From Washington to Wahiawa, Soldiers and families honor history and traditions

WASHINGTON — The week leading up to June 14 has been filled with cake cuttings, balls, children’s birthday parties and more as several Army leaders and nationwide civilians are celebrating the Army’s 233rd birthday.

Saturday, the 25th Infantry Division kicked off June 9 in the nation’s capital. At the Child Development Center, the day’s festivities kicked off with Secretary of the Army Pete Geren and featured the reading of a new children’s book from Army Child and Youth Services about the Army family and its history.

Similar parties took place at CGCs around the Army, including at Schofield Barracks, Monday.

The Army dates its official birth to June 14, 1775, when the Continental Congress authorized 10 companies of infantry, approved an enlistment form, and appointed a committee to draft regulations for the Army, according to an article by Robert Wright at the Center of Military History.

The incoming chief of staff, Col. Jeffrey R. Eckstein, has served as our chief of staff. In that short amount of time, he has no doubt been the right man for the job. Thank you for all that you have done for this division,” said Col. Thomas P. Guthrie.

The incoming chief of staff, Col. Thomas P. Guthrie, is no stranger to the 25th. In addition to serving at Fort Drum, N.Y., Fort Benning, Ga., and Fort Lewis, Wash., Guthrie was commander of 3rd Brigade, 25th Infantry Regiment from 2002 to 2003.

“Wolfhounds” at Schofield from 2002 to 2003, Guthrie, who will deploy with the division in support of Operation Iraqi Freedom, later this year, has a long list of credentials highlighting his leadership abilities. He served as division S-3, Schofield Barracks, from 2006 to 2007.

“I really only have one thing to say, and I have said it at every opportunity,” said Guthrie.

“We look forward to supporting our Wolfhounds,” said Col. Thomas P. Guthrie, incoming chief of staff, 25th ID, and his wife Kimberley, a good Soldier and family members at a party this evening.

At the close of the ceremony, Guthrie and featured as guide and division commander. During the Army’s 233rd birthday, the 25th Infantry Division honored its newest chief of staff during the Army’s 233rd birthday ceremony on Capitol Hill. Tuesday, with members of Congress and warriors in attendance.

Funding for the Army’s 233rd birthday week is currently being worked on by the Army Board of Review and the Army Budget Office. On Wednesday, the Army showed its Future Combat Systems Battle Command System, which was unveiled Wednesday, May 28, at the Pentagon.

Then they attended the annual Pentagon cake-cutting ceremony, with Secretary Gen. Gen. Casey and SMA Preston. In keeping with the birthday tradition, the incoming Wolfhound, Schofield Barracks, welcomed new chief of staff, Col. Jeffrey R. Eckstein. The incoming chief of staff, Col. Jeffrey R. Eckstein.

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In Part One of a two-part series, MG Mason explains his roles in the 8th TSC and ICM-Pacific areas.

TRANSCENDING BY SGT. STEPHANIE P. PLASH

For any Soldier, being embedded with a Unit is a special relationship. FORT SHAFTER – Soldiers, families and local communities feel the effects of constant deployments, Army transformation and certainly the ongoing changes with garrison life. Here in Hawaii, Major General Raymond V. Mason, as the Senior Commander, oversees these changes with garrison Commanders, Colonel Matt Mago,

MG Mason also serves as the Commanding General of the 8th Theater Sustainment Command (TSC), one of three newly established Theater Sustainment Com-
mands of U.S. Army, Pacific (USARPAC). Recently, LTC Donald Donnelly, civilian public affairs officer, sat down with MG Mason to discuss his role as the Senior Commander and the responsibilities he has to the Soldiers, families, and the civilian workforce stationed in Hawaii.

LTC Michael Donnelly: Sir, to the family members and Soldiers here in Hawaii, explain how the Installation Management Command (IMCOM) affects them.

MG Raymond V. Mason: The Army is preparing to make a transformation of Army level several years ago to optimize our quality of life needs of our individual Soldiers and families at every installation across the entire Army, all the way around the globe. The Army is achieving this by giving our Soldiers a command that is focused on quality of life for our Soldiers and families at every installation across the entire Army. The Army is focusing on the Army level mission of providing a quality of life that allows the Soldiers and families to be more effective and productive.

LTC Michael Donnelly: That brings us to the IMCOM mission; our role is to support the Senior Commander in fulfilling that role, correct?

MG Mason: Correct, the IMCOM mission is to support the Senior Commander in fulfilling his mission. We need to deliver a quality of life for our Soldiers and families that allows them to perform at their peak performance level.

LTC Michael Donnelly: It appears that you are defining a role. How does IMCOM meet the role of Senior Commander?

MG Mason: IMCOM's role is to ensure that the Army quality standards are met to the best of our ability. The Senior Commander is the one responsible for the mission of the Army, but IMCOM is responsible for meeting the quality of life standards for our Soldiers and families.

LTC Michael Donnelly: Sir, what are the major areas where IMCOM will invest resources?

MG Mason: The major areas of investment will be in housing, education, health care, and community support. IMCOM will work closely with the other commands to ensure that these areas are funded and supported.

LTC Michael Donnelly: How will IMCOM ensure the quality of life for our Soldiers and families?

MG Mason: IMCOM will ensure the quality of life for our Soldiers and families by working closely with the other commands to ensure that the quality standards are met. We will also work with the other commands to identify any areas where additional resources are needed.

LTC Michael Donnelly: What is the role of IMCOM in supporting the Senior Commander?

