

HAWAII ARMY WEEKLY

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Serving the U.S. Army Community in Hawaii ★ www.hawaiiarmyweekly.com

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Sept. 11, 2001



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

WHEELER ARMY AIRFIELD – Ten years ago, a well-coordinated terrorist plot led to an attack upon the U.S. with disastrous loss of human life.

Worst of all was the destruction at the World Trade Center towers in lower Manhattan, where nearly 3,000 innocents were killed.

At the same time, a hijacked airliner slammed into the Pentagon at more than 400 mph, causing massive damage to that portion of the building and killing innocent civilians and military personnel.

Aboard hijacked United Airlines Flight #93, above central Pennsylvania, passengers and crew members, upon learning of the destruction in both New York and Washington attempted to take control of the aircraft. They died as heroes and averted the plane from reaching its intended target.

The 10th anniversary of 9/11 is a milestone for the country – a moment to reflect on the last 10 years for the American people, to remember those lost, to stand with their families and loved ones, and to reaffirm that their legacy is a safer, stronger and more resilient America.

In tribute to the many Americans who were self-compelled to serve fellow citizens and communities after the attack, 9/11 is being observed as the "National Day of Service and Remembrance." Service projects of all types are encouraged as a show of unity and strength.

9/11 is also a time to pay tribute to our Soldiers, Marines, Sailors and Airmen, and their family members, who have borne the burden for our security during a decade of war in Iraq and Afghanistan. Service members are all volunteers who choose to serve in a time of war. They have upheld the virtues of service, sacrifice and selflessness that have always been the source of America's strength.

As beneficiaries of their service, we need to support all our troops, families and veterans.

In the last 10 years, we have seen extraordinary efforts to keep America safe by first responders, state and local authorities, law enforcement officers and other agencies. Strengthening homeland security

RELATED STORY

- See remembrance events on island, page B-2.

and putting unprecedented pressure on terrorist organizations have prevented more attacks.

Ten years after 9/11, the global assault on terrorism remains a vigilant mission. Terrorists aim to instill fear in people and to overturn our way of life; however, the resilience of the American people continues to rise to the challenge, and our communities have shown they are capable of withstanding whatever dangers may come – be they terrorist attacks or natural disasters.

Our American values have endured for more than two centuries and are far stronger than all terrorist ideologies. On the 10th anniversary of 9/11, let us pause and remember who we are as a nation – and let us remember the sacrifice of so many on that fateful day and in the 10 years that have followed it.



Courtesy of PH1 Michael Pendergrass | U.S. Navy

Soldiers render honors as firefighters and rescue workers unfurl a huge American flag over the side of the Pentagon, as rescue and recovery efforts continued following the September 11, 2001, terrorist attack.



Spc. Ashley Armstrong | File Photo



Sgt. 1st Class David Wheeler | File Photo

At left, U.S. Army-Pacific Soldiers fold an American flag during a 2010 remembrance ceremony at Fort Shafter, while Spc. Juan Reyes (right), 25th Infantry Division, plays taps.

196th Inf. Bde. partners with 548th Trans. Det. for pre-deployment sail

Story and Photo by
CAPT. TK MURPHY

Support Battalion, 196th Infantry Brigade, U.S. Army-Pacific

FORT SHAFTER – In preparation for their deployment to Kuwait, Soldiers of the 548th Transportation Detachment, Logistics Support Vessel, honed their warfighting skills across the high sea during their maritime pre-deployment sail, Aug. 8-19.

The 548th Trans. Det.'s LSV-7 partnered with Support Battalion, 196th Infantry Brigade, U.S. Army-Pacific, to complete its pre-deployment training requirements during a sail from Bishop Point, Joint Base Pearl Harbor-Hickam, to the Reserve Center Pier, Tacoma, Wash.

The Support Bn. conducts partnership and mobiliza-

tion training for National Guard and Reserve units throughout the Pacific Rim – including all Hawaiian Islands, Guam, American Samoa and Alaska – prior to the unit's deployments downrange.

The 38-member 548th Trans. Det. is part of 302nd Terminal Transportation Bn., 9th Mission Support Command, Army Reserve. The crew will mobilize in November and deploy to Kuwait following their post-mobilization training.

Staff Sgt. Robert Kuroda, vessel master, LSV-7, and Chief Warrant Officer 5 Michael Hanten, skipper, LSV-7, were responsible for the navigation and overall day-to-day watercraft operations aboard the Army's vessel; 1st Lt. Jeffrey Galdones, Support Bn., accom-

panied the crew.

During the 10-day voyage, Hanten tested the crew's preparedness, awareness and preparation. While performing normal watercraft operations, vessel battle drills were conducted, while Galdones observed and evaluated the crew's execution.

Some of the vessel battle drills the crew executed during the sail included abandon ship, fire, man overboard, general quarter/battle station, quick reactionary force, and sea and anchor detail drills. Several of the battle drills were practiced and executed again and again throughout the voyage, until the crew met

SEE DEPLOY, A-3

We want to hear from you...

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

If you have newsworthy ideas or stories you'd like to write, coordinate with the managing editor at 656-3488, 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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Voices of Ohana



"I'd been home on leave from Korea. I was taking my brother to work, and we heard it on the radio. I turned on the news and thought, 'Is this really happening?,' as the second plane hit."

Sgt. 1st Class Jonathan Blue
45th Sust. Bde., 8th TSC



"I was sitting in my living room, watching the news after PT at Fort Riley, waiting for my mother-in-law's flight to arrive from New York. I thought, 'Is this a movie?'"

Staff Sgt. Charles Bonilla
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"I was in Basic Training in Fort Leonard Wood. I was learning everything I needed to know about my M16A2 rifle, how to assemble and disassemble it."

Spc. Darline Warren
HHC, 45th STB, 45th Sust. Bde., 8th TSC



"I had just got home from work, and it was early in Hawaii. I saw the news ticker across the bottom of the screen and switched to CNN. I called my parents to tell them as the second plane hit."

1st Lt. Paul Yi
HHC, 524th CSSB, 45th Sust. Bde., 8th TSC

Defender 6 sends

Suicide Prevention Month encourages awareness

LT. GEN. RICK LYNCH
Commander, Installation Management Command

When I talk with garrison professionals who work in suicide prevention, they all have stories about the person who really made them realize the importance of what they do.

There was the Soldier who seemed to have it all together, until one day, he asked a course instructor, "When you're driving home, do you think about wrapping your car around a tree?"

Another person recalled the civilian supervisor with a stressful, high-visibility job, who did not want to attend the mandatory suicide prevention training because he did not want to admit to himself his own thoughts about suicide. Another story is of a family member who felt desperately alone and overwhelmed during another deployment.

Most of these stories have happy endings. The people received the help they needed. When they didn't receive help, it was a hard loss.

Losing someone to suicide is doubly painful and confusing, as those left behind not only deal with the absence of their friend, loved one or coworker, but also with guilt and questions of what could have been done.

September is Army Suicide Prevention Month, coinciding with National Suicide Prevention Week, Sept. 4-10.

The Army focuses on suicide prevention year-round, but this month, the Army intensifies its efforts to make sure every Soldier, civilian and family member knows

what resources are available to help those in need.

The Army has developed Ask, Care, Escort, or ACE, training to equip everyone to take care of a person at the point of crisis until a professional can assist. ACE resources are available at www.armyg1.army.mil/hr/suicide/default.asp.

A number of other garrison resources provide help

"As long as any member of the Army family views suicide as a viable option, we still have work to do."

— Lt. Gen. Rick Lynch
Commander, IMCOM



with issues that can put a person at risk for suicide. These resources include the Army Substance Abuse Program, or ASAP; Army Community Service's Financial Readiness Program; the Family Advocacy Program; the Military and Family Life Consultant Program; Behavioral Health; Soldier and Family Assistance centers; and unit and garrison chaplains.

The Army has expanded the resources aimed at strengthening the overall resilience and well-being of our Army family. More training is now available through the Comprehensive Soldier Fitness Program, which focuses on physical, emotional, social, family and

spiritual strength.

The Army's commitment to suicide prevention has resulted in some real policy and program changes that have reduced the number of people at risk. But as long as any member of the Army family views suicide as a viable option, we still have work to do.

Installation Management Command is strengthening programs that provide critical support. This includes hiring more ASAP counselors and Suicide Prevention Program managers for installations worldwide, and revising the Total Army Sponsorship Program to help transitioning Soldiers, civilians and families build stronger connections with their new communities.

One key component to successful Army prevention efforts is fully-engaged, committed leadership from top to bottom. Great leaders create a culture in which people observe standards and discipline, and also get to know and care about each other. Leaders make sure policies are enforced, programs are run correctly and everyone gets the training they need to watch out for those around them.

Most critically, great leaders get out the message that it is a sign of strength to ask for help. Repeat that message in every which way – including in formations, during stand-down days, on Facebook, in print, on radio and TV, at family readiness group meetings and at community events – until we have no more cause for saying it.

