommendations to AHFH leadership on addressing, responding to and resolving community issues.
- Provide feedback on AHFH policies and procedures.
- Attend no less than nine meetings.
- Serve a maximum term of one year.

tended.

The first meeting of the north Resident Advisory Board was held Oct. 1.

The intent of the meeting was to establish the roles of board members, and to define how residents communicate with them.

Also discussed were current and future development plans for AHFH communities, including an update on construction and repairs to tot lots.

Members seemed excited to be part of AHFH’s community development.

Knowing signs of domestic violence aids making right choice

U.S. ARMY GARRISON-HAWAII FAMILY ADVOCACY PROGRAM

News Release

Military communities worldwide devote each October to the prevention of domestic violence. And to better understand the 2009 theme, “Make the Right Choice,” it is critical to recognize the many forms of abuse that undermine and threaten lives.

Many obvious and subtle forms exist. Alone or in combination, any form represents an abusive relationship.

Domestic violence and abuse

Domestic abuse occurs when one person in an intimate relationship or marriage tries to dominate and control the other person. An abuser doesn’t “play fair” and uses fear, guilt, shame and intimidation to gain complete power.

Abusers may threaten, hurt you or hurt those around you. Domestic abuse that includes physical violence is called domestic violence.

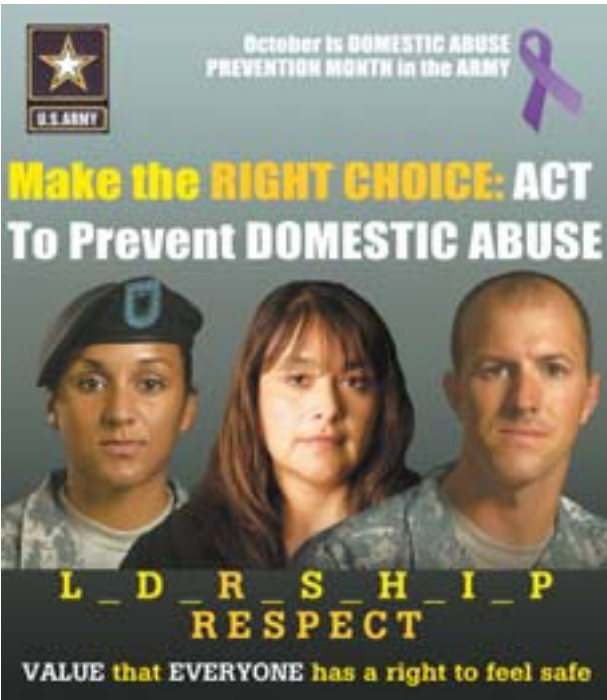
Abuse happens within all age ranges, ethnic backgrounds and financial levels. The abuse may occur during a relationship, while the couple is breaking up, or after the relationship has ended.

Despite what many people believe, domestic violence is not due to the abuser’s loss of control over his or her behavior. In fact, violence is a deliberate choice made by the abuser to take control over his or her spouse or partner.

Different types of domestic abuse, including emotional, physical, sexual and economic abuse have been identified. Many abusers behave in ways that include more than one type of domestic abuse, and the boundaries between some of these behaviors may overlap.

Emotional or psychological abuse

Emotional or psychological abuse can be verbal or nonverbal. Its aim is to chip away at feelings of self-worth and independence. If you’re the victim of emo-



tional abuse, you may feel that there is no way out of the relationship, or that without your abusive partner you have nothing.

Emotional abuse includes verbal abuse such as yelling, name-calling, blaming and shaming. Isolation, intimidation and controlling behavior also fall under emotional abuse. Also, abusers who use emotional or psychological abuse often throw in threats of physical violence.

You may think that physical abuse is far worse than emotional abuse, but the scars of emotional abuse are very real, and they run deep. In fact, emotional abuse can be just as damaging as phys-

ical abuse — sometimes even more so.

Furthermore, emotional abuse usually worsens over time, often escalating to physical battery.

Physical abuse

When people talk about domestic violence, they are often referring to the physical abuse of a spouse or intimate partner. Physical abuse is the use of physical force against someone in a way that injures or endangers that person.

A broad range of behaviors come under the heading of physical abuse, including hitting, grabbing, choking, throwing things and assaulting with a

Domestic Violence Awareness Month Activities

U.S. Army Garrison-Hawaii’s Army Community Service (ACS) Family Advocacy Program (FAP) is sponsoring a series of activities and displays throughout October in support of Domestic Violence Awareness Month 2009.

