

# **25th Infantry Division (Light) Resource and Reference Guide**

**October 2001**



**For soldiers and families of the 25th Infantry Division (Light)**

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## **DISCLAIMER NOTICE**

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Sharks Cove

Photo courtesy - C L. Steenfott



Aloha Tower

Photo courtesy - C L. Steenfott

Welcome to the **Tropic Lightning Division...** we're happy to have you here and we hope you'll find the information in this resource guide both helpful and entertaining.



Lighthouse near Diamond Head

Photo courtesy - C L. Steenfott



Makapu'u Beach Area

Photo courtesy - C L. Steenfott

**Sources:**

- DA PAM 608-47—"A Guide to Establishing Family Support Groups"
- Various pamphlets and other resources from the Schofield Barracks Family Readiness and Resource Center.
- Various Pamphlets and other resources from Schofield Barracks MWR/ITR
- Various Internet websites and resources, which are identified throughout the document.
- "Frommer's 2000 Hawaii" Guide—Macmillan General Reference, New York, NY
- "America's Army Hawaii Handbook 1999-2000" - Army Community Service
- "Hawaii Military Guide Fall 2000" - Harrington Publishing, Honolulu, HI
- "Folk Wisdom from Hawaii" by Ann Kondo Corum—The Bess Press, Honolulu, HI
- "Your Military in Hawaii 2001" - MARCOA Publishing, Inc., San Diego, CA
- "The Army Wife Handbook," 2nd Edition , 1993 by Ann Corssley and Carol A. Keller—ABI Press, Sarasota Florida
- "Healthwise® Handbook", 13th Edition, 1997, Healthwise, Inc., Boise, Idaho
- Tropic Lightning Museum—Historic Guide, September 1997

**Unless otherwise noted, information in this document was written and/or compiled by Cynthia L. Steenfott. If you find errors, incomplete or inaccurate information, or information that has been updated since this was published please write: DSfoot@aol.com. Thank you!**



**October 2001**

**Aloha!**

from

**Oahu**

"The Gathering Place"

October 1, 2001

Aloha "*Tropic Lightning Team*" Soldiers and Family Members:

*Taking care of soldiers and family members is very much a part of the mission here in the 25th Infantry Division (Light) and U. S. Army Hawaii. Keeping families informed is part of that mission. In addition to all of the other resources available on the website we are pleased to add the 25th Infantry Division (Light) and U.S. Army Hawaii Resource and Reference Guide.*

*This guide is filled with a myriad of useful information on Family Readiness Groups, Hawai'i, O'ahu, and Schofield Barracks. It contains information on services available to families both on post and in the local community, and other topics you will find interesting or useful. The information was originally intended for the Family Readiness Groups of the 125th Military Intelligence Battalion and has subsequently been adapted for a wider audience.*

*Credit is due to many people for bringing this effort together--soldiers, civilians and family members. My personal thanks go to each of you, and particularly to LTC James and Mary Phelps, previous Command Team of the 125th MI Battalion, whose unwavering support made the original document possible.*

*Above all, one person deserves special recognition, Cindy Steenfott (whose husband, Don, is the Command Sergeant Major of the 125th MI Battalion). Cindy is the creator, author of many of the articles, and artist who brought this book to life. She will also keep the information current on the website. I think you will agree that it is an impressive amount of very useful work.*

*Serving this great country is an honor. With that honor comes some hardships and sacrifices. You accept them daily without even thinking about it. Thank you for what you give to the *Tropic Lightning Team* and to our Nation.*

*Mahalo Nui Loa,  
Sharon Basso*

**Special thanks to members of the 125th MI BN who wrote articles for this resource guide, helped with editing, or just provided support, and encouragement.**

**—CL Steenfott**



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### Family Readiness Groups

- Empower families to become more knowledgeable and self-reliant
- Promote more efficient use of community resources
- Reduce soldier and family member stress
- Provide a helping hand and care for each other
- Are there to answer questions



### FACTORS THAT AFFECT SOLDIERS AND FAMILY MEMBERS

**M**OBILITY  
**I**SOLATION  
**L**ACK OF CHOICE  
**I**NDIVIDUAL NEEDS VS. THE MISSION  
**T**EMPORARY SEPARATIONS  
**A**UTHORITY  
**R**ISK—HIGH RESPONSIBILITY  
**Y**OUTH—YOUNG MARRIAGES AND YOUNG CHILDREN



## Emergency Numbers —911

*For quick reference*

ORGANIZATION	PHONE NUMBER
Abuse Center—24-Hour Crisis Line	533-7125
ACS	656-1900
Acute Care Clinic (SB)—Medical Emergency (Daily 6 AM to 9 PM)	433-8850
Acute Care—After 9 PM– TAMC Emergency Room	433-6629
Advice Nurse	1-800-611-2883
Advice Nurse/Patient Assistance (SB)—Red Team	433-8130
Advice Nurse/Patient Assistance (SB)—Blue Team	433-8155
AER (After Duty Hours)	1-877-272-7337
Ambulance—Schofield Barracks & TAMC (24 hours)	911
American Red Cross—Emergency	1-877-272-7337
American Red Cross—Schofield Barracks	655-4927
Chaplain	
Community Action Line	655-4483
Crime Stop	438-7116
Dental Emergency	433-8814
Directory Assistance—Military Information	449-7110
Emergency Room (TAMC)	433-6629
Fire	911
Mayor's Hotline	655-7151
Poison Center	941-4411
Police/Military Police	911
Tropic Lightning Troop Clinic (Appointment Line)	433-8225

### FOR HELP!

Division Mental Health—433-8600/8601

Community Mental Health—433-8575

Schofield Urgent Care Clinic—433-8850

TAMC Emergency Room—433-6629

Suicide and Crisis Center—521-4555

Joint Military Family Abuse Center (24-Hour Crisis Line) - 533-7125

Unit Chaplain



## Frequently Used Phone Numbers

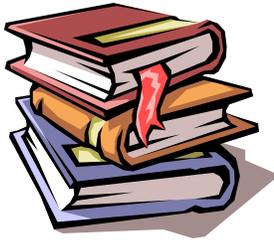
*For quick reference*

ORGANIZATION	PHONE NUMBER	ORGANIZATION	PHONE NUMBER
Appointment Line - SB FP & TAMC	433-2778	TAMC—Central Appointments	433-2778
American Red Cross – Emergency	877-272-7337	—Information Center	433-6661
– Schofield Barracks	655-4927	TRICARE Information Line	433-8485
– Tripler	433-6631		
Animal Warden	655-2140		
Armed Services YMCA—AMR	833-1185		
—Wheeler	624-5645/656-1396		
Army Community Services	656-1900		
Army Emergency Relief	656-1900		
Chaplain – Schofield Barracks	655-9207/9307		
Child Development Center - Peterson	655-5314		
Child and Youth Services—AMR Registration	833-5393		
—Schofield	655-5314		
Commissary	655-5066		
Community Commander's Office—SB	656-1488		
DEERS	433-9166		
Directory Assistance—Military Information	449-7110		
DPW Work Orders	656-1275		
Family Advocacy Program	656-1900		
Family Readiness & Resource Center	655-6460		
Hale Koa Hotel (Waikiki)	955-0555		
Hawaii - Child Protective Services	832-5300		
Hotline - Family Abuse Shelter	533-7125		
Hotline (Crisis)	433-8850		
Housing – Repairs	656-1275		
Housing Office	655-1060		
ID Card Section	655-4104		
Lab—Schofield Barracks	433-8303		
Legal Assistance - Schofield Barracks	655-8608		
Immunization Clinic—Schofield Barracks	433-8145		
Nehelani Club	624-5600/3055		
Patient Representative—TAMC	433-6336		
— Schofield Barracks	433-8504		
Post Exchange (PX)	622-1773		
Schofield Inn	624-9650		



## Family Readiness Group (FRG)

### Introduction to the FRG



This resource and reference guide is intended to provide you with information that will enable you to find answers to your questions or links to available resources. The first topic I want to address is the Family Readiness Group (FRG).

**What is the definition of Family Readiness?** The official definition of an FRG is, *“An organization of family members, volunteers, and soldiers belonging to a unit that together provide an avenue of mutual support, assistance, and a network of communication among the family members, the Chain of Command, and community resources.”* Family Readiness Groups are managed differently in every unit, depending on the leaders, the family members, and available resources.

**What is the Purpose of the FRG?** All FRGs have the same purpose—to support the Army Family. The FRG should help families become more self-sufficient, promote use of community resources and reduce stress on the soldier. The FRG is the link between the family member, the deployed soldier, the Company, and the Battalion. The main objective is to provide a network to educate and support one another, but it’s also a wonderful way to develop friendships and gain information about the unit and the community.

*During Peacetime:* (Also referred to as the “Sustaining Function” phase.) To be truly effective, an FRG should be active and a family support plan should be developed and in place prior to deployment or extended exercise. Deployments can be hard enough on the family, but if these two elements are in place, then everyone can be better prepared and there is peace of mind on the part of the soldier and the family member. Other roles of the “peacetime” FRG are to keep up-to-date rosters of family members addresses and phone numbers, provide unit welcomes, sponsorships, orientation, and networking for new family members or families in crisis or transition.

*During Deployment:* (Also referred to as the

“Activated Function” phase.) When your spouse is deployed, a select group of soldiers will remain in the Battalion Area with a Rear Detachment Command (RDC). As information regarding the deployment becomes available, the RDC will pass this information through the FRG. The key is for you to remain an active member of the FRG so you can be more knowledgeable and better prepared for deployments.

**Who can be a Member?** *YOU can be a member...you are an integral part of the 25th ID (L) Army family and the FRG.* All soldiers (married or single) and family members are part of the Family Readiness Group, commonly referred to as the FRG. The term “family member” is intended to include extended family such as mothers, fathers, aunts, and uncles, fiancés (or fiancées), retirees, etc.,...basically anyone interested in the welfare of the soldier and family members. The FRG is not a club, there are no ranks, and the role you play in your FRG is your choice. Participation is strongly encouraged, but is not mandated; you may participate as much or as little as you choose.

**Some situations in which the Battalion Commander might call for a Battalion level FRG Meeting and the FRG Representative may need to reach you:**

- Pre-deployment
- Deployment
- Mass Casualty Situation
- Post Deployment
- Reunion

**Congratulations!**

You and your spouse are now members of the...

25th ID (L)

*“Tropic Lightning Division”*

Schofield Barracks, Hawaii  
Island of Oahu

**How is the FRG structured?** The structure of the FRG program is different at every assignment location and is normally based on the unit, its mission, and the family members, but a sample of a working structure might be as follows:

- Battalion Level—Commander, Rear Detachment, Battalion FRG Leader(s), and FRG Steering Committee
- Company Level—Commander, Company FRG Leaders, Point-of-Contacts, family members, and soldiers
- Community Support—Army Community Service (ACS) and the Family Assistance Center (FAC)

*The Leadership:* The Commander is ultimately responsible for the FRG and although the FRG must have strong command support and backing, the FRG



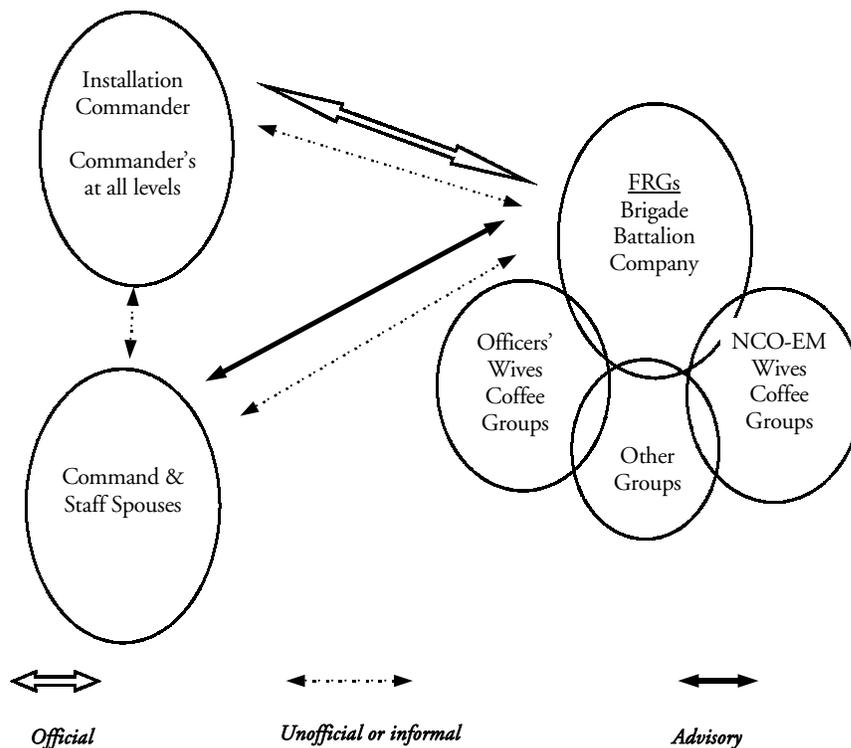
**The purpose of the FRG is to  
“SUPPORT THE ARMY FAMILY”**

must belong to the unit members. They must be the ones to take responsibility for the organization and operation of the FRG...with the unit's support. The senior spouses of the unit do not have to assume leadership of the FRG merely because of his or her spouse's military position, but may instead assume advisory roles to elected volunteer leaders. Each FRG group may elect a leader; or a volunteer may emerge from the group, but regardless of the method used in designating an FRG leader, all leaders and any key volunteers should be approved and acknowledged in writing by the Commander.

person to the company volunteer leadership, and on to the Battalion volunteer leadership and facilitators. DA PAM 608-47 recognizes that regardless of whether the Commander's spouse or his or her representative is an FRG Leader, they often participate in other command and staff activities and functions and as such will be a conduit of pertinent information. There are numerous sub-groups that spouses participate in which are not "official", but may be a resource for information important to the unit FRG. DA PAM 608-47 depicts the following figure to illustrate some possible Family Support Group interrelationships.

*The Communication and Support Network:* The primary focus of FRG activity is at the Company level and information is communicated through a contact

**Key Personnel and their responsibilities.** The following is a list of potential key FRG positions. Not every unit has all of these positions and some key



functions might be combined.

- **Commander**—As previously stated, the Commander is ultimately responsible for the FRG. He or she actively sanctions the program and officially appoints key military representatives. The Commander also approves nominations for FRG leaders and other volunteers and confirms it in writ-

ing. The Commander or his designee should ensure that each family completes a "Family Support Group Questionnaire"; part of which should identify whether the family wants to participate in the FRG and if so, at what level. The Commander should also ensure that resources are available to expedite FRG functions.



- **RDC**—The Rear Detachment Command (RDC) is activated when the unit deploys or goes on extended exercises. They are to provide a link between families, soldiers, the deployed unit, and community support agencies.

- **Battalion FRG Leader**—(a.k.a. Senior Advisor or FRG Chairperson) - The Battalion FRG Leader is usually the facilitator in the FRG network and reports to the Battalion Commander. They serve as an interface between family members and Battalion leadership and act as advisor to the Commander on FRG matters. They determine other key steering committee volunteer personnel and delegate duties and job responsibilities. They gather and disseminate information on activities at the Battalion level and above. They access resources from the military unit and community resource agencies, and manage and coordinate the activities of the FRG. The Battalion FRG Leader, in conjunction with the Commander, should ensure that each volunteer is provided the information and afforded an opportunity to attend FRG and volunteer training classes.

- **Company FRG Leader**—Delegates FRG responsibilities to selected volunteers in order to promote participation and accomplish the FRG objectives. Company level FRG Leaders identify needs or unique problems of the families in the Company and communicate family member concerns and ideas to the Company Commander and Battalion level FRG. The Company FRG Leader also acts as a liaison between the Battalion and Company level FRGs.

- **FRG Steering Committee**—Steering Committee members may include, but are not necessarily limited to, Company level FRG leaders, newsletter editor, membership coordinator, child-care coordinator, hospitality person, and treasurer. The Steering Committee assists the Battalion FRG Leader in planning, activating, and coordinating FRG support.

- **FRG Leader**—The FRG Leaders are responsible for getting the names, addresses, and telephone numbers of all married personnel from the Company, and organizing the Chain of Concern (phone tree). They select POCs who will contact family members using the phone tree. The FRG Leader will communicate regularly with each POC to ensure that contact within the groups is maintained. They will establish and maintain military links at the Company level for exchanging



pertinent information with the Company Chain of Command.

- **Treasurer**—Can be at the Battalion or Company level and reports to the Battalion FRG Leader or Company FRG Leader respectively. The Treasurer must maintain accurate accounting for FRG funds, keeping record of all income, expenditures, and funds on hand. They are responsible for setting up bank accounts in the name of the FRG with a unit mailing address. They must make deposits, write checks, and keep files of all actions to include any receipts. They will prepare monthly reports on financial status of the FRG funds for the Battalion FRG Leader or Company FRG Leader, whichever is appropriate and turn in a quarterly report to the Commander.



- **Battalion FRG Newsletter Editor**—The BN Newsletter Editor reports to the Battalion FRG Leader. They will organize a volunteer newsletter staff as appropriate (reporters, writers, editors, typists, illustrators, collators, and mailers) and publish a monthly newsletter. They will oversee gathering of information, writing, and editing. They will submit camera-ready copy to the unit for reproduction and arrange for the collating, stapling, labeling, and mailing. They should solicit feedback and monitor the effectiveness of the process.

- **POC (Point of Contact)**—The POC reports to the FRG Leader. They should initiate and maintain contact with approximately 6-8 families in the Company on a regular basis to let them know the system is working and to disseminate information to the family members. They should make personal contact with new people in the unit to make them feel welcome and to explain their role and answer any questions. The POC should attend pre-deployment briefings and inform the FRG Leader of any significant problems and the actions taken. The POC notifies the FRG Leader if after several attempts they were unable to contact a family member and the POC should try to stop rumors. A "*Family Member Contact Record*" will assist the POC in recording responses by an upset family member.

- **Battalion Publicity Chairperson**—The Publicity Chairperson (PC) informs soldiers and family members of all FRG activities and discusses with new the members of the purpose and structure of the FRG. The PC reports to the Bat-



talion FRG Leader and communicates with senior leaders in the FRG. They disseminate information through the FRG Leader, newsletter, flyers, mailings, public announcements at meetings, or the unit bulletin boards.

• **Battalion Level Fundraising Chairperson**—Coordinates fundraising events to ensure that funds are available for group activities. Recruits volunteers and determines logistical requirements. The Fundraising Chairperson reports to the Battalion FRG Leader and should work with the Treasurer to account for funds.

• **Battalion Level Hospitality Coordinator**—Reports to the Battalion FRG Leader. The Hospitality Coordinator should make newcomers to the unit feel welcome. They are responsible for keeping up with incoming families, newly married couples, new babies, and illness in the families. They should send flowers and cards to home or hospital as appropriate. They should inform the FRG of incoming families and gather information on family members birthdays, anniversaries, and special interests. They should confirm that new families have been assigned sponsors and extend invitations to the new families to upcoming FRG events.

• **Activities Coordinator**—The Activities Coordinator reports to the Battalion FRG Leader or Company level FRG Leader as appropriate. They solicit ideas and interests through newsletters, Coffee Groups, and newcomer orientations. They coordinate dates and times for events with the FRG Leaders and establish



committees for each activity. They should be familiar with the unit training schedule and develop an activities calendar for the unit around the training. They should coordinate any funding requirements with the Treasurer and the FRG Leadership.

• **Family Members**—Family members are responsible for attending FRG meetings and briefings. They need to inform the FRG Leader and/or POC if they have an address or phone number change. They also need to let the FRG Leader and RDC know when they leave the area during a deployment or field exercise and provide a number where they can be reached in case of an emergency.

• **Soldiers**—The soldier is responsible for family readiness, including preparing their families for absences during deployment or exercise.

• **Army Community Service**—ACS will provide services such as relocation assistance, AER loans, consumer affairs and financial assistance, Family Advocacy, employment assistance, etc.

• **Family Assistance Center (FAC)**—The FAC furnishes information, assistance, guidance, and referral to units and families in the event of unit mobilization, deployment, or at times, in response to major disaster. Some of the organizations that are part of the FAC include ACS, finance, Provost Marshall, legal, Chaplain, housing, transportation, etc.

**The Chain of Concern.** The Chain of Concern (COC) was established to assist in dealing with various situations that may occur during a sponsor's absence. It is the method for providing information and assistance to families. You will be notified through the FRG Chain of Concern (Telephone Roster) of important information pertaining to the unit and the FRG. As stated before, the FRG is your primary link with the unit in the event of a deployment and is a means to communicate important information. The Chain of Concern might be activated for any of the following reasons:

- Unit social events
- General information pertinent to the unit and families
- Deployment information
- Homecoming information
- Emergency information





Participating is not mandatory, however, the function of the Chain of Concern is to keep you posted with the most up-to-date information available concerning the unit. More importantly, it is a means of emergency notification.

The Roster is strictly confidential and is not to be used for solicitation, chain mail, or mailing lists of any kind. If you are still not comfortable having your home number listed on the roster let someone in the unit that you trust have the number in case of an emergency. Also, if you plan to be away from the area during a unit deployment, please contact someone on the Chain of Concern with a number where you can be reached in case of an emergency. The Chain of Concern is a vital life support system. If you have a problem that you are unable to resolve by yourself, call your POC on the Chain of Concern. If they can't help you they'll probably know who can.

**For more information on Family Readiness Groups (FRG), contact the friendly folks at the Family Readiness Resource Center (FRRRC), Building # 648 on Schofield Barracks or call 655-6460.**

## The Division

**The Hawaiian Division.** On October 1, 1941, the Hawaiian Division was inactivated. The 24th Infantry Division integrated the 19th and 21st Infantry Regiments, as well as the 229th Infantry Regiment of the Hawaiian Army National Guard. The 27th and the 35th Infantry Regiments, the 298th Infantry Regiment of the Hawaiian Guard, plus a field artillery brigade, formed the core of the new 25th Infantry Division.



Hawaiian Division

The War Department decreed that the 24th Division would inherit the lineage as well as the shoulder sleeve insignia of the Hawaiian Division, a green taro leaf in a red circle. This left the 25th Division without an official shoulder sleeve insignia until 1944.

During World War II these units operated for only ten weeks in peace before the Japanese launched their surprise attack on Pearl Harbor, December 7, 1941. Immediately following the attack on Pearl Harbor, both the 24th and the 25th were dispatched to their defensive positions. The 24th deployed to the North Shore of Oahu and the 25th to the beaches on the south side of the island. Under threat of another Japanese attack, the following year was spent in these defensive positions while units concentrated on intensive jungle training. Throughout the War, the Hawaiian Islands served as the major command and control, deployment, and training center for the U.S. Army in the Pacific Theater.

**The 25th Infantry Division** was called to combat in the South Pacific on November 25, 1942 and began its deployment by troop ship to Guadalcanal between December 17, 1942 and January 4, 1943. The Division led by Major General Lawton Collins, received orders upon arrival to launch an attack against the Japanese forces which other Army and Marine Corps contingents had been fighting for nearly five months. After a month

of bitter combat, the 25th Infantry Division proved to be the element that tipped the scales in favor of the U.S. side.

The "Lightning" epithet was adopted because of the speed with which the Division conducted its operation on Guadalcanal. The Marines, too, added to the eventual institutionalized use of the nickname by calling the unit the Lightning Division. Lightning was subsequently changed to "Tropic Lightning", because it was rationalized the Division had spent its entire existence in the tropics.

**The Patch.** Various designs for the unit patch were proposed but the final design, approved by the War Department on June 7, 1944, was a red and yellow taro leaf with a lightning bolt superimposed on it.



25th Infantry Division (Light)  
"Tropic Lightning"

- ◆ **The colors** of red and gold are those of the Hawaiian royalty.
- ◆ **The taro leaf** recognizes the 25th Division's ties to the Pacific region and Hawaii and birth of the 25th from elements of the old Hawaiian Division.
- ◆ **The lightning bolt** symbolizes speed and aggressive spirit - a trait the Division is representative of and the Division's nickname.

**The Nickname.** In a break from tradition, the Department of the Army officially approved the use of the nickname Tropic Lightning on August 3, 1953. Authorization for the Division to use the nickname, in addition to its regular numerical designation, marked the first time that a divisional unit had been given this kind of permission by the Department of the Army. For more information on the Division's history go to:

<http://www.25idl.army.mil/DivHistory>.



## The Deployment

**Pre-Deployment:** Unit deployments and exercises are never easy on the family, but there are some things you can do to make it less stressful. If you get organized and discuss important issues before you go then everyone will experience less stress.

### Getting Organized



- Complete all of the Family Readiness checklists at the end of this booklet, so that you know you are as prepared as you can be.

- Know where all of your important documents and papers are...there's a checklist for this at the end of the handbook too.

- Complete a calendar of important dates and events providing a copy for both you and your spouse. Include household items as well as personal events. Some examples might be:



**Household:** Vehicle inspection and/or tag renewal dates, date for filing taxes, payment due dates, medical appointments, childcare, etc.

**Personal:** Holidays, birthdays, anniversaries, etc. If you have a special occasion coming up during the deployment, flowers and gifts can be ordered in advance. Or you can make arrangements with a family friend to deliver these gifts. A little prior thought can go a long way towards easing the loneliness of a loved one.

### Communicate

- Talk about important issues and express your feelings.
- Discuss the family budget and how each of you are going to access money for routine expenditures or even emergencies.
- Prepare all your legal matters and ensure that you have an up-to-date Will and Power-of-Attorney.
- Take a day to just be together for some special family time before the deployment.
- Talk to your children about the deployment.
  - ◆ Explain to them the best you can why it's important that you go, that you'll miss them, but that you'll return home soon.
  - ◆ Take pictures of the children for the deployed

family member to take with them.

- ◆ Have the soldier tape some stories or songs so the children can listen to them while they're deployed.
- Discuss how you plan to keep in contact during the deployment.

**Letter Writing**—During deployments, letters will sometimes get crossed in the mail. A good way to avoid confusion is to number your letters in the corner... that way the spouse knows which letter you are responding to. Consider pre-addressing and stamping envelopes ahead of time. Sometimes the Battalion may forward mail to the deployed unit which could conceivably get mail to the soldier quicker. The Battalion will notify you through the FRG if and when they are able to do this.



**Tape Recording**—If letter writing is difficult for you, consider buying a pair of small tape recorders so you and your spouse can send "talking letters." The children will really enjoy this too.



**Email**—Depending on the situation and the location of the deployed spouse he/she may have access to e-mail, for example, at a nearby library.



**Telephone**—Phones are a quick way to communicate, but long distance and overseas calls can be very expensive. During some deployments the unit may be given access to Video Teleconference equipment and spouses will be given the opportunity to briefly converse.



**Video**—Record bath times, dinner times, birthdays, holidays, etc. Get family and friends to participate. Record your spouse's favorite TV shows or sporting events. The entire unit would enjoy viewing tapes from home.



**During Deployment:** If you've discussed and agreed on all the important issues, decided how you're going to stay in touch, and your loved ones know that you are following safety precautions, it will definitely alleviate some of the worrying.

*Know where your important information is.*

- ◆ Emergency Phone List
- ◆ Important Documents
- ◆ Financial Information
- ◆ Medical Information



**Take care of yourselves.** Eat right, get plenty of exercise and rest. Occasionally treat yourself to a meal or new book, or time alone to relax. Be sure to take care of the children too.

**Seek help when you need it.** Avoid trying to do everything yourself. Take advantage of your community and unit support. Contact family and friends whenever you need advice or emotional support.

### Practice safety

- 1) Don't tell people that your spouse is gone. This is a good rule for the children too.
- 2) When someone calls for your spouse, offer to take a message. Don't let them know that he/she has been deployed.
- 3) Keep emergency lights on outside and inside whenever possible.
- 4) Make sure your door has a peephole, safety chain, and dead bolt lock.
- 5) Don't open your door to unexpected or uninvited people.
- 6) Don't allow sales, repair, or delivery people in your home when you are alone.
- 7) If, for example, you are expecting a repairman check for proper identification.
- 8) Do not leave your keys "hidden" outside the home. They are easily found.
- 9) Keep your car doors locked.
- 10) If possible, avoid going out after dark.
- 11) Practice the buddy system. Stay in contact with another spouse in the unit. You can check on each other, go places together, and even commiserate with each other.

**Communicate.** Follow through with your family communication plan.

- 1) Write letters regularly and often.
- 2) Send photos to each other or drawings done by the children.
- 3) Send cards and newspaper articles.

### Emergencies During Deployment

 Emergencies which the Army would deem necessary to allow the deployed spouse to return home are the death, critical illness or injury to a member of the immediate family (e.g., spouse, child, brother, sister, parent, or guardian who raised them in place of their parents). Critical illness or injury, means the possibility of death or permanent disability. While illnesses such as the flu or injuries such as a broken arm, or the birth of a baby are not minor events, they are not considered emergencies. Most units will **TRY** to send a soldier home when their

spouse is having a baby.

## In an emergency situation:

**Notify the Red Cross.** For emergency reporting and verification services such as death or serious illness in the immediate family contact the Red Cross.

Schofield Barracks—655-4927

Toll Free to Mainland—1-877-272-7337

Be prepared before you call. The Red Cross will ask the following questions:

- 1) Soldiers full name
- 2) Social Security Number
- 3) Branch of Service
- 4) Military Unit
- 5) Rank
- 6) Name of the person having the emergency
- 7) Nature of the emergency
- 8) Name and location of the hospital
- 9) Name of the attending doctor



**Notify the Rear Detachment Commander, providing the same information.**

**Post-Deployment:** It may seem a bit perplexing, but some families experience as much stress at the reunion as they did before and during the actual deployment. Each family member needs to prepare for the reunion. After the initial exuberance and joy of the homecoming is over, you may notice that things don't seem the same and you shouldn't expect them to be the same. While the family was separated, each family member was still learning and growing and each had a specific role in the family based on the situation. When the deployed soldier returns home, those roles may need to be redefined. Go slowly and expect the unexpected from each other, and always communicate with each other about how you feel. If you have trouble reintegrating, seek professional help before the situation escalates.

If the military spouse develops a serious problem such as injury or illness, the military Chain of Command, the Red Cross, or the Chaplain will contact you.



## Child Care (Information provided by Patti McLane)

**Resource and Referral Child Care Options:** All families requiring information and referral on children ages 4 weeks through 19 years, full day/part day programs, hourly, before and after school and extended programs should contact the nearest Child and Youth Central Registration Office on Schofield Barracks or Aliamanu Reserve (AMR).

**Child Development Services (CDS)** can assist families with children that have special needs. However, no child can be placed until the Special Needs Specialist has determined whether the child needs to go through a Special Needs Resource Team (SNRT).

Childcare fees are based on total family income, however; CDS provides a 15% reduction for siblings in the same program. For more specific information call Central Registration.

**Aliamanu Military Reservation (AMR)** offers a play-school program for children age 3-5 and a free "Playmorning" activities program. "Playmorning" is a mobile program set up at various community centers in army housing areas to provide time for parents and young children to get together, share ideas, and learn through play.

**Exceptional Family Member Program (EFMP)** This is a program for children with special needs. Sponsors that have children with special needs must be enrolled in the Exceptional Family Member Program.

## Registering at Child Development

**Services.** When registering your child(ren) for child care, activities or sports on post, bring the following items:

- ◆ Birth Certificate
- ◆ Official Shot Record (with negative TB Tine Test within the current year)
- ◆ Names, phone numbers, and addresses of two emergency designees other than parents/guardians of the child. (You will need to add one more within 30 days of registration.)
- ◆ Dual/Single military are also required to provide a copy of a Family Care Plan.
- ◆ Non-refundable, annual registration fee of \$15 for one child or \$25 for family of two or more children.
- ◆ LES and/or pay stub for fee assessment into part, full day, or After School programs.
- ◆ For Childcare: Current Health Assessment (DA Form 5223-R) completed and signed by physician and sponsor. Due within 30 days of registration.
- ◆ For Sports or Activities: School physical and DA Form 5223-R.



### Central Registration...

now requires APPOINTMENTS if you go between 2:00 pm and 5:30 pm

Walk-in's are accepted 8:00 am to 2:00 pm

For an appointment: Call several days in advance to

Central Registration:

AMR— 833-5393

SB—655-5314



**10-Hour Limit.** There is a 10-hour childcare limit in effect on military bases on Oahu to protect children from being in unregulated and possibly unsafe childcare setting on a continual basis.

Any family member living in government quarters providing childcare for more than 10 childcare hours per week