Every positive outcome starts with one person reaching out to another, and finding strength and hope together. We are the Army family, and we take care of each other. Support and Defend. Defender 6.



Mylynda Morris (standing), suicide prevention coordinator for USAG-HI, conducts a new, six-hour ACE-SI course at the Installation Training Center, Sept. 1. Register for a class by calling 655-9105.

Preventing suicides is a top priority

Story and Photo by
BRANDON BOSWORTH
Contributing Writer

SCHOFIELD BARRACKS – A new, six-hour ACE-SI (Ask, Care, Escort–Suicide Intervention) course started at the Installation Training Center, here, Sept. 1.

Classes are held 9 a.m.–3 p.m., on the 1st and 4th Thursday of each month, and are conducted by Mylynda Morris, suicide prevention coordinator for the U.S. Army Garrison-Hawaii.

While suicide remains a problem throughout the armed services, the situation within the Army is especially serious. The Army reported 32 suicides and potential suicides this July, the highest total since the service began publicly releasing such statistics more than two years ago.

So far this year, more than 160 Soldiers have apparently taken their own lives. By contrast, the Air Force has had 28 suicides; the Marines, 21; and the Navy, 33.

The Army hopes to address this problem through programs such as the new ACE-SI course, which is launching, here, just in time for September's Suicide Prevention Awareness Month. The course seeks to provide Soldiers and civilians with skills to not only recognize the warning signs, but to also intervene and help prevent a suicide attempt.

ACE provides the tools and training to allow people to intervene to help those in trouble.

•"Ask" refers to the ability to ask someone directly if he or she is contemplating suicide.

•"Care" means controlling the situation and taking steps to prevent someone from causing self-injury.

•"Escort" is usually the final step, and it deals with escorting an individual somewhere to get help, such as a chaplain or health care professional.

Perhaps the most important aspect of the ACE system is the importance of never leaving a suicidal individual alone, a point consistently stressed throughout the training session.

"This class teaches people what to do when your 'battle buddy' needs help," Morris said. "Suicidal individuals want to talk to their peers, and we want people to

have the skills they need to help a peer without being afraid of what to say or do."

The first class drew about a dozen attendees. One of the first things addressed was being able to recognize the warning signs that an individual may be suicidal. These include withdrawing from friends or family, giving away personal property, talking of suicide or of killing someone else, or exhibiting generally bizarre changes in behavior.

Related to warning signs are risk factors, such as relationship problems, substance abuse, trouble at work, death of a loved one, unmanaged stress and serious health issues.

After finding out how to recognize risk factors and warning signs, class attendees learned the basics of the ACE-SI system, particularly how to talk to a suicidal individual and how to engage in active listening.

For hands-on experience, the class was broken down into several groups of three and given various scenarios, so they could role-play what it is like to actually try to prevent a person from committing suicide. For many, this exercise was the most helpful segment.

"If someone says they want to commit suicide, what do you do?" said Capt. Elaine Hill, Soldier and Family Well-Being Division, G1, Headquarters and Headquarters Battalion, 8th Theater Sustainment Command. "The role-playing game gave me the opportunity to figure out what to say and do."

While many participants were understandably a bit nervous about the prospect of what to say to a suicidal person, Morris stressed that just being there for someone contemplating killing him or herself can make all the difference.

"Most people considering suicide are willing to talk to someone," she said, "and just talking to someone may be enough to dissuade them."

Future sessions promise to train more Soldiers and civilians with the skills needed to help prevent suicides and save lives.

Staff Sgt. Thomas Carter, Company D, 53rd Signal Bn., 1st Space Brigade, said the class was "an invaluable resource for Soldiers and leaders."



Where were you on Sept. 11?

Photos by 45th Sustainment Brigade, 8th Theater Sust. Command



"I'd been home on leave from Korea. I was taking my brother to work, and we heard it on the radio. I turned on the news and thought, 'Is this really happening?,' as the second plane hit."

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Individual emergency preparedness encouraged

DIRECTORATE OF PLANS, TRAINING, MOBILIZATION AND SECURITY;
U.S. ARMY GARRISON-HAWAII
News Release

SCHOFIELD BARRACKS – For Americans, emergency preparedness must now account for man-made disasters, as well as natural ones.

Knowing what to do during an emergency is an important part of being prepared, and it may make all the difference when seconds count.

Individuals can take simple preparedness steps before an emergency happens, to minimize its impact on themselves and their families.

"This year, natural disasters have tested our response ability across all levels of government," said President Barack Obama, in a recent press release. "This September also marks the 10th anniversary of the tragic events of Sept. 11, 2001, which united our country both in our shared grief and in our determination to prevent future generations from experiencing similar devastation.

"Our nation has weathered many hardships, but we have always pulled together as one nation to help our neighbors prepare for, respond to and recover from these extraordinary challenges," he said.

Family and community preparedness planning can enhance community readiness, reduce the impact of disaster and expedite recovery in the aftermath of unpreventable catastrophes.

"Preparedness is a shared responsibility," Obama said. "This requires collaboration at all levels of government, ... (and) individuals also play a vital role in securing our country."

The U.S. Department of Homeland Security's "Ready" campaign focuses on the following important preparedness steps that can assist families with creating emergency plans and preparing for a wide range of natural and man-made disasters:

- Get an emergency supply kit. When preparing for a possible emergency situation, it's best to think first about the basics of survival, including fresh water, food, clean air and warmth. Ready.gov provides a list of recommended items to include in a basic emergency supply kit.

- Make a family emergency plan. Your family may not be together when disaster strikes, so it is important to plan in advance for how you will contact one another, how you will get back together and what you will do in different situations.

- Be informed. There are important differences among potential emergencies that will impact the decisions you make and the actions you take. Learn about potential emergencies that could happen where you live and the appropriate way to respond to them. Learn about state and local government emergency plans.

- Get involved. Organizations, families and individuals should

Community preparedness

September marks the eighth annual National Preparedness Month that encourages Soldiers, families and civilians to prepare for emergencies at home, at work and in their communities. Preparedness is a shared responsibility; it takes a whole community.

In January, the secretary of the army established the Army Protection Program that functions as the overarching leadership framework to synchronize, prioritize and coordinate protection policies and resources; expand program oversight; ensure senior leader accountability; and improve risk-based decision-making.

The Army is also working to improve the ability of Army commands to prepare for and respond to an emergency. Within the Emergency Management Modernization Program, commands can effectively exchange emergency information, give mass warning notification and decrease overall emergency response times.

Protecting the lives of Soldiers, families and civilians is of primary importance to the Army, and emergency preparedness is an essential component of protection.

(Editor's Note: Information was compiled from the Army's "Stand-To" resource.)

take time to explore the many ways they can all contribute to creating more prepared and resilient communities.

- Ready Kids. Teach children how to be informed, prepared, plan for and react in emergency situations with tips and tools provided on the Ready website.

"Although we cannot always know when and where a disaster will hit, we can ensure we are ready to respond," Obama said. "Together, we can equip our families and communities to be resilient through times of hardship and to respond to adversity in



Visit www.ready.gov for more information on emergency preparations.

the same way America always has – by picking ourselves up and continuing the task of keeping our country strong and safe."

(Editor's Note: Information was added from presidential proclamation about National Preparedness Month.)



Courtesy of U.S. Army

Gen. Raymond Odierno receives oath from Secretary of the Army John McHugh during a change of responsibility ceremony at Joint Base Myer-Henderson Hall, Va., as Odierno's wife, Linda, looks on, Wednesday. Upon completion of the oath, Odierno became the Army's 38th chief of staff.

Odierno assumes chief of staff position

ARMY NEWS SERVICE
News Release

ARLINGTON, Va. – Gen. Raymond Odierno was sworn in, Wednesday, as the Army's 38th chief of staff during a ceremony at Joint Base Myer-Henderson Hall, Va., near the Pentagon.

Odierno assumed responsibility for the Army from Gen. Martin Dempsey, who after serving five months as the Army's chief of staff, will assume new duties as the chairman of the Joint Chiefs of Staff, when Adm. Mike Mullen retires Sept. 30.

"Our Army has proven itself in arguably the most difficult environment we have ever faced," Odierno said in a welcome letter. "Our leaders at every level have displayed unparalleled ingenuity, flexibility and adaptability. Our Soldiers have displayed mental and physical toughness and courage under fire. They have transformed the Army into the most versatile, agile, rapidly-deployable and sustainable strategic land force in the world.

"Today is like no other time in our history," he continued. "We remain at war, and our top priority is to win the current fight. It is also a time of uncertainty and historic change. We face a multitude of security challenges ... underpinned by fiscal constraint."

Once sworn in, Odierno took responsibility for the training, equipping, maintaining and sustaining of an Army of more than half a million Soldiers.