- A domestic abuse visual information display is located at the Main Post Exchange, Schofield Barracks. Community members can stop by and learn more.
- A food drive and information booth is open 9 a.m.-3 p.m., at the Schofield Barracks Commissary, Friday, Oct. 16.
- An Empty Plate/Silent Witness display is located at Tripler Army Medical

Center’s mountainside entrance, 9 a.m.-3 p.m., on the following days: Oct. 23 and 30.

- The Sustainment Operations Company is holding a unit run Oct. 23, 6:30 a.m., at Fort Shafter.
- Oct. 28, join the ACS FAP at the 28th Annual Candlelight Vigil, “Cultivating Seeds of Hope and Strength,” 5-7 p.m., at the McCoy Pavilion, Ala Moana Beach Park. This event is hosted by the Oahu Domestic Violence Awareness Month Committee.

Call Cora Hodges, FAP victim advocate coordinator, 655-1638, or e-mail cora.l.hodges@us.army.mil.

weapon.

Physical assault or battering is a crime, whether it occurs inside or outside of the family. Police have the power and authority to protect you from assaults.

Sexual abuse

Sexual abuse is common in abusive relationships. Any situation in which you are forced to participate in degrading sexual activity is sexual abuse. Forced sex, even by a spouse or intimate partner with whom you also have consensual sex, is an act of aggression and violence.

Furthermore, spouses whose partners abuse them physically and sexually are at a higher risk of being seriously injured or killed.

Economic or financial abuse

Remember, an abuser’s goal is to control you, and he or she will frequently hurt you to do that. An abusive partner may also hurt you in the pocketbook.

Economic or financial abuse includes controlling the finances, withholding money or credit cards, giving you an al-

lowance, making you account for every penny you spend, stealing from you or taking your money, exploiting your assets for personal gain, withholding basic necessities (food, clothes, medications, shelter), preventing you from working or choosing your own career, and/or sabotaging your job (making you miss work or call in constantly).

If you think your spouse or partner is abusive, or you suspect that someone you know is in an abusive relationship, review the red flags of domestic violence and abuse. Recognizing the warning signs and symptoms of spousal abuse is the first step to breaking free.

If you are afraid for your immediate safety, call 911. For help and advice on escaping an abusive relationship, call the (808) 624-SAFE (7233).

(Editor’s Note: Cora Hodges, Family Advocacy Program Victim Advocate Coordinator, and Jack Wiers, U.S. Army Garrison-Hawaii Public Affairs, contributed information for this article.)



Courtesy Photo

Above and beyond

SCHOFIELD BARRACKS — Fifteen-year-old Matthew Baker stands proudly with his father, Sgt. 1st Class Matthew L. Baker, the most recent recipient of the Lex Brodie “Above and Beyond” award.

Matthew nominated his father for going above and beyond the call of duty, both at home and in his service to the Army. In his nomination, Matthew described how his father juggles his commitments to the Army — having served nearly 20 years — and his family of 10, while still making time to volunteer in the community as a youth sports coach.

Nominees for the “Above and Beyond” award are recognized monthly and receive an American Eagle Trophy and a two-night stay at the Ilikai Hotel in Waikiki.

Clinic appointment lines undergo upgrade

TRIPLER ARMY MEDICAL CENTER

News Release

HONOLULU — As reported in the Oct. 2 edition of the *Hawaii Army Weekly*, Tripler Army Medical Center (TAMC) and the Schofield Barracks Health Clinic (SBHC) central appointment line, 433-2778, are undergoing major changes.

“While we are actively working to rem-

edy the inconvenience caused, and working toward providing easier access to care at TAMC and SBHC, caller patience is appreciated,” said Maj. Aristotle Vaseliades, chief of Tripler’s Clinical Support Division.

Until all upgrades are complete, patients should call 433-2778 to schedule or cancel all primary care appointments at both locations.

Patients calling the Family Advocacy Program (433-8579) and the Army Substance Abuse Program (433-8700) at Schofield Barracks should continue calling these clinics directly.

When the central appointment line updates are complete, they will be published in the *Hawaii Army Weekly* and on the Tripler Web site at www.tamc.amedd.army.mil.

Army specialist steps into martial arts ring to test skills

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

HONOLULU — The roar of the crowd and adrenaline coursing through a young warrior's veins serves as a reminder that determination and the drive to succeed is what makes a fighter step into the sport of mixed martial arts (MMA).