MG Mason: The role of IMCOM in supporting the Senior Commander is to provide the quality of life standards that allow our Soldiers and families to perform at their peak performance level. We will work closely with the other commands to ensure that these standards are met.

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Wolfhound multitasks to keep Iraq safe

CAPT. BRIAN SWEIGART
1st Battalion, 27th Infantry Regiment
CAMP TAJI, Iraq — Since Sept. 11, 2001, New Yorkers have been at the epicenter of the war on terror, and a Multinational Division-Baghdad Soldier, an infantryman assigned to Company A, 1st Battalion, 27th Infantry Regiment “Wolfhounds,” 2nd Stryker Brigade Combat Team, is continuing that tradition.

Spc. Michael Ortiz, a native of Riverhead, N.Y., deployed in support of Operation Iraqi Freedom and is conducting missions daily to secure the citizens of Iraq.

Two and a half years ago, Ortiz enlisted in the Army to serve as an infantryman. He said his father and his stepfather’s service as a Seabee and infantryman influenced him to join the military.

He arrived at Schofield Barracks in December 2005, was assigned to Co. A and immediately began training and taking in the island lifestyle.

“Before deploying, I was really into surfing and hanging out with the guys on the beach,” Ortiz said. “When I get back, I want to get better at surfing and take my Denny Pang board out to Sunset Beach.”

When it came to training for the deployment, he strived to be the best without taking shortcuts. His motivation and desire to learn resulted in his selection to serve as one of the company marksmen prior to deployment.

“In May 2007, I went to ... school at Fort Benning, [Ga.], and it was one of the best schools I have been to in the military,” Ortiz said. “I had hard work and training culminated in December when his unit deployed to the Taji Qada, northwest Baghdad.

“I expected it, so I was ready,” he said. “I was not nervous, and I was excited to see a new culture.”

Thus far, the deployment has kept Ortiz busy. In addition to being employed in his assigned role, Ortiz has worked in the Personal Security Detachment for the commander and as a unmanned aerial vehicle operator for the company.

“On our missions, we overwatch areas of interest for the company and look for improvised explosive device placements and suspicious activity,” said Ortiz, adding that he typically operates at night.

Beyond the overwatch missions, Ortiz has served as an integral part of other security missions in the Taji area, to include the capture of two high-value individuals and multiple weapons caches consisting of rocket-propelled grenades and mortars.

Ortiz is “very dedicated to the mission and always accomplishes it with minimal supervision,” said Capt. Lucas Yoho, commander, A Co. “He’s a team player.”

The numerous missions have also brought Ortiz into close contact with local residents in the area.

“The locals have all been friendly, but the language barrier gets in the way a lot,” Ortiz said. “I want to engage more with the locals.”

One area that the language has not impeded the cross-cultural experience for Ortiz is with food.

“I’ve tried the Iraqi cuisine, as they always offer it to us first as their guests,” he said. “It’s good, but it’s not like New York pizza!”

While deployed, Ortiz is continuing to look toward the future by taking college classes online and preparing for his next move.

While deployed, Ortiz is continuing to look toward the future by taking college classes online and preparing for his next move. He said he’s considering staying in the military with the goal of becoming a special forces operator or warrant officer.

Brian Melanephy | 5th Mission Support Command Public Affairs

A welcome reprieve

HONOLULU — Lt. Col. Juan Diaz, 411 Engineering Battalion commander (left), and members of the 9th Mission Support Command (not pictured) welcome Army Reservists from the 400th Combat Support Platoon (CSP), during their stopover at Honolulu International Airport, June 3.

The Soldiers had just completed their year-long deployment to Iraq.

Brian Manoogian | 9th Mission Support Command Public Affairs

Spc. Michael Ortiz assists the Iraqi Army in securing the northern region of the Taji Qada, May 18. Ortiz is an infantryman assigned to Company A, 1st Battalion, 27th Infantry Regiment, 2nd Stryker Brigade Combat Team.
Medical team prepares Northern Marianas for bird flu

WASHINGTON — The U.S. Army Wounded Warrior (AW2) Program is proud to announce the new name for its local representatives: AW2 advocate. The new name replaces the former name of Soldier Family Management Specialist (SFMS).

“AW2 advocate was selected because it better describes the comprehensive role these individuals have in assisting and advocating for severely wounded Soldiers and their families,” Lt. Col. Gregory Gadson, an Army Wounded Warrior Program, said.

Upon entrance into the AW2 Program, each Soldier is assigned to an AW2 advocate who personally assists him or her and the family.

“Out AW2 advocates are truly champions for our Soldiers,” said Col. Jim Rie, director of the Army Wounded Warrior Program. “They personally connect with Soldiers and families, supporting them in countless ways, for as long as it takes.”

AW2 advocates serve Soldiers and families in a variety of ways, including working with them to obtain full benefits, educational opportunities, and financial and career counseling, as well as helping those who want to stay in the Army and continue their service.

AW2 also assists the unique population of Soldiers who have, or are expected to receive, an Army disability rating of 30 percent or more in one of several specific categories. Lt. Col. Gregory Gadson, an AW2 Soldier, spoke about his experience with the program.

“AW2 has been there for me and my wife throughout my recovery, addressing all of our needs,” he said. “The support of my AW2 advocate has been invaluable, and she has made sure that I’m taken care of. I trust her to look out for me.”

All wounded Soldiers are assigned a Soldier Transition Unit (STU) to focus on their recovery. Soldiers in a STU receive focused support from the STU’s primary case manager, nurse case manager, and military squad leader.