"Despite the challenges, we confront the future from a position of great strength," Odierno said. "Our Army will continue to be the best-equipped, best-trained and best-led force in the world. The strength of our nation is our Army, the strength of our Army is our Soldiers (and) the strength of our Soldiers is our families. This is what makes us Army Strong."

A native of New Jersey, Odierno graduated from the U.S. Military Academy at West Point in 1976, with a commission in field artillery.

During more than 34 years of service, he commanded units at every echelon, from platoon to corps, with duty in Germany, Albania, Kuwait, Iraq and the U.S.

Odierno served as commander, Multi-National Force-Iraq, from September 2008 to December 2009. He then continued to serve as commander, United States Forces-Iraq, from January 2010 to September 2010.

Most recently, the general served as commander of U.S. Joint Forces Command, where he oversaw that organization's role in joint concept development and experimentation, joint capability development, joint training, and force provision and management.

"You are the best our country has to offer," Odierno added. "I look forward to seeing you as I visit your camps, posts, stations and operating bases. Thank you for your steadfast dedication and loyal service to our nation."

(Editor's Note: Information was added from Odierno's initial thoughts letter.)



Soldiers with 548th Trans. Det. (LSV-7), 302nd Terminal Trans. Bn., 9th MSC, execute a fire drill as part of their vessel battle drills during a voyage from JBPHH, to Tacoma, Wash., recently. The crew mobilizes in November and deploys to Kuwait following training.

Deploy: 548th Trans. Det. hones battle skills

CONTINUED FROM A-1

the standard.

Most of the battle drills involved crew members getting to their assigned stations, gearing up in the appropriate combat uniform and additional personal protective equipment, then ensuring battle stations and weapon systems were manned and ready, in the allotted four minutes after being alerted or the sounding of an alarm.

"Overall, the 548th Trans. Det. (LSV-7) is fully capable to sail a ship, and with the additional training received during the 196th Inf. Bde.'s post-mobilization, the crew will be ready for deployment," Galdones said.

The LSVs are the Army's largest powered watercraft and are designed to carry tons of cargo from strategic sealift ships to shore during maritime operations. The vessels are a critical force-projection enabler used in intra-theater contingency operations and can be beached on shore or to port, lending flexibility to mission parameters to drop off cargo.

The 548th Trans. Det.'s mission is to provide theater logistics support and cargo transportation along coastal and inland waterways. It conducts roll-on, roll-off operations to transport

heavy equipment and is capable of discharging a payload of 2,000 short tons of vehicles and cargo. The detachment also conducts container handling of general equipment, vehicular and other oversized or overweight cargo.

World War II veterans witness change for 'Wolfhounds'

Story and Photos by

STAFF SGT. RICARDO BRANCH

2nd Brigade Combat Team Public Affairs, 25th Infantry Division

SCHOFIELD BARRACKS – A warm, tropical breeze greeted the many onlookers out to witness a time-honored tradition in any military organization, the changing of command.

Soldiers in 1st Battalion, 27th Infantry Regiment, "Wolfhounds," 2nd Brigade Combat Team, 25th Infantry Division, joined with World War II veterans, from the Greatest Generations Foundation, during the passing of the mantle of leadership from Lt. Col. Donald Brown to Lt. Col. Todd Fox, here, Sept. 1.

The Greatest Generations Foundation is an organization that is focused on honoring veterans and educating generations, young and old, about the extraordinary history of wartime sacrifice and noble accomplishments.

Col. Malcolm Frost, commander, 2nd BCT, and reviewing officer for the ceremony, opened the event with a standing ovation for the World War II veterans in attendance.

"You proudly served our Army, our military and our nation; we're honored to have you here," he said. "Thank you so much for joining us today."

Frost then talked about the rich history of the Wolfhound Bn. and the accolades Soldiers standing in formation had received.

"You truly are a group of extraordinary Soldiers and leaders," he said. "Together, you operated in the home of Saddam Hussein ... and conducted kinetic operations, which resulted in taking enemy contact nearly every week, and (you) made the enemy pay every time, all while under the command of Lt. Col. Brown."

Brown served 30 months as commander of the Wolfhounds, where he implemented a rigorous training cycle at the Pohakuloa Training Center, on the Big Island, and the National Training Cen-



Staff Sergeant Marco Vasquez (right), Company B, 1st Bn., 27th Inf. Regt., 2nd BCT, 25th ID, thanks World War II veterans in the Greatest Generations Foundation for their service following the battalion's change of command ceremony, Sept. 1.

ter, in Fort Irwin, Calif., to prepare the troops for their deployment to Iraq.

"I'm proud to have served among you and sad to give it all up," he said. "Commanding you was the greatest honor I was accorded in my 18 years in the Army. ... I can think of no greater battalion to have served with than the Wolfhounds."

Fox said that taking command of the Wolfhound Bn., while World War II veterans witnessed the event, made it extra special.

"I'm honored to be joining an organization with the rich and proud history of the Wolfhounds," he said. "It was made even greater by having the veterans there."

Fox added his deep respect and honor for the sacrifices of the World War II veterans.

"Before the ceremony, I took the time out to thank each and every one of them for their service and their sacrifice, and I think it's important for them to be here, because it's ultimately their success they had in World War II that every Soldier in uniform today tries to emulate in their day-to-day functions," Fox said.

Following the ceremony, Wolfhound Soldiers shook hands with the veterans and attended a special luncheon to share experiences and bond with one another.

"Coming to Schofield and visiting all the troops,



Lt. Col. Todd Fox (right), incoming commander, 1st Bn., 27th Inf. Regt., 2nd BCT, 25th ID receives battalion colors from Col. Malcolm Frost, commander, 2nd BCT, during the battalion change of command ceremony, Sept. 1, at Weyand Field.

meeting commanders and everyone wanting to know our story definitely made this trip worth it," said Bruce Heilman, spokesman for the Greatest Generations Foundation. "Seeing the ceremony takes me back to days where I marched across fields."

He enlisted in the Marine Corps during World War II, at the age of 17.

"When I see the young warriors who volunteered during a wartime ... you know they signed up with a willingness to defend their country, willingness to die for their country and fight for their country – that's the spirit of those of us who fought in World War II," Heilman said.

25th CAB DFAC places first in Connelly, Best DFAC of 3rd Quarter contests

Story and Photo by

SGT. DANIEL SCHROEDER

25th Combat Aviation Brigade Public Affairs, 25th Infantry Division

WHEELER ARMY AIRFIELD – Competitions are around every corner that the 25th Combat Aviation Brigade Dining Facility turns.

Recently, the 25th CAB, 25th Infantry Division's DFAC was named the Best DFAC of the 3rd Quarter for 25th ID and U.S. Army Garrison-Hawaii, and it received Installation Management Command-Pacific's 2011 Philip A. Connelly Award.

The Philip A. Connelly Award recognizes excellence in the preparation and serving of food in Army troop DFACs and during field kitchen operations.

"This DFAC has come a long way since I first joined this team," said Sgt. 1st Class Nathaniel Barthell, noncommissioned officer, food operations management, 209th Aviation Support Battalion, 25th CAB. "For example, upon my arrival to the CAB, we were serving less than 70 people per day. Now, the head count is over 250 people, per day.

"(The increase) is all due to the motivation, dedication and pride of the Soldiers working in the DFAC to produce good, quality food," he said.

Once 25th CAB DFAC raised its head count, the Soldiers turned their attention toward participating in competitions.

"I felt very confident in the Soldiers' capabilities, dedication and motivation going into this competition," said Sgt. 1st Class Toby Vereen, assistant DFAC manager, 2nd Squadron, 6th Cavalry Regiment, 25th CAB. "The Soldiers are new arrivals to the unit and are eager to learn. They are taught the basics of every job and are continuously rotated through the different positions, so they can gain experience and knowledge on how the DFAC functions as a whole."

Minor changes throughout the facility contributed to the 25th CAB DFAC's success.

"I believe the increase in the head count is due to a couple different reasons, such as the wide variety of foods offered, the quality of the food served, the service the customers receive and the referrals of the people that eat here," Vereen said.

The 25th CAB DFAC pulls inspiration from the Soldiers it serves.

"We recently added the new 'aviators' way' section for our signature burgers and sandwiches," Barthell added. "For instance, the 'Blackhawk Diamond Head Chicken Burger,' the 'Chinook



Command Sgt. Maj. Jesus Ruiz (right), senior enlisted leader, 25th CAB, 25th ID, talks to DFAC personnel about the Phillip A. Connelly Award, which the 25th CAB DFAC won, recently.

Hammerhead Burger' and the 'Lobos Dog' are some of our new, signature-name meals."

All the credit for the success the DFAC has re-

ceived is due to the Soldiers who put in the long and hard hours to prepare and serve the food the customers keep coming back for, he said.