Thomas Shields, 28, crossed the threshold from beginner to amateur-level fighter when he entered the ring for his first MMA bout for "Strictly Bangers '09," an amateur fighting event, held at Hawaiian Brian's, in Honolulu, Saturday.

"When you're in training, you are more in tune with what can happen, but that all goes out the window when you step into your first competitive match," Shields said. "You don't know what to expect really, and it can be nerve-wracking, but you have to drop those feelings fast when the match starts."

Shields, a Tucson, Ariz., native, began his journey a few months ago when he entered Oahu Central Jujitsu to become an MMA fighter.

"I started five months ago," he said. "You can see a huge difference from the first day to now. When I started, I was learning grappling techniques, take-downs and strikes for approximately four hours a week, along with four-hour practices with my friend over the weekend to get me to this point."

Shields said athletes have to be conditioned for a high-contact sport such as MMA.

"It's not a sport you can just hop in to," he said. "You have to train to deflect hits, throw punches and learn all the take-downs, and it takes time to learn and improve on that skill."



Thomas Shields (top) grapples with Herman Kalani (bottom) during his first mixed martial arts match at Hawaiian Brian's in Honolulu, Saturday.

Shields played football, wrestled, and experienced occasional scuffles growing up, which he credits to helping him in his new passion of fighting for sport.

"It's nothing like football and barely similar to wrestling," he said. "In wrestling, you have to worry about take-downs; with MMA you have to think about so much more. You have to be able to react quickly to what's going on or you can get hurt bad."

Shields offered one piece of advice for any as-

piring fighter: Be prepared and focused to handle the rigors of fighting.

"You have to take a hard look at yourself and think if (MMA) is something you really want to do," he said. "Some people don't want to step in a ring, they just want the training, but me, I want to step in that ring. I want to test my abilities."

"You need to see if you can meet the physical and mental requirements of this sport, more so than any other sport," he added.

Although his first fight was a short one, Shields



A referee checks Thomas Shields' gear during the amateur mixed martial arts fighting event.

looks forward to his next time in the ring.

"It was a good feeling. It was cool ... not knowing if you would win or lose," he said. "And you have all these people watching you there to see your fight. It was a great feeling to step into that ring and have all these people cheer for you, admire you, and just wish you a good fight as you walk up to the stage."

His first fight ended with a loss, but Shields' goal lives on.

"I'm going to take a couple more months to practice for more training and more classes," he said. "Losing was disappointing, but I fought against someone with more fights than me. It makes what I did in there worth the pain."

"I held out for a whole match against someone with way more experience than me, so in my own way, I was victorious," he said.



17 / Saturday

Summer Ocean Splash

— Don't miss an opportunity to learn up to four water sports all in one day, Oct. 17, 8 a.m.-2 p.m., with Outdoor Recreation. Summer Ocean Splash participants will enjoy lessons in stand-up paddleboarding, surfing, kayaking and outrigger canoeing. Cost is \$60 per person. Registration is required. Call 655-0143.

24 / Saturday

Adventure Snorkeling

— Enjoy a great day under the water in some of the world's best snorkeling spots with Outdoor Recreation, Oct. 24, 7 a.m.-2 p.m. For pleasure and physical fitness, snorkeling can't be beat as a source of good exercise and tons of fun. Cost is \$24 for adults or \$12 for children. Call 655-0143.

25 / Sunday

Adventure Biking

— Enjoy a bike tour of the North Shore, discovering

29 / Thursday

Evening Surf Patrol

— Enjoy a perfect pau hana stress reliever with an evening surf patrol, Oct. 29, 4:30 p.m., until dusk. This advanced surfing program is perfect for those looking for a unique way to bleed off the stress of the day. The program is \$35 a person and includes equipment and round-trip transportation to and from Schofield Barracks. Call 655-0143.

31 / Saturday

Surfing Lessons

— Learn to surf like the pros, or at least look the part, with Outdoor Recreation, Oct. 31, 6:30-10:30 a.m. Lessons are only \$35 each and include equipment and round-trip transportation to and from Schofield Barracks. For more information, call 655-0143.

Ongoing

Schofield Health and Fitness Center Closure

— The Schofield Barracks Health and Fitness Center (HFC), Building 582, is closed now through Jan. 2010 to replace the roof. All classes and services have been relocated to the Martinez Physical Fitness Center (MPFC), Building 488. Call Linda Williams at 655-4804.