Those Soldiers with extenuating medical needs are simultaneously assigned to the Army Wounded Warrior Program and receive a local AW2 advocate to assist long-term.
3IBCT ‘Broncos’ train for Iraq deployment at PTA

After 3 weeks on Big Isle, units set sights on Iraq

STAFF SGT. TIM MEYER AND SPC. JAZZ BURNEY

HAWAII ARMY WEEKLY | JUNE 13, 2008 | 5

POHAKULOA TRAINING AREA, Hawaii

As hummers drove up and stopped on the streets surrounding buildings, Soldiers filed out to set up security. Meanwhile, Gunners on the trucks kept watch while Middle Eastern music played over a loud-speaker.

Men in robes slowly approached, watching the Soldiers. A reporter and cameraman survived from an Arabic-language news network.

This scene was not in Iraq; however, Soldiers from 3rd Squadron, 4th Cavalry Regiment treated it with the same intensity during a time-sensitive target training mission, here.

The 3-4th Cav. Regt. and four battalions of the 3rd Infantry Brigade Combat Team (3IBCT), 25th Infantry Division (ID), trained at the Pohakuloa Training Area (PTA) from May 12–June 4 as part of their preparation for deployment to Iraq later this year.


The 2nd Battalion, 27th Infantry Regiment; 3-4th Cav. Regt.; and 3rd Battalion, 25th Infantry Regiment, all honed their squad-level tactics, including reflexive fire, glass house and shoot house training.

“The training included convoy operations, where they experienced simulated improvised explosive devices, reaction of battle drills, and the value of pre-combat inspections and checks,” Hernandez added.

Training reinforced individual skills, such as weapons qualification, but also incorporated different levels working together, such as squads and companies conducting small-unit tactics.

On a larger scale, 3IBCT’s artillery and infantry units worked in tandem during fire support drills that included air support from the 25th ID’s Combat Aviation Brigade (CAB) and some Air Force and Navy assets, all controlled by the 3IBCT’s Brigade (CAB) Command Center.

Food service specialists from several different units in the brigade prepared food for the hundreds of Soldiers who ate in the base dining facility.

Food service specialists from several different units in the brigade prepared food for the hundreds of Soldiers who ate in the base dining facility. The Broncos will continue deployment preparations when they train at the National Training Center at Fort Irwin, Calif., in August.

Staff Sgt. Tim Meyer | 3rd Infantry Brigade Combat Team Public Affairs


Iraq, 20 percent of its Soldiers were Iraq veterans, and 80 percent were deploying for the first time. For this deployment, the numbers are reversed, giving the brigade a wealth of experience to build upon during preparation, according to Col. Walter Piatt, 3IBCT commander.

“During the last deployment, we were less experienced,” said Caslen.

During the 3IBCT’s last deployment to Iraq, 20 percent of its Soldiers were Iraq veterans, and 80 percent were deploying for the first time. For this deployment, the numbers are reversed, giving the brigade a wealth of experience to build upon during preparation, according to Col. Walter Piatt, 3IBCT commander.

“During the last deployment, we were less experienced,” said Caslen.

The 3IBCT worked with Air Force B-52 bombers, Navy FA-18 fighters from the USS Ronald Reagan, OH-58D Kiowa Warriors and UH-60 Black Hawk helicopters.

Cpl. Ian Holmes, a radio telephone operator assigned to Headquarters, D Company, 2nd Battalion, 27th Infantry Regiment, 3rd Infantry Brigade Combat Team, navigates a nickname the range during his unit’s three-week training exercise at PTA.

“I’d like to express a very special thank you to the local communities of Kailua-Kona, Hilo and all of the local citizens on the Big Island who embraced our Soldiers with kindness during our many community events,” Piatt said. “The hospitality of the local communities inspired all the Soldiers and reminded us why we serve.”

But most of all, I want to thank our Soldiers for their hard work and our NCOs (noncommissioned officers) and officers for their dedication and leadership. All of them made this a great success.

The 325th BSB provided medical support on the base and out on the ranges. Its Soldiers fielded individual weapons for qualification and worked with the 25th CAB to conduct medical evacuation and slip load training with UH-60 Black Hawk helicopters.

“This represents our continued effort to prepare for deployment,” said Caslen.

“Thank you for your hard work and dedication to the Soldiers,” said Maj. Michael A. Euliss, 1st Stryker Brigade Combat Team, 25th Infantry Division (ID), during a noncommissioned officer (NCO) and officer awards ceremony, here.

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

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The 3IBCT trained for deployment to Iraq later this year.

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SPC. DURWOOD BLACKMON
25th Infantry Division Public Affairs
SCHOFIELD BARRACKS — Representing an immense collection of languages, cultures and heritage, Asian-Pacific Americans symbolize a diverse and extensive segment in America’s rich history, both past and present.

In honor of Asian-Pacific American Heritage Month, recently families, friends and honorary guests gathered at the 3rd Infantry Brigade Combat Team’s F-Quad for an observance celebration.

The theme for this year’s ceremony encompassed leadership, diversity, harmony and a gateway to success.

The event included performances by local artists such as Tilamo, Essence of Polynesia, Roy Sakuma, Nicholas Acosta, and the Kenny Endo-Lion Dance & Taiko, which entertained crowds of onlookers.

In addition to artistic talent, a special guest speaker made an appearance at the observance. Harvard-educated leader and former star athlete Mayor Mufi Hannemann of the City and County of Honolulu spoke about the importance of diversity and leadership.

“Through it all, we have embraced diversity,” the mayor said. “Through it all, we have been able to see that when people work together, when they pull together, good things happen, and the military is an excellent example of that.

“When you come from different parts of the United States, you represent different ethnic extractions,” Hannemann added, “but at the end of the day, your goal is to keep our country safe, serve and work together in that regard.”

The mayor wrapped up and said, “I am proud of the fact we live in the greatest country in the world.”
Bacterial infection is preventable

Leptospirosis manifests flu-like symptoms

LEPTOSPIROSIS

Hawaiian summers are typically warmer and drier than the winter months, and many military personnel, family members and visitors enjoy some of the most beautiful hiking opportunities in the country. Several local hiking trails offer scenic, fresh waterfalls and inviting swimming pools, but hikers must beware. Many freshwater ponds in Hawaii contain dangerous bacteria called leptospirosis, which cause a disease called leptospirosis. Each year, the Hawaii Department of Health monitors reported cases of leptospirosis, and health officials are encouraging people to take preventive measures.

• Do not swim, wade or play in freshwater or mud when you have cuts or abrasions.
• When swimming in freshwater, do not place your head underwater.
• Do not drink stream water without boiling or chemically treating it first.
• Keep water catchment collection areas free from overhanging branches and prevent access to these by animals.
• Drain potentially contaminated areas of standing water.
• Control rats, mice and mongooses around the home and at work sites.
• Vaccinate pets and farm animals.

Known exposure sites and all state and county parks with freshwater streams or ponds are regularly posted with leptospirosis warning signs. Residents and visitors should use additional caution when coming in contact with freshwater streams or ponds. Historically, two-thirds of Hawaii's leptospirosis cases occur during the warmer months when increased outdoor activity takes place and more people swim in freshwater streams or ponds. Leptospirosis is a bacterial disease that is primarily carried by rats and mice, although dogs, pigs, cattle and horses can also become infected. The disease is generally transmitted to humans by exposure to freshwater streams or ponds that are contaminated with urine from infected animals.

Infection can take place when contaminated water enters the body through the mouth, nose, eyes or open wounds. Individuals who develop flu-like symptoms (high fever, severe headaches, muscle aches, nausea and vomiting) and have been exposed to freshwater streams, ponds or mud during the preceding three weeks, should immediately see a physician and inform them of any environmental exposures and skin wounds.

Left untreated, those infected with leptospirosis may develop kidney, liver, blood and nervous system damage. In rare cases, death may occur.

To reduce the risk of contracting leptospirosis, take these measures:

1. Avoid contact with freshwater streams or ponds.
2. Do not swim, wade or play in freshwater streams or ponds.
3. Use swimming shoes or waders when swimming in freshwater streams or ponds.
4. Use swimming caps when swimming in freshwater streams or ponds.
5. Do not touch or feed animals in freshwater streams or ponds.
6. Do not drink stream water without boiling or chemically treating it first.
7. Keep water catchment collection areas free from overhanging branches and prevent access to these by animals.
8. Drain potentially contaminated areas of standing water.
9. Control rats, mice and mongooses around the home and at work sites.
10. Vaccinate pets and farm animals.

In the event of a leptospirosis exposure, consult the following:

• Reducing the risk of leptospirosis infection is preventable.
• Infected humans can spread the disease to others.
• Early diagnosis and treatment can improve outcomes.
• Prevention is key to controlling the spread of leptospirosis.
• People who have been exposed to leptospirosis should seek medical attention immediately.

Greater awareness and education are key to preventing leptospirosis. People who come into contact with freshwater sources should be on guard for any signs of leptospirosis warning signs. The disease is spread by contact with contaminated water in freshwater streams, ponds or mud. People who have been exposed to these areas should seek medical attention immediately.

Learn more about leptospirosis at http://hawaiigov/health/ or call the Oahu Disease Infection Branch at 808-692-0505.

Hawaii Army Weekly

14 / Saturday

Armed Forces Ball — You’re invited to attend the USARPAC Armed Forces Ball at the Hilton Hawaiian Village commemorating the Army’s 233rd birthday, June 14, 6 p.m.

During the ball, the USARPAC Noncommissioned Officers, Soldiers and Community Leader of the Year will be honored. Attire is formal; cost is $80 per person. Call 438-9761.

17 / Tuesday

Signal Corps Regimental Association — The Hawaii Chapter of the Signal Corps Regimental Association will host a luncheon June 17, 11:30 a.m.-1 p.m., at the Nehelani, Schofield Barracks. Bring: Gen. Robert Brown, assistant division commander, commander support, 25th Infantry Division, will be the guest speaker.

The topic is “Information Technology and the Agile-Leader Mindset.”

Cost is $15. Call Maj. J.C. Norris, 311th Signal Command, 438-4221, or e-mail jcnorris.shafter.army.mil.

19 / Thursday

Farewell Ceremony — A Flying V ceremony will be held for Big. Gen. Francis J. Wiercinski, deputy commanding general, U.S. Army Pacific, June 19, 10 a.m.

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

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Roever is the author of four books: Welcome Home, Davey, his first autobiography; Scarred, an updated autobiography; Shabby's: Ever Cried for Me, a collection of stories about youth and adults Roever has met; and Magi Fountain, a Children's Fantasy. (Editor's Note: The Web site www.daveroever.org was a source for this article.)

CONTINUED FROM A-2

Mason: Senior Commander explains roles

provide recommendations to LTE Mihon, the United States Army Pacific commander concerning overall garrison capabilities and readiness. Additionally, I work very closely with Ms. Deb Zedalis, director of SMUOM-Pa-
cific as she “mills-up” all the Garrison Prior-
ities for USARPAC units (Hawaii, Alaska, Japan).

LTC Donnelly: So what is another tangible re-
ponsibility in the Senior Commander that the
Army community in Hawaii will recogn-
ize?

MG Mason: I'm also an advocate and a
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ing, I interface with our outstanding Resi-
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Lead Lease. Along with Col. Mangotta, I look
out for the health, welfare and morale of our
Army families by overseeing the quality of our
child care facilities, gymnastics and other
MVR facilities, and really, just making sure the
community is well taken care of.

For example, the Army Family Covenant we
signed a few months back is our charter, our
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will wrap up Saturday evening with gala balls.

The Army’s top brass will gather with personnel from around the National Capital Region, wounded Soldiers, and representatives from government and industry to celebrate 233 years.

Across the country. Army Accessions Command conducted cake-cutting and swearing-in ceremonies for future Soldiers at sporting events across the country throughout the week, including at the Florida Marlins game, Tuesday.

Still other events will take place at the Cincinnati Reds, Houston Astros, Baltimore Orioles and New York Mets games. Soldiers will throw out the first pitch during at least three of the games, and the Golden Knights will conduct aerial demonstrations at the Mets game and the White Sox game, Saturday. Special cake-cutting celebrations are also taking place at Chicago’s Daley Plaza and at Bethesda Naval, Md. The Redstone event will include costumed interpreters representing about 12 different eras in American military history.

In Hawaii, Soldiers will attend the U.S. Army, Pacific, Army Ball, Saturday, at the Hilton Hawaiian Village. During the 233rd birthday commemoration, USARPAC will honor the Noncommissioned Officer, Soldier, and Community Leader of the Year.

Pennsylvania Avenue penmanship. In a letter honoring the Army’s birthday, President George W. Bush commends Soldiers and families for their sacrifices during a time of war. Visit www.army.mil/birthday233.
Happy 233rd Birthday

Family members and their child care providers line up to sign the birthday banner, Tuesday, at Canby Field, Schofield Barracks. The banner, which was decorated with family photos, will be laminated and hung outside the Family Child Care office.

I believe during this time of war, with one brigade in Iraq and another brigade preparing to deploy, celebrations like this, stating who we are — members of the Army family — help children and families realize we are all in this together,” Foster said, “and we will work together as a team for the best possible outcome.

SOLDIERS TO FAMILY MEMBERS

“Children of the Family Child Care program help blow out candles on birthday cakes. They celebrated the 233rd birthday, Tuesday, with games, a lesson on Army history and the chance to try on uniforms.”

“Functions like this build a camaraderie in the FCC team and allow children to meet and work with other children their age,” Foster explained. “It’s a time for social gathering and celebration, a change from the routines of the day.”

She added, “Celebrations like this give opportunities outside the normal day [for parents] to participate in three children’s lives and enjoy being an Army family.”

Other birthday celebrations

• At Aliamanu Military Reservation
  The Child Development Center (CDC) celebrated the Army birthday, Thursday. Parents and children listened to a reading of the Army birthday storybook, completed a craft activity, and enjoyed cake and punch.

• At Homestead Military Reservation
  The CDC will celebrate the Army birthday, today. Soldier parents will read the Army birthday storybook to children. Activities will be held in every classroom, and the mural “Why We Are Army Strong Kids” will be displayed outside the classroom. Guests will enjoy cake.

School Age Services celebrated the birthday throughout this week. Children wore patriotic station, which were displayed around the center. Using people in families, history and other patriotic events, children created a “path of patriotism,” which was done in groups and parceled together. Older children used the Internet, books and family stories to create birthday cards.

Parents were invited to share patriotic stories or experiences with the children, as well as to attend the pool party and cupcakes decorating, today.

• At Fort Shafter
  The CDC celebrated the birthday, Wednesday. The center was decorated with flags and patriotic streamers, forming a maypole. Each classroom, a military parent and the birthday storybook. Various activities were included in the day’s lesson plans. Everyone enjoyed cake and punch for a snack.

The Middle School and Teen Center will celebrate the Army birthday, Saturday, with a barbecue, kite making and poster design activity.

• At Schofield Barracks
  The Teen Center celebrated the birthday, Monday and Wednesday. Teenagers participated in a cape decorating contest, a barbecue and cake walk. Wednesday, they visited the Tropic Lightning Museum to learn about the past and present accomplishments of Soldiers.

The Peterson CDC will celebrate the birthday, Saturday, with a barbecue, kite making and poster design activity.

SCHOOL BARRACKS - “Turning 233 years old means there’s a lot of candles on a birthday cake, doesn’t it?” asked Sgt. Maj. Errol Snyder, operations sergeant major, 2nd Stryker Combat Brigade Team (SBCT), 25th Infantry Division.

“Function like this build a camaraderie in the FCC team and allow children to meet and work with other children their age,” Foster explained. “It’s a time for social gathering and celebration, a change from the routines of the day.”
13 / Today
Fourth of July Picnic Area Reservations — Picnic area reservations are available from 8 a.m. to 4 p.m. weekdays at Schofield Barracks. All ID cardholders scheduled to participate in events at Waikiki Beach on Friday, June 13, 11:30-1:30 p.m., at the Ala Moana Shopping Center, 1-3 p.m., and at the Waikele Shopping Center, 12-3 p.m. are allowed. Non-MVR-eligible patrons can begin making reservations June 14. Each card costs $60, and cash and checks will be accepted. Call 651-0111/0112.

16 / Today
Kahi Kai — The Arts at Schofield Crs, Schofield Barracks, will host a special solo show designed by renowned fine artist David Choe from May 27-June 19, 11 a.m.-7 p.m. Free admission. Choe, 32, of New York City was born in 1976 in Honolulu, Hawaii. He is known for his bold use of color and his edgy, urban art style. He currently lives and works in Los Angeles. He is also the co-founder of the street art phenomenon, Whanau Souljah. More information can be found at www.kahikai.com.

16 / Monday
Summer Reading Programs — Read in “dino-mite” with the summer reading program scheduled to start June 17, 11 a.m.-1 p.m. All ID cardholders are invited to join in reading programs to be held at the main libraries and other events.

19 / Thursday
Teens Hold Tam Poker — Put on your best poker face and test your skills against the best of the best at the June 19, 6-9 p.m. event at the Sgt. Yano Library, Schofield Barracks. All ID cardholders 14 and older are welcome, but only the first 120 will be able to play. Call 655-0922.

23 / Monday
New Parents’ Resource Workshop — Registration is required. Visit your local Army library for scheduled events or to pick up a reading program packet.

23 / Monday
Free Investment Information — Interested in investing? Access the Morningstar Library edition via Army Knowledge Online. The free investment information, which is updated weekly, consists of definitions of investment terms, instructions on investing in stocks, mutual funds and bonds, and a portfolio X-ray to help you make solid investment decisions; and too.

23 / Monday
Summer Reading Programs — Join the Blue Star Card’s fun night of fashioning and complimenting pupas, scheduled for June 25, 6-8 p.m. at the Neahkanie, Schofield Barracks.

25 / Wednesday
Fourth of July Essay Contest — Submit an entry by the Fourth of July Patriotic Essay Contest by June 25. Entries include letters, postcards or email addressed to usarmy.mil for consideration.

27 / Friday
Meet Billy Ray Cyrus — Fans of country music are urged to show up at the Ala Moana Shopping Center, June 28, 10 a.m., for a meet and greet with Billy Ray Cyrus. Tickets are $20. For more information, call 983-7827 or visit www.goOU.ou.edu.

Do you wanna ride?

SCHOFIELD BARRACKS — Adam Hayes, son of Alicia and Maj. Edward Hayes, planner for 3rd Infantry Brigade Combat Team (IBCT), takes a quick moment to engage a photographer at 3IBCT’s Family Day, June 4. Soon after, the youngster busily engaged the military family as he climbed on board.

Soldiers and their families are expected to return to Schofield Barracks on Independence Day.

Soldiers Chapel
• Catholic
— Father Ryan — Saturday, 5 p.m. – Mass
— Father Decker — Sunday, 11 a.m. – Sunday Worship Service
— Father Ryan — Sunday, 10 a.m. – Worship Service; July 24, Eddie Kamae; and Aug. 7, Honolulu Choral Society
— Father Decker — Sunday, 11 a.m. – Sunday School (Sept. – June only)

10 / Sunday
Community Events
— At the Picnic Area Reservations, 11 a.m.-1 p.m., at Schofield Barracks. All ID cardholders 18 years of age or older may reserve a picnic area for July 4th. The 20-foot x 25-foot reserved areas are well equipped with tables, grills, and restroom. Additional food and drinks may be brought into the area. Applications and registration for the summer reading program at ACS, Building 2091 at Schofield Barracks. All ID cardholders scheduled to participate in events at Waikiki Beach on Friday, June 13, 11:30-1:30 p.m., at the Ala Moana Shopping Center, 1-3 p.m., and at the Waikele Shopping Center, 12-3 p.m. are allowed. Non-MVR-eligible patrons can begin making reservations June 14. Each card costs $60, and cash and checks will be accepted. Call 651-0111/0112.

17 / Monday
Baby Mama — Babies are interative, and their sense of touch is highly developed. In addition to many health benefits, the time spent massageing your baby greatly increases your communication and helps to understand your baby’s moods, needs, and expressions. Army Community Service New Parent Support Program will hold a class, June 23, 9-11 a.m., at the Neahkanie, Schofield Barracks. The class is limited to 10 parents with their babies. Baby should be 4-8 months old. Call 655-4227 to register.

25 / Wednesday
Chat ‘n Charm Evening — June 25 is scheduled for a wine and hors d’oeurves for the Blue Star Card’s fun night of jewelry making and socializing at the Schofield Barracks Arts & Entertainment Center. The fee is $25.99 for adults. Kamaaina and military families are welcome. Admission is $14 and includes patriotic-themed materials to craft a charm bracelet. Call 655-4022 for more information.

26 / Thursday
Ko Kani O Ke Summer Concert Series — The Waikiki Aquarium will continue to feature its concert concept featuring some of the island’s top performers. The series will highlight artists with diverse music styles and feature live entertainment on the lawn, all will be performed at no cover charge and fun for the entire family.

• Children’s tickets (ages 6) are $26; HAPA, July 11, Jerry Santos and Jay Lee; July 25, Eddie Kamae; and Aug. 7, a variety of artists.

Doors open at 5:30 p.m.; concerts begin at 7 p.m. For more information call 961-7428 or visit www.waikikiaquarium.com/musicseries.

27 / Friday
Employment Orientation — Prepare for the job you want. Attend an Army Community Service (ACS) Employment Orientation and get employment information on federal, state, private-sector and other opportunities.简历 matter; job listings, computers, Web research and more will be available for use. Orientation will be held at Schofield Barracks, ACS, June 20, 7-9 p.m. Call 655-9307 for more information.

Child care vouchers are available if children are registered and space is reserved by a parent. Call ACS at 655-4227 or register online at www.acs.ou.edu.

29 / Saturday
Babahanna (PL-12) — Baby Mama—Babies are interative, and their sense of touch is highly developed. In addition to many health benefits, the time spent massageing your baby greatly increases your communication and helps to understand your baby’s moods, needs, and expressions. Army Community Service New Parent Support Program will hold a class, June 23, 9-11 a.m., at the Neahkanie, Schofield Barracks. The class is limited to 10 parents with their babies. Baby should be 4-8 months old. Call 655-4227 to register.

29 / Saturday
Forest Bathing — Pau Hana Fridays at Hawaiian Waters Adventure Park will offer extended hours on select rides, open until 11 p.m. Admission is $35.99 for adults and $25.99 for children. Kamaaina and military discounts are available.

29 / Saturday
Military Day at the Honolulu Zoo — From 10 a.m. to 6 p.m. there will be a variety of fun events on base. These include a military appreciation display, a vehicle display, and a group of local dance troupes. There will also be a military appreciation display, a vehicle display, and a group of local dance troupes. There will also be a variety of food vendors, including a water slide, water trampoline, snorkel tours, jump rope, face painting and a variety of other activities.

For more information, call 961-7428 or visit www.waikikiaquarium.com/musicseries.

30 / Saturday
Mama’s Island — Saturday, July 5, 5 p.m.-7 p.m.

30 / Saturday
Forgetting Sarah Marshall — Thursday, July 2, 7 p.m.
Two separate DVDs encourage children, teens to share their military experiences

**TODAY'S MANAGEMENT ACTIVITY**

**FALLS CHURCH, Va. —** Military pediatricians and youth professionals have developed DVDs to help military children understand and deal with the emotions related to a family member’s deployment.

The U.S. Army Medical Command and the American Academy of Pediatrics have produced “Military Youth Coping with Separation: When Family Members are Deployed.”

For elementary age children there is the “Mr. Poe and Friends Discuss Reasons After Deployment” DVD. The animated host, Mr. Poe, mentors and provides guidance to children and family members as they discuss deployment.

Mr. Keith Lemmon, an Army pediatrician and adolescent medicine subspecialist, first became aware of the need for more support for deployed families when he was sent to Afghanistan in 2002.

The experiences of Maj. Lemmon and his family during his deployment inspired him to address the affects of deployment on adolescents. His wife, a teacher, suffered with situational depression and his son’s behavior was affected with separation anxiety and fear surrounding a military deployment.

“Mr. Poe and Friends” tackles emotional issues teens face during deployment and lets children know they are not alone in the struggles their families are facing,” said Lemmon.

Lemmon decided to make the DVD peer to peer, with teenagers relating their own deployment-related stories and offering advice.


“We know adolescents are more comfortable discussing their own emotional issues with other rather than adults,” Lemmon said.

Cameron Lucke, a teen whose family experienced deployment, guides viewers through candid interviews with other military teens. The interviews capture true feelings and coping strategies of military youth.

Teens interviewed advise their peers to listen to the deployed parent rather than the media or to avoid watching the news completely. The teens also encourage others facing similar issues to speak to someone: Recommended sources of support are family members, friends or trusted adults, such as a teacher or their doctor.

For younger children, “Mr. Poe and Friends,” uses cartoon characters to talk about deployment issues. The animated Poe interacts with families at the airport as they await the return of their deployed loved ones. The video features the voices of real military children, parents, and youth serving professionals who have experienced deployment.

Hale Kula ends year with mega fun

Annual field day keeps keiki of all ages aglow with smiles

**HAWAII ARMY WEEKLY | JUNE 13, 2008 | B-3**

**8th Theater Sustainment Command Public Affairs**

**SCHOFIELD BARRACKS —** Run, jump, catch! Having fun was the order of the day for both students and 25th Infantry Division Soldiers participating in field day activities at Hale Kula Elementary School, May 28-29.

“Field Day is an event held at the end of the year and is designed to give the students a chance to have fun as well as give the teachers a much-needed break to finish up paperwork and grade exams,” said Ellen Petry, Parent Community Networking Center facilitator and event coordinator.

Parents, as well as Soldiers from the 25th ID, volunteered their time during the two days to help run the events.

“This was a change of pace,” said Maj. John Lemmon, 25th ID STB executive officer. “It offered the Soldiers a chance to give back to the community, as well as expose themselves to the different community relation programs the 25th has to offer.”

Culminating the 2007-2008 academic school year, the annual event is just another way to bring the community closer.

“We love having Soldiers help out with events like these,” said Principal Jan Iwase, Hale Kula Elementary School.

Petry was also appreciative of the support that everyone put forth.

“We couldn’t have done it all without the support of the parents and Soldiers,” she said. “We love to have the Soldiers’ support whenever we can get it.”

Hale Kula’s last day of school was June 5. Students return July 30.
**Feet made for walking!**

SCHOFIELD BARRACKS — Friends, family members and husbands of the 2nd Stryker Brigade Combat Team participate in “Walk to Iraq and Back” at Watts Field, Saturday. Participants decided to walk the distance to Iraq and back in their way of supporting Soldiers, showing that they care for their deployed loved ones.

**Noon**
- **Family Walking** — Families can participate in this event.

**1 p.m.**
- **Children’s Walking** — Children ages 5 and older can learn Do Shukokan karate at the Schofield Army, Fort Shafter, H e l e m a n o Military Reservation (AMR) and Helemano Military Reservation (HMR) pools are now maintaining their summer hours of operation. The pools, which opened Memorial Day, will remain open through October 14, Discovery’s Bay.

**6 p.m.**
- **Junior Military Walking** — All youth students must be registered at CyS; cost is $35 per month. Call 655-8017 for more information.

**Night**
- **Military Walking** — All passes are valid from the first day of the month until the last day of the same month, at any pool.

**10 p.m.**
- **Junior Military Walking** — Call Richardson Pool, Schofield Barracks, 655-9968; Tripler Army Medical Center Pool, 413-5217; HMR Pool, 653-0716; or AMR Pool, 813-0109.

**3 a.m.**
- **Military Walking** — Army and Air Force Exchange Service civilians, can purchase individual monthly passes for $25.

**5 a.m.**
- **Military Walking** — All passes are valid from the first day of the month until the last day of the same month, at any pool.

**10 a.m.**
- **Military Walking** — Call Richardson Pool, Schofield Barracks, 655-9968; Tripler Army Medical Center Pool, 413-5217; HMR Pool, 653-0716; or AMR Pool, 813-0109.

**3 p.m.**
- **Military Walking** — The entry fee is $25 per person, $20 for military. Any entries post-marked after June 6 will be $30. Late entries will be accepted until the morning of the race. The vehicles will be parked on the Boat Days Promenade in front of the marketplace, at Pier 11, and along Pier 9, overlooking the water.

**5 p.m.**
- **Military Walking** — Admission is free. Call 782-7432 for more information.

**8 p.m.**
- **Military Walking** — The entry fee is $15. Call Richardson Pool, Schofield Barracks, 655-9968; Tripler Army Medical Center Pool, 413-5217; HMR Pool, 653-0716; or AMR Pool, 813-0109.

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Deployed 8th HRSC sergeant major takes pleasure pushing past the pain in tough races

Sgt. Matthew C. Morrell
ab News Service (Image 1)

CAMP ARIFJAN, Kuwait — Sgt. Major Ruben "Ben" Cavazos is addicted to running.

"I guess I'm pretty good at it," the 48-year-old ultra-marathoner joked.

"Pretty good" is an understatement for the 8th Human Resources Sustainment Center sergeant major. At an age when most professional athletes have already retired, this sports enthusiast is still competing and winning against people half his age.

Soon after completing his seventh Hawaii Ultra Running Team 100-mile race (HURT 100), which raised more than $12,000 for the Wounded Warrior Project, Cavazos was named the U.S. Army's 2007 Male Athlete of the Year.

"It was my own Olympics," he said of the HURT 100. "It didn't happen overnight; it was a long process."

Cavazos started running when growing up in northern Mexico and playing soccer. Not until he came to the United States in the late 1970s and enlisted in Army did he begin to consider himself a runner.

Cavazos started running for sport at Fort Bragg, N.C., a post infamous for its hard runs. He eventually represented the 82nd Airborne Division in Armywide races.

"It became a lifestyle," he said.

That lifestyle includes more than a dozen Army 10-milers, marathons, ultra-marathons, triathlons, and injuries that threatened to keep him from the activities he loves.

Almost 10 years ago, Cavazos fractured his knee, and doctors told him he wouldn't be able to run again. Cavazos shrugged off those concerns and continued training.

"Being able to (rehabilitate) myself and get back into shape, that is something that I don't take for granted," he said, "because I still remember the pain I went through getting back into physical fitness after breaking my knee."

A self-described masochist, Cavazos said that the feeling of pushing past physical limitations is part of what continues to draw him to the HURT 100 race, giving him a chance to think while getting physically and mentally tougher.

"It is always a challenge. Regardless of how much training I do, there are a lot of things that will happen on the course," Cavazos said. "So I just have to stay focused, physically and mentally, overcome those obstacles, and reach the finish line. But every year, I know that I will finish, that I will reach the finish line."

According to Cavazos, the support of his friends has helped him get through previous races. The HURT 100 garnered him support from his unit and benefitted the Wounded Warriors project. Many at Camp Arifjan had friends or relatives wounded in Iraq or Afghanistan.

"I've been deployed before," Cavazos said. "I've lost friends in combat before. Some were wounded and are still alive, missing a leg, an arm... I wanted to help. I wanted to make a difference; whether it was to help one of my friends or help someone who has just joined the Army in 2007."

Cavazos received permission from Hawaii race officials to organize the race for Soldiers deployed in support of Operations Iraqi Freedom and Enduring Freedom. He completed the 100-miler in 18 hours, 59 minutes, 49 seconds.

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"I wanted to help reach out and just tell them that we care," he continued, "that my unit could be a part of the solution in some small way."

In his endorsement letter for Cavazos, Lt. Gen. James Campbell, director of Army Staff for the Office of the Chief of Staff of the Army, and former commander of the U.S. Army, Pacific, said, "I have known Sergeant Major Cavazos for more than six years, including his service as the (USARPAC) inspector general sergeant major during my tenure as commanding general of USARPAC."