‘Wolfhounds’ lend a helping hand during Ramadan

COMBINED JOINT TASK FORCE I-AFGHANISTAN
News Release

KUNAR PROVINCE, Afghanistan – American Soldiers partnered with soldiers from the Afghanistan National Army 1st Kandak and local elders, here, recently, to execute Operation Zakat, to donate provisions to needy Afghans during Ramadan.

The 2nd Battalion, 27th Infantry Regiment, “Task Force No Fear,” locally known as “Wolfhounds,” 3rd Brigade Combat Team, 25th Infantry Division, led the operation, headed by TF No Fear’s chaplain.

Zakat is known as the third pillar of Islam, which embodies serving those in need, especially during Ramadan.

TF No Fear and its ANA partners traveled to donate rice, cooking oil, tea, potatoes, tomatoes, flour, sugar, school supplies and toys to destitute families within the province.

Prior to the mission, Capt. John Smith, chaplain, TF No Fear, and Lt. Col. Daniel Wilson, commander, TF No Fear, talked with Afghan locals in the area surrounding Forward Operating Base Bostick, here, to ensure the unit was giving to those who were the most in need.

“I asked our FOB mullah (Islamic teacher of sacred law) and the 1st Kandak commander, ANA Col. Aleem Shah Qaderi, who (helped us) choose all the items we handed out,” said Smith. “I also spoke with many of the workers here, and they assured me the Afghan people needed and wanted the items we provided.”

Smith and his counterparts were proud to work hand in hand with ANA and Afghan Border Patrol to help families during Ramadan.

“I believe that the interaction with the local leaders, mullah, families and the youth of Afghanistan is so important, because much of our mission is about building solid relationships with the Afghan people,” Smith said. “This (event) will go a long way to help (Afghans) lead a better life and have hope for a better future. We were able to promote peace and the benevolent expression of Zakat during Ramadan.”

“It is a blessing to help those less fortunate,” said Staff Sgt. Toya Alexander-Cruz, brigade chaplain assistant, 3rd BCT. “We are here to do a job, and (that job) is to win the hearts and minds of the people and show them that we care.”

“I love children, and I was happy to see their faces when they got their toys,” Alexander-Cruz said.

Operation Zakat was a display of true partnership between the ANA and TF No Fear, according to Qaderi.

“The plan was to reach out to the needy families. ... We accomplished that,” Qaderi said. “My hope is that we do more missions similar to Zakat. The people ... really appreciated the items we provided.”

“We took care of so many orphans and widows who have been left out for years,” he said. “These people will never forget this experience.”



An Afghan Uniformed Police soldier observes the distribution of goods to families in need during a humanitarian assistance food drop sponsored by Soldiers from the 58th MP Co., 728th MP Bn., 8th MP Bde., 8th TSC, recently.

58th MP Co. assists with humanitarian food drop

Story and Photos by

SPC. APRIL YORK

2nd Brigade Combat Team Public Affairs, 4th Infantry Division

KANDAHAR, Afghanistan – Soldiers from the 58th Military Police Company, 728th MP Battalion, 8th MP Brigade, 8th Theater Sustainment Command, partnered with Afghan Uniformed Police, or AUP, in Kandahar City, here, to conduct a humanitarian assistance food drop for needy families in the district, recently.

The drop was planned for the end of Ramadan to assist the people of the community while they celebrated Eid al-Fitr, which is a three-day holiday that marks the end of Ramadan, Islam’s holy month of fasting.

Vouchers were handed out to more than 100 needy families in the district. Shair Alam, district manager, made sure the vouchers were handed out to local elders who then determined which families were most in need.

The families presented the vouchers at the food drop, where they received rice, flour, beans, cooking oil and small hand-held radios. The hand-held radios were an opportunity to allow the citizens to hear messages from AUPs in their area.

“The event was pretty positive,” said Capt. Megan Spangler, commander, 58th MP Co., who helped unload supplies. “We were able to have a lot of AUP participate and actively interact with the community.”

Missions like this one are a good thing, said Sgt. Brittany Deters, an automated logistics specialist with the 58th MP Co. Deters helped search



Capt. Megan Spangler (right), commander, 58th MP Co., 728th MP Bn., 8th MP Bde., 8th TSC, speaks with Shair Alam (left), a district manager, and a district assistant about the distribution of supplies at the humanitarian assistance food drop, held outside Police Sub Station 4, recently.

Afghan women for weapons and improvised explosive devices during the drop.

“It gives me a warm, fuzzy (feeling) helping out the community,” Deters said.

“It’s pretty exciting; this is actually one of the

things my Soldiers and I really look forward to,” Spangler said.

“Giving food to the poor is a great thing,” said Mahazd Ghaiz, an AUP soldier, who pulled security at the drop-off location.

Facebook town hall debuts, addresses 41 different topics

AIKO ROSE BRUM

U.S. Army Garrison-Hawaii Public Affairs

SCHOFIELD BARRACKS – U.S. Army Garrison-Hawaii now joins the handful of Army installations that have held successful town halls in cyberspace.

Garrison's subject matter experts assembled in one place at the same time, Aug. 31, to launch their inaugural hourlong town hall at the garrison's Facebook site.

Approximately 41 discussion topics were covered, with the most frequently asked questions concerning speeding vehicles, unsupervised children in parks and school issues.

Fifteen garrison SMEs, including representatives from the Exchange, Schofield Commissary, Island Palm Communities and Schofield Barracks Health Clinic, answered queries as quickly as possible.

"We anticipated that our turnout might be one of two extremes – either slow in coming or overwhelming," said Lacey Justinger, managing editor of the Hawaii Army Weekly and assistant project officer for the Facebook town hall. "We got so much participation that we started a half hour earlier than scheduled, and we had to tell everyone that the town hall had ended when the time slipped up on us."

The garrison's Public Affairs Office and the Plans, Analysis and Integration Office are busy backtracking what was left unanswered to get replies to those community members as soon as possible.

"With the Labor Day holiday weekend and so many personnel out of the office, plus with deadline-driven Hawaii Army Weekly newspaper production the next day, we're playing catch up now," Justinger explained, emphasizing that answering remaining questions is priority No. 1.

The garrison chose to hold the online town hall because other Army installations had reported incredible success in reaching Soldiers, family members and the civilian workforce at their Facebook sites.

At the initial Facebook town hall meeting, some participants were pleasantly surprised that Col. Douglas Mulbury, commander, USAG-HI, and Command Sgt. Maj. Robert Williamson, the garrison's senior enlisted advisor, responded directly to some questions, such as retirement benefits and calling cadence in areas on post.

Drivers on the installation should pull over and render proper salutes or honors during retreat, said Williamson in a Facebook "Discussion Board" post. USAG-HI installation policies are posted online at the garrison website, he said, and added that the garrison is working with the 311th Signal Command to adjust the volume of the emergency notification system, which also broadcasts reveille and retreat.

Mulbury responded to a thread of Facebook questions about vehicles speeding in Island Palm Communities in the north and south areas of Oahu.

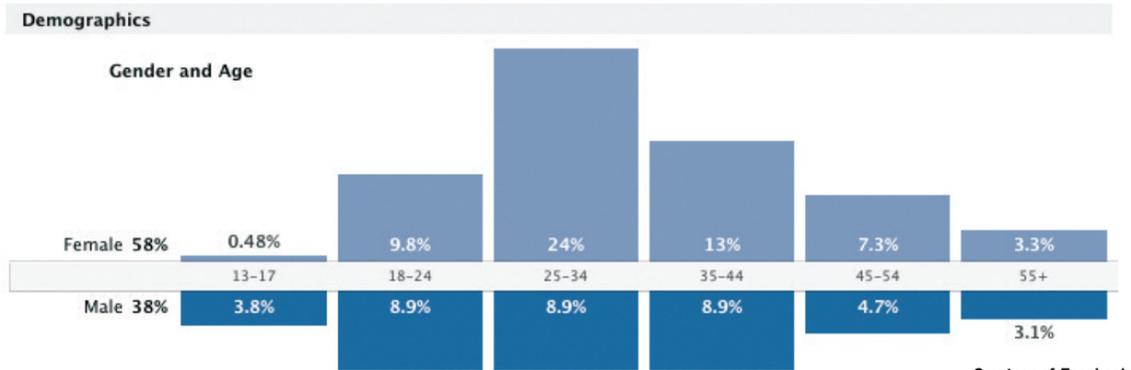
"Speed calming involves several traffic engineering procedures, to include installing speed humps," Mulbury replied.

Mulbury explained that traffic engineers are working with IPC to mitigate problems in several areas, including 7th Street in Fort Shafter's Radar Hill.

Installation education and school questions were answered at the Facebook town hall by the garrison's School Liaison Office, which is fully engaged with the Hawaii Department of Education and its districts. SLO ensures issues like federal survey cards, which determine federal impact aid, and the Exceptional Family Member Program, get fullest attention.

As well, the Directorate of Emergency Services and IPC, both of which fielded the bulk of questions, answered numerous posts about traffic, security, lawn care and housing maintenance.

Since the town hall, the garrison's Facebook page has received more than 225 new "likes" and interaction has significantly increased on the "Wall" and Discussion Board.



The chart above shows the age and gender breakdown for people who "like" USAG-HI's Facebook page.

"Facebook also appears to be a preferred communication medium for our Soldiers and family members," said Justinger, citing statistics she used to gauge the town hall's effectiveness.

"I want to personally thank all participants in this unique town hall – our community members and our garrison staff and supporting agencies. Each of you made this first-time event a success," said Mul-

bury. "Our garrison values these types of forums to directly interact with our customers, and we intend to do this again in the future."

View discussions and interact with USAG-HI at www.facebook.com/usaghawaii.



Vickey Mouzé | U.S. Army Garrison-Hawaii Public Affairs

Col. Douglas Mulbury (right), commander, USAG-HI, responds to a query posted during the USAG-HI Facebook town hall, Aug. 31, while Lacey Justinger (left), PAO, and Gayle Yanagida, PAIO, monitor the "Discussion Board" for new topics.

News Briefs

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

12 / Monday

First-Term Financial Training – Mandatory training will teach students basic financial skills and financial planning, 8:30 a.m.-4 p.m., Sept. 12, ACS, Schofield Barracks. Call 655-4227 or visit www.acsclasses.com.

Signal Corps Regimental Week Hawaii – Tickets for this annual event, Sept. 12-16, can be purchased by emailing rodney.kelley@us.army.mil or calling 438-2329. Events include a golf scramble, a prayer breakfast, a senior leader conference, a regiment run and a ball. For details, email liana.mayo@us.army.mil or call 438-4095.

29 / Thursday

Museum Closure – The Tropic Lightning Museum at Schofield Barracks is closed for interior renovations through Sept. 29. Normal hours will resume Sept. 30; normal hours are 10 a.m.-4 p.m., Tuesday-Saturday. The museum is closed Sundays, Mondays and federal holidays. Call 655-0438.

30 / Friday
VRO Closure – The Schofield Barracks Vehicle Registration Office, Building 740, Soldier Support Center will be closed through Sept. 30 for office renovations. Normal hours will resume Oct. 3.

The Fort Shafter VRO, Building 5099, Room 111, Fort Shafter Flats, will be open for vehicle registrations, 7:30 a.m.-3:30 p.m., Monday-Friday. Call the Schofield VRO at 655-0894 or the Fort Shafter VRO at 438-1517.



“ If the view doesn’t take your breath away, the PT will. ”

— Command Sgt. Maj. Toese Tia Jr.
Senior enlisted leader, 8th STB, 8th TSC

Beach, smiles, sweat, camaraderie

8th STB takes a day at the beach to a new extreme

Story and Photos by
SGT. 1ST CLASS DAVID WHEELER
8th Theater Sustainment Command Public Affairs

HICKAM AIR FORCE BASE – On most mornings, as the sun begins to rise off the coastline, here, the waves crash, the sounds of the ocean fill the air and smiles can be seen on everyone’s face.

Recently, the smiles were there, but surrounding everybody’s smiles were streams of sweat dripping down their faces.

Command Sgt. Maj. Toese Tia Jr., senior enlisted leader, 8th Special Troops Battalion, 8th Theater Sustainment Command, took the morning of Aug. 31, to gather all of his senior noncommissioned officers to build up not just muscles, but also to help build esprit de corps during physical training.

“If the view doesn’t take your breath away, the PT will,” Tia said.

The workout was comprised of circuit training, consisting of eight different exercises mixed in with swimming multiple laps in the crystal blue water.

“The PT was fun, and it provided an exciting change to the regular Army workouts,” said Sgt. Maj. Brad McDonell, command career counselor, 8th TSC. “After 28 years of service, I’m always excited to try something different and challenging, yet still have fun.”

Even though it was a demanding workout, the mood surrounding these Soldiers was constantly upbeat.

“While I was doing leg lifts, my feet were pointed towards the water, and the waves kept rushing over my face and body, but I couldn’t help but smile for some reason,” said Sgt. 1st Class Phillip Cousins, Protocol noncommissioned officer in charge, 8th TSC.

Along with the workout, the spirit of competition was exercised with group relay races and a tug-of-war match pitting the sergeants first class and master sergeants against the sergeants major.

“It felt great to come together as a team and beat the sergeants major,” Cousins said.

Although Tia organized the event, the point of this program was to get the 8th STB senior NCOs inspired to take this initiative back to their sections and to also take over the senior NCO PT program.

“We are going to be doing more events like this in the future,” Tia said.

Another staff section will plan the next session, and responsibility will rotate throughout 8th STB, giving other senior leaders a chance to show their creativity.

“I can’t wait to see what they come up with next,” Tia said.



Several 8th STB, 8th TSC, senior NCOs rush into the ocean to start the team relay race. The race included swimming in the ocean and eight exercises on land. The prize for winning was not having to compete again.



Senior NCOs from 8th STB, 8th TSC, start their PT session with a jog along the beach at Hickam Air Force Base, Aug. 31.

Soldiers get hit with waves while performing leg lifts at the water’s edge. Leg lifts were just one of the eight exercises performed during circuit training.



10 / Saturday

Read to the Dogs – Keiki who can read on their own can sign up for a 15-minute session to read to therapy and service dogs, 10-11 a.m., Sept. 10 and Oct. 15. Registration is required; call 655-8002.

Boot Camp for New Dads – This class, 9 a.m.-noon, Sept. 10, Fort Shafter Aloha Center, Building 330, helps new dads to become confident and effective parents. Call 655-0596.

11 / Sunday

Surfing Lessons – Learn to surf with Outdoor Recreation, 6:30-11:30 a.m., Sept. 11. Cost is \$48. Call 655-0143.

12 / Monday

Free Hula Classes – The Native Hawaiian Liaison Office, USAG-HI, welcomes all Soldiers and families to participate in free hula classes. Beginner classes are 5-6 p.m.; advanced classes are 6-7 p.m. Call 655-9694 or email nhliaison@gmail.com. Classes are held the following days and locations:

- Mondays, Kalakaua Community Center, Schofield Barracks.
- Tuesdays, AMR Community Center.

Martinez PFC Closures – Portions of the Martinez Physical Fitness Center will be closed at various times now through October to move exercise equipment and to paint. Call 836-0338. Locations and dates follow:

- Air-conditioned cardio equipment room, Sept. 12-14.
- High-ceiling cardio equipment room, Oct. 3-19.
- Nautilus equipment room, Oct. 4-17.

13 / Tuesday

Survivor Support Group – This group meets 5:30-8 p.m., the second Tuesday of each month, at the Survivor Outreach Services Center, Fort Shafter Aloha Center, Building 330, Room 111. Call 438-9285.

Guitar Demonstrations – Learn about guitars, Sept. 13, and Hawaiian slack key guitar, Sept. 14, at the Sgt. Yano Library, Schofield Barracks; times for both dates are 6 p.m. Call 655-8002.

Bunco – Play starts at 6 p.m., Sept. 13, Tropics Recreation Center, Schofield Barracks. All ID cardholders 18 and older are welcome. Call 655-5698.

14 / Wednesday

Oogles N Googles – This preschool enrichment program is 10 a.m., Sept. 14, Sgt. Yano Library, Schofield Barracks, and is open to preschool-age children, 3-5 years old. Call 655-8002.

Money Management Workshop – Learn how to decrease expenses and make money work for you, 9-10:30 a.m., Sept. 14, ACS, Schofield Barracks. Call 655-4227. Register online



Courtesy of Kevin Schmidt

Serving up fellowship

SCHOFIELD BARRACKS — U.S. Army Garrison-Hawaii's chaplaincy begins its weekly Family Night at Aliamanu Military Reservation Chapel and the Main Post Chapel, here, as shown above.

Family Night is part of the Family Resiliency Program that serves and supports Soldiers and family members of the military community. Start time for both places is 5:30 p.m. Dinner is followed by adult classes, youth club and kids' Bible clubs. Child care is available starting at 6 p.m. Call 655-9198/1450 or 833-8175/4319.

at www.acsclasses.com.

Identity Theft Workshop – Identity theft is one of the fastest growing industries. This workshop, 10:30 a.m.-noon, Sept. 14, ACS, Schofield Barracks, will teach you how to protect yourself and what to do if you become a victim. Call 655-4227. Register online at www.acsclasses.com.

ScreamFree Parenting Workshop – This four-part series starts 5:30-7:30 p.m., Sept. 14, ACS, Schofield Barracks. These workshops focus on helping parents stay calm and connected to their keiki. Call 655-0596.

Autism Support Groups – Groups will meet 6-7:30 p.m., Sept. 14, Schofield Barracks Main Chapel. Families can share experiences and learn about community resources. Call 655-4777/1551.

15 / Thursday

Theater Thursdays – Teens ages 12 and up and adults can learn the basics of stage acting, 4-5:30 p.m., Sept. 15, 22 and 29, Sgt. Yano Library, Schofield Barracks. Call 655-8002; walk-ins are also welcome.

18 / Sunday

Banned Books – Come see displays of frequently challenged or banned books at all Army libraries, Sept. 18-Oct. 1. Borrow a banned book and get an "I Read Banned Books" button. Also, enter to win a prize.

Aquampics – Youth in first-12th grade can enter in first-ever EDGE Aquampics program. Registration deadline is Sept. 18; register at Parent Cen-

tral Services. Practice begins Sept. 26. Competitions will be held at Richardson Pool, Oct. 19. Call 655-0445.

20 / Tuesday

Free Cybersafety Workshop – "Keeping Safe in Cyberspace for Par-

ents," 5:30-7 p.m., Sept. 20, ACS, Fort Shafter, is a workshop for all Soldiers and adult family members. This workshop is recommended for parents who have keiki ages 5 and older. No keiki may attend. RSVP to virginia.c.wescott.ctr@us.army.mil or call 438-3344.

9/11 Remembrance Events

The following local events commemorate the 10th anniversary of 9/11. They honor more than 3,000 victims of the 9/11 attacks, including 184 killed when American Airlines Flight 77 exploded into the Pentagon, and the first responders who rushed to locations of the attacks.

•Sept. 9, 4:30 p.m. – Soldiers, families and civilians are invited to pay tribute to the victims of the 9/11 terrorist attacks on the U.S. during a remembrance ceremony on Palm Circle at Fort Shafter. Lt. Gen. Francis Wiercinski, commander, U.S. Army-Pacific will be the keynote speaker for the event.

•Sept. 10, 7:30 p.m., and Sept. 11, 4 p.m. – Mozart's "Requiem," St. Andrew's Cathedral, Beretania and Queen Emma streets, Honolulu. The Oahu Chorale Society will perform this composition. Tickets are \$20 general admission or \$15 for military and students with ID. Tickets may be purchased online at www.OahuChoral.org, by phone at 735-4311 or at the door.

•Sept. 11, 7 a.m. – Travis Manion Foundation 9/11 Heroes Run 5K and 1-mile run/walk, MCBH, K-Bay;

open to the public; registration closing date is Sept. 10. Register at www.active.com.

•Sept. 11, 7 a.m. – Stephen Siller Tunnel to Towers Run, at Ford Island Bridge at Joint Base Pearl Harbor-Hickam. This 5K walk/run benefits the Stephen Siller Foundation, USA Cares and TAMC's Fisher House. Register or donate at www.active.com.

•Sept. 11, 9:20 a.m. (time approximate) – Remembrance Ceremony, Oceanside Entrance, TAMC; event includes remarks by Brig. Gen. Keith Gallagher, commanding general, Pacific Regional Medical Command and TAMC.

•Sept. 11, 12:15-12:45 a.m. – Remembrance Ceremony, Tamarind Park at Bishop Square on the corner of Bishop and King streets, Honolulu.

•Sept. 11, 4-5:30 p.m. – 6th Annual Mayor's Remembrance Walk; event starts at Sister Derby Park on S. Beretania Street, Honolulu, and ends at the Honolulu Hale and 9/11 memorial. It includes a ceremony at the Honolulu Police Department headquarters. Call 768-6666, visit www1.honolulu.gov/moca or email moca-info@honolulu.gov.

Community Calendar

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

10 / Saturday

Craft Fair – The Leilehua High School Band Booster Association's Third Annual Craft Fair is 9 a.m., Sept. 10, in the cafeteria at Leilehua High School, 1515 California Ave., Wahiawa. Fair includes live music and entertainment, baked goods and door prizes. Free admission and parking is available. Call 224-4080.

Keiki Hoolaulea – In celebration of the upcoming Aloha Week, more than 500 keiki from six halau and musical schools will showcase the 2011 theme, "Mele Ailana: Celebrate Island Music," as performers, 10 a.m.-3 p.m., Sept. 10, Pearlridge Center, Aiea. Admission is free. Visit www.pearlridgeonline.com.

Mid-Autumn Festival – This Chinese cultural festival is 2:30-6 p.m., Sept.

10, Chinatown Cultural Plaza, 100 N. Beretania St., Honolulu. Festival includes a concert by the Royal Hawaiian Band, hula and a lion dance. Parking is at the Chinatown Cultural Plaza garage; enter through Maunakea Street. Call 536-4621 or email ucshawaii@hawaiiantel.net.

11 / Sunday

Na Wahine Festival – Cheer on your favorite athlete at the 13th annual women's multisport festival, 6:30 a.m., Sept. 11, at Kapiolani Park, Honolulu. Competitors include active duty military athletes. Events include the triathlon, dualthon and a swim/bike. Visit www.tryfitness.com.

13 / Tuesday

Tour Tuesdays at the Exchange – Authorized patrons can learn more about the Schofield Exchange, 9:30-10:30 a.m., Sept. 13; individuals and families are welcome. After the tour, free pizza will be served at the Food Court. RSVP to gardnerj@aafes.com or call 622-1773. Tours can also be set up for groups and clubs.

15 / Thursday

"Mustangs" FRG – The 325th BSB, "Mustangs," 3rd BCT, 25th ID, has the following car washes planned. Email tranvantha.miller@us.army.mil.

Sept. 15, 9 a.m.-1 p.m., for Co. B FRG, and Sept. 27, 9 a.m.-2 p.m., for HHC and Co. C FRG, at the car wash rack by Burger King, Schofield Barracks. Donations will be used to purchase welcome home packages for single Soldiers. Families are asked to volunteer.

Free Resiliency Training – Soldiers, spouses and behavioral health professionals are invited to attend an introduction to the "Act Resilient" training program, 6-8:30 p.m., Sept. 15, Kalakaua Community Center, 2535 Waianae Uka Ave., near Richardson Pool, Schofield Barracks. Act Resilient uses improvisational comedy to decrease stress and restore resiliency. RSVP to genie@GenieJoseph.com. Visit www.Act-Resilient.org.

17 / Saturday

Waikiki Hoolaulea – This block party, 7 p.m., Sept. 17, on Kalakaua Avenue in Honolulu, will kick off with the arrival of the royal court, in preparation for the Aloha Festivals. Multiple stages of entertainment, food stands and other vendors will be spread along 12 city blocks. Admission is free. Visit www.alohafestivals.com.

21 / Wednesday

"Tell Me a Story" – The Schofield Barracks Parent to Parent Team will host this event, 5:30-7 p.m.,

Sept. 21, at Helemano Elementary School, Wahiawa. Ernest Muh, principal, Helemano Elementary, will read "Mercedes and the Chocolate Pilot" by Margot Theis Raven.

Each family that attends will receive a free copy of the book. Families should bring either a blanket or towel to sit on. Admission is free, but reservations must be made at ptop.schofield@militarychild.org or (910) 977-8980.

22 / Thursday

Baby/Toddler Expo – This event is 1-5 p.m., Sept. 22, Porter Community Center, Schofield Barracks. High-lights include contests for crawlers, toddlers and parents, along with vendors and seminars. Call (334) 389-2405.

24 / Saturday

Aloha Festivals Floral Parade – A colorful equestrian procession of female and male pau riders; extravagant floats with cascades of Hawaiian flowers; hula halau, or troupes; and marching bands will brighten Kalakaua Avenue in Honolulu, from Ala Moana Park to Kapiolani Park, 9 a.m., Sept. 24. This year's theme is "Mele Ailana: Celebrate Island Music." The event includes a Marine color guard and marching unit. Admission is free. Visit www.alohafestivals.com.

SEE COMMUNITY CALENDAR, B-4

Worship Services

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

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

Buddhist Services

- First Sunday, 1 p.m. at FD
- Fourth Sunday, 1 p.m. at MPC Annex

Catholic Mass

- Thursday, 9 a.m. at AMR
- Saturday, 5 p.m. at TAMC, WAAF and FD
- Sunday services:
 - 8:30 a.m. at AMR
 - 10:30 a.m. at MPC Annex
 - 11 a.m. at TAMC
- Monday-Friday, 11:45 a.m. at MPC and 12 p.m. TAMC

Gospel Worship

- Sunday, noon. at MPC
- Sunday, 12:30 p.m. at AMR

Islamic Prayers and Study

- Friday, 1 p.m. at MPC Annex
- Friday, 2:30 p.m., TAMC
- Saturday and Sunday, 5:30 a.m.; 6, 7 and 8 p.m. at MPC Annex

Jewish Shabbat (Sabbath)

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

Pagan (Wicca)

- Friday, 7 p.m. at MPC Annex

Protestant Worship

- Sunday Services
 - 9 a.m. at FD, MPC and TAMC chapels
 - 9 a.m. at WAAF chapel, Lutheran/Episcopalian
 - 10 a.m. at HMR
 - 10:30 a.m. at AMR

Single Soldiers' Bible Study

- Wednesday, 11:30 a.m. at SC; lunch is provided.

Worship Service

- Sunday, 6 p.m. at SC.

This Week at the MOVIES

Joint Base Pearl Harbor-Hickam Memorial Theater

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



Captain America: The First Avenger

(PG-13)
Fri., Sept. 9, 6 p.m.
Sat., Sept. 10, 7 p.m.
Wed., Sept. 14, 7 p.m.

Crazy, Stupid, Love

(PG-13)
Fri., Sept. 9, 8:45 p.m.
Thurs., Sept. 15, 7 p.m.

Cars 2

(G)
Sat., Sept. 10, 4 p.m.

Zookeeper

(PG)
Sun., Sept. 11, 2 p.m.

Calendar abbreviations

- 8th TSC: 8th Theater Sustainment Command
- 25th ID: 25th Infantry Division
- ACS: Army Community Service
- AFAP: Army Family Action Plan

- AFTB: Army Family Team Building
- AMR: Aliamanu Military Reservation
- BCT: Brigade Combat Team
- BSB: Brigade Support Battalion
- Co.: Company
- CYSS: Child, Youth and School Services

- EFMP: Exceptional Family Member Program
- FMWR: Family and Morale, Welfare and Recreation
- FRG: family readiness group
- HMR: Helemano Military Reservation

- IPC: Island Palm Communities
- SKIES: Schools of Knowledge, Inspiration, Exploration and Skills
- TAMC: Tripler Army Medical Center
- USAG-HI: U.S. Army Garrison-Hawaii
- WAAF: Wheeler Army Airfield

Polo showcases military influence on community, sport

8th MP military working dogs display their talents, as well

Story and Photo by

SPC. MARCUS FICHTL

8th Military Police Brigade Public Affairs, 8th Theater Sustainment Command

MOKULEIA — With a beach on one side and a volcanic mountain range overlooking the other, the strongest, most powerful athletes on Hawaii competed, here, Sunday.

The athletes were horses; the sport was polo.

This event displayed the special brand of Hawaii-styled polo, with flip flops, board shorts, parties, big hats and a large dose of military appreciation.

Military appreciation is so high, some of the polo riders have taken the name "Army" on their shirts.

"Whatever happened to Army Polo?" said Christopher Dawson, U.S. Polo Association Circuit governor, representing Hawaii-Army Polo players, while describing the decline of the relationship between the military and the historically-military sport of polo. "For a long time, we didn't know the answer, so we reached out and made the effort.

"We made the commitment (that) we were going to take the polo field five times this summer, once a month, representing Army," he said. "We wear black shirts and gold Army letters, representing the Soldiers, and we use our venue to raise awareness and show appreciation to Soldiers and their families, and we donate 20 percent of our ticket sales toward organizations that support those Soldiers and their families."

Polo originated in Persia in the 5th century B.C., and was primarily used as training tool for its cavalry units. The game followed the horse-riding armies across the Asian continent, as it continued to provide both entertainment and training. In the 19th century, British officers exported the modern version of the game to Europe and the Americas, where it is becoming a major sport in every country with significant cavalry-based military, including the U.S.

The game, in its simplest form, has four players on horses, trying to hit a ball through goal posts, against four other players on horses, also trying to hit the ball through a separate set of goal



A polo player rides after the ball during a charity polo match between Hawaii-Army Polo and India Polo teams, here, Sunday. The Hawaii-Army Polo team is a group of players who show their support of the U.S. Army by wearing its colors and donating 20 percent of ticket sales during the season's five charity games to pro-military organizations. The next match is Oct. 15, 11 a.m., at Fort Shafter.

posts, Dawson said.

"This is the last beachfront polo ground in the world, and it's filled with an eclectic mix of hippies, yuppies, locals, tourists, military, civilians, the young and the old," Dawson said.

The crowd not only watched a fast-paced game between Army and India, the birthplace of polo, but it also witnessed the U.S. Army's premiere animal athletes, military working dogs, from the 13th Military Police Detachment, 728th MP Bat-

talion, 8th MP Brigade, 8th Theater Sustainment Command, as they showcased their abilities in front of more than 2,000 attendees.

The working dogs navigated obstacles, displayed their detection abilities and showcased their stopping power while taking down Soldiers in padded suits.

"To be able to showcase very specialized animals, from horses to military working dogs, is something we're excited to show the general pub-

lic on Hawaii and help show the relationship between Soldiers and Army polo," Dawson said.

Hawaii-Army Polo and the U.S. Army want to continue to showcase the relationship with a once-in-a-lifetime polo match on Palm Circle, Fort Shafter, 11 a.m.-5 p.m., Oct. 15, that pits Army Black against Army Gold. This event is free and open to the public. Activities will include military static displays, children's activities, food and music.

Male spouses may cope with added challenges, feelings of isolation

ELAINE SANCHEZ

American Forces Press Service

WASHINGTON — As a small segment of the overall military population, fitting in is sometimes difficult for service members' civilian husbands.

Building strong support networks can help to ward off feelings of isolation, said Scott Stanley, a research professor from the University of Denver and a military family expert.

According to the 2010 Military Family Life Project, 5 percent of active duty service members' civilian spouses are male.

"It's still more typical for people to think of the male as the warrior," Stanley said, in a Military OneSource podcast. "There's a lot to work out and a lot to figure out, and it's clear that it's difficult for some couples."

Stanley cited a study he's part of that's following Army couples through time to gauge how they're doing. Evidence shows that civilian men married to a service member are twice as likely to divorce, he said.

"It's really clear, even in the divorce data, that this is something that's even trickier than what the average military couple is going through," he said.

Part of the difficulty, Stanley explained, is people don't understand the male role when it's the female service member who is deployed. A lot of these men don't know where to go or what to do or what sort of supports to seek, he said.

Some men may find their spouse role clashes with their sense of who they are as a male, or their perception of who they're supposed to be.

In some cases, too, he said, men may be less

inclined than women to seek support or to open up about their struggles.

"They may feel extra uncomfortable," Stanley said. "You have all these support systems where it's really easy for the wife of a service member to walk in the room, immediately see a lot of other people like her, and start connecting in an environment that's been created to be female friendly."

While service members' husbands may feel out of place in these settings, they still can create a strong support network and social connections. Stanley suggested they develop friendships with other couples who have the same dynamic. That way, he said, they'll gain a friend with whom they can "blow off steam," as well as someone who can relate to their complaints and concerns.

Chaplains and counselors, he added, are other avenues of emotional support. People can connect

with a counselor through the Tricare military health care system, through their installation's family support center or can call Military OneSource at (800) 342-9647 for a counselor.

While male spouses may feel isolated at times, Stanley noted, they're not alone.

"They may or may not be talking about it with other guys, but there are a lot of men out there who are going through this and feeling it," he said.

Community Support

For support in the local military community, spouses can call the Schofield Barracks Chaplain Office at 655-9355 or the Fort Shafter Community Chaplain Office at 833-6831.

Family GAT back online, streamlined

J.D. LEIPOLD

Army News Service Release

WASHINGTON – For those Army family members who put off completing the Global Assessment Tool survey due to the sheer number of questions, the folks who run the program listened and brought down the number of questions from 260 to 80, recently.

Additionally, a Common Access Card will no longer be needed to access the Global Assessment Tool, or GAT, or the modules it offers.

Family members will need to be enrolled with the Defense Enrollment Eligibility Reporting Systems, or DEERS, or sign on through Army Knowledge Online to gain access to GAT.

Dorothy Benford, family program manager, Comprehensive Soldier Fitness, said the Family GAT was offline for a few months, so her team could whittle down the number of questions to a more beneficial and manageable number.

“We want to get more families interested in taking the GAT, (so) that they’ll then follow up with the modules that address areas that might help them with improving their resiliency,” she said. “These modules help families become more resilient, which adds to their Soldiers’ resiliency, and hopefully, the parents will then pass on to their children the role of resiliency in a military family.”

The more families know about their weaknesses and strengths, the better they will be able to handle stressors that affect their lives, Benford said.

The GAT provides family members with a baseline measurement in the four dimensions of strength, which include emotional, social, spiritual and familial. GAT also provides an opportunity to track self-development and growth in those areas.

Family members can take the GAT, enroll in modules and retake the GAT after 90 days to see how they’re progressing.

The new, 80-question format should take only 20-25 minutes to complete, and Benford hopes the shortened participation time will encourage members to immediately follow on with the modules, including finance and schooling.

A recently-added development module can also help spouses and Soldiers understand the challenges and special needs of an exceptional child family member.

“Sometimes, Soldiers don’t always know what they’re supposed to do, so this is a kind of how-to-do and what-to-do module,” she said. “It goes through things like schools for children with special needs and the medical issues they face.”

Another module focuses on the male spouse and their challenges as they transfer from duty station to duty station with their Soldier wives.

“Every installation has a spouse employment assistance program, but I don’t think there’s enough attention paid to the diversity of male spouses and how difficult it is for them,” she said. “This module is tied to making them aware of that program and what it can offer them.”

FAMILY MEMBERS: TAKE THE GAT HERE



The Family GAT is available at <https://www.sft.army.mil/SFTFamily>.

Clinic offers standard, diverse services for beneficiaries needing behavioral health care

TANISHA BROWN

Schofield Barracks Health Clinic

SCHOFIELD BARRACKS – To address the needs of Soldiers and family members throughout the deployment cycle, Schofield Barracks Health Clinic, or SBHC, has incorporated its behavioral health services under Army Medicine’s new Comprehensive Behavioral Health System of Care campaign plan.

“Each post had great initiatives that they were starting, but there was no standardization,” said Lt. Col. Wendi Waits, chief, Behavioral Health Services, SBHC. “A Soldier would move from one post to another and not be able to receive the same type of treatment.

“The Comprehensive Behavioral Health System of Care campaign plan was started to try and provide more of a top-down approach, a standardized approach so that each post would have essentially the same resources,” she said.

The campaign plan requires standardization of behavioral health screenings and services for active duty Soldiers in the Warrior Behavioral Health Service, formerly known as the Soldier Assistance Center.

“Warrior Behavioral Health Services, or WBHS, offers a full range of psychiatric and psychological services for active duty Soldiers, including individual and group treatment, medication management, psychological testing and prevention education,” said Dr. Christine Fair, chief, WBHS.

WBHS also assesses Soldiers for behavioral health issues throughout the Army’s deployment cycle.

As the cumulative stress of deployments has increased, the

Army has recognized the need to increase screening at various “touch points” throughout the deployment cycle.

Since 2003, SBHC has performed behavioral health screenings for all Soldiers deploying and redeploying from Hawaii, to include Reserve and National Guard Soldiers. From December 2010 to July 2011, SBHC screened about 105,600 Soldiers during Soldier Readiness Processing.

Army families will receive assistance in the Child and Family Assistance Center, or CAFAC.

“The CAFAC is well recognized throughout the Army as one of the two largest child and family assistance centers,” Waits said. “The whole concept of CAFAC was started here in Hawaii.”

The concept started in 2004, when leaders from Tripler Army Medical Center, SBHC and the 25th Infantry Division developed a plan that would address access to care and increasing behavioral health concerns for deploying Soldiers and their family members at Schofield Barracks.

“Today, CAFAC consists of the Adult Family Member Assistance Center, or AFMAC, the spouse clinic; and the Child and Adolescent Assistance Center, or CAAC, military youth clinic,” Waits said. “The overall Army CAFAC model also includes school behavioral health, which we have (at SBHC), but which is owned by TAMC’s Department of Psychiatry. So, we’re working in conjunction with (TAMC) to fulfill the role of the CAFAC.”

Adding tele-behavioral health, or connecting beneficiaries with remote behavioral health providers and embedded behavioral health programs, is also being looked at.

“There are definitely a lot of resources available,” Waits said.



CONTINUED FROM B-2

Emergency Preparedness Fair – This event, as part of September’s National Preparedness Month, is 9 a.m.-3 p.m., Sept. 24, at Ewa Makai Middle School in Ewa Beach. The event will focus on tsunami, hurricane and earthquake preparedness, how to create a family plan, supply kits, evacuations, health emergencies and insurance. Call 683-3388.

USO Benefit – This annual tribute that honors active duty military members from all service branches starts 5:30 p.m., Sept. 24, at the Pearl Harbor Visitor Center at the World War II Valor in the Pacific National Monument. Individual tickets and/or tables will be available at a reduced rate to military personnel and their families. To purchase tickets, email

elsmith@uso.org or call 422-1213.

Ongoing

RAP Meeting – Get involved in your community by attending your community’s Resident Advisory Panel. IPC residents can develop and strengthen their relationship with property management and fellow residents through the RAP. All IPC communities have RAP groups; contact your community manager for details and volunteer opportunities. Visit www.IslandPalmCommunities.com.

“Operation Kid Comfort” – This local quilting group creates comfort quilts and pillows for children of deployed service members. Contact the Armed Services YMCA at 473-3398 or email pearlharbor@asymcahi.org.

Homeschoolers – Military families in Hawaii who homeschool can join the Oahu

Military Homeschoolers Connection. Visit <https://sites.google.com/site/omhcomschoolgroup> or <http://groups.yahoo.com/group/OahuMilitaryHomeschoolersConnection>.

Free Hula Show – This event is 6:30-7:30 p.m., Tuesdays, Thursdays, Saturdays and Sundays, weather permitting, at the Kuhio Beach hula mound near the Duke statue, at Uluniu and Kalakaua avenues in Waikiki. Outdoor, casual seating on the grass is recommended; low beach chairs and mats are okay. Photography is permitted. Call 843-8002.

Mililani Aikido Club – Keiki and adults are welcome to learn this martial art, Tuesdays and Thursdays, at Mililani District Park Gym. Cost is \$8-\$10 per month.

Call 623-8937.

Class times follow:

•Keiki, 7:15-8:30 pm.

•Adults, 7:15-9 p.m.





Spc. Tiffany Dusterhoft | 8th Theater Sustainment Command Public Affairs

USARPAC motorcyclists take part in the "One Team" Thunder Ride, where more than 800 riders circled the 81-mile route around Oahu, Sept. 1, to enhance safety awareness and esprit de corps.

Thunder Ride circles Oahu while fostering cyclist safety, camaraderie

STAFF SGT. CASHMERE JEFFERSON
U.S. Army-Pacific Public Affairs

FORT SHAFTER – Different helmets of every imaginable design stretched as far as could be seen, and the thunderous sound of roaring engines could be heard throughout Takata Field, here, where more than 800 motorcyclists kicked off U.S. Army-Pacific's "One Team" Thunder Ride, Sept. 1.

USARPAC Soldiers, representing Army commands across Oahu, rode approximately 81 miles around the island to enhance safety awareness, while promoting camaraderie and esprit de corps amongst USARPAC motorcyclists.

"Motorcycle safety is everyone's responsibility, even for the folks on four wheels," said Command Sgt. Maj. Frank Leota, senior enlisted leader, USARPAC. "We encourage (you) – whether you are on post or off post – to have on your (Personal Protective Equipment on) at all times. It's a rule."

Leota gave a few words of wisdom to new motorcycle enthusiasts.

"The biggest thing I tell new motorcycle riders is to partner up with another experienced rider; the experienced rider will be able to teach, coach, mentor and educate the rider on the rules of the road and safe driving," he said.

As the noncommissioned officer in charge of the event and the last Soldier off Takata Field, Leota ensured every Soldier, civilian and family member departed, here, safely.



Staff Sgt. Cashmere Jefferson | U.S. Army-Pacific Public Affairs

USARPAC motorcyclists wear correct PPE while participating in the "One Team" Thunder Ride, Sept. 1. Riders completed a motorcycle safety course and passed inspection prior to the ride.

"We drove 81 miles, (with) zero accidents and not even a close call," Leota said. "I attribute the success of this event to the motorcycle mentorship program at the company, battalion and brigade level.

"The motorcycle mentorship program is key to ensure that our new riders and our experienced

riders all ride safely together," he said.

All riders participating in the event were required to have completed the Army-mandated motorcycle safety class and pass inspections prior to being able to ride off post.

"It's good that the senior leaders are taking this opportunity to ride with the Soldiers in their

units," said Sgt. Maj. Jessie Tyson, 311th Signal Command, who came to support the 56 Soldiers in his unit who participated in the event. "It also allows leaders to do a visual inspection to ensure (Soldiers) are operating to the motorcycle safety standard.

"I feel like this event brings awareness to motorcycle safety, not just for the two-wheeled operators, but for the four-wheeled operators, as well," said Command Sgt. Maj. Roy Ward, 130th Engineer Brigade, 8th Theater Sustainment Command. "It's a 'win-win' for everyone."

Lt. Gen. Francis Wiercinski, commander, USARPAC, met riders at Honolulu's Cycle City, the end point of the event, to talk to them about safety.

"This event is very important. It shows unity; it shows 'One Team,' and it shows that we care about safety," Wiercinski said. "We want you to keep your eyes open, and we want you to be safe."

"I know that you wear your PPE on post. The problem that I have is when you're driving up and down the H-1 and H-2 freeways, and I see a bike going past me at about 100 miles an hour, and a guy is wearing nothing but a T-shirt," Wiercinski said.

He added that he will follow these riders until they stop to put on PPE right before the gate.

"If I see you do it, that's when you'll lose your post privileges; no second chances," he warned. "I owe it you, your parents, your spouse and your kids to do this. I don't want to lose anymore Soldiers."