Fitness Center Towels

— Effective Oct. 1, U.S. Army Garrison-Hawaii Physical Fitness Centers will no longer provide

NFL Sunday Ticket

— Watch your favorite home football team live every weekend at the Tropics, Schofield Barracks with the NFL Sunday ticket. Don't miss the gridiron action. Call 655-5698.

Bowling Parties

— Having a party or celebrating a special occasion? Wheeler Bowling Center's eight lanes are available for private parties on Saturdays and Sundays for \$120 per hour. A three-hour minimum and \$2 shoe rental apply. Call 656-1745.

Golf 'Til You Drop

— Catch this all-you-can-golf special every Thursday at Nagorski Golf Course, Fort Shafter. Pay one fee and play as many holes as you want. For more information, call 438-9587.

Free Ladies Golf Clinic

— Learn the basics of golfing at a free ladies golf clinic. The clinic is offered the first Saturday of each month at Leilehua Golf Course Driving Range from 2:30-3:30 p.m. For more information call 655-4653 to sign up.

Karate Classes

— Children ages 5 and older can learn Do Shudokan karate at three U.S. Army Garrison-Hawaii physical fitness centers: Aliamanu Military Reservation (AMR), Fort Shafter, Helemano or Schofield's Bennett Youth Center. Classes cost \$35 per month. A family discount is available. Also, adults 18 and older can learn Do Shudokan karate at the AMR Physical Fitness Center, Mondays and Wednesdays, 7-8:30 p.m. Cost is \$40 per month. Call Joseph Bunch at 488-6372 or 265-5476.



Send sports announcements to community@hawaiiarmyweekly.com.

17 / Saturday

North Shore Yoga Festival

— Come explore the ancient practices of yoga under the guidance of some of Hawaii's most trusted and experienced teachers at the North Shore Yoga Festival, Oct. 17, at Turtle Bay Resort. This festival offers a diverse array of workshops and classes for any level. Workshops take place 8 a.m.-6:30 p.m. with music and entertainment until 9 p.m. Registration for a full-day pass or single workshops is available at www.trueunion.org.

Splash and Dash Biathlon

— Hit the surf and the turf at the 6th Annual "HSL-37 Splash and Dash," a Marine Corps Base Hawaii (MCBH) biathlon, Oct. 17, 7 a.m., at Hangar 103, MCBH Kaneohe Bay. The race begins with a 500-meter open water swim and ends with a 5K race around the flight line. Individual entry fee is \$20; two-person teams are \$36. T-shirts are included with entry fees. Register by Oct. 9, 4 p.m. A \$10 late fee will be assessed for registrations received after deadline. Register online at www.mccshawaii.com/cgfit.htm. Contact Tina Lui at 254-7590.

18 / Sunday

Hike Oahu

— Join the Hawaiian Trail & Mountain Club for a 9-mile intermediate ridge hike, Oct. 18, to the Pupukea summit. A long road walk and a short romp

gets us deep into the wild and muddy hills of Pupukea and the start of the infamous Koolau Summit Trail. Call Grant Oka, 674-1459.

Upcoming hikes include:

- Oct. 25, a 10-mile intermediate hike in the Moanalua Valley. Call Steve Brown, 247-8845.
- Oct. 31, a 4-mile intermediate ridge hike. Call Fred Dodge, 696-4677.

A \$2 donation is requested of non-members. An adult must accompany children under 18. For more information and a calendar of future hikes, visit www.htmclub.org.

25 / Sunday

Marathon Readiness Series

— Getting ready to run a marathon? Runners are invited take advantage of a series of races designed to prepare athletes for the Honolulu Marathon, Dec. 13.

- Oct. 25, P.F. Chang's 30K, starting at Kapiolani Park.
- Nov. 8, Saucony Val Nolasco Half Marathon, starting at Kapiolani Park. Register at www.active.com. Visit www.808racehawaii.com.

Ongoing

Fort DeRussy Beach Update — Effective Oct. 1, lifeguards are no longer on duty at Fort DeRussy Beach, Waikiki. Swimmers are advised to exercise caution regarding open ocean hazards. Swimming with a partner is suggested, and children should be under adult supervision.

Lifeguard services will remain at the main pool of the Hale Koa Hotel, located adjacent to the state beach. Pool access is available to Department of Defense ID cardholders as long as space is available beyond hotel guest demand. The Hale Koa is an Armed Forces Recreation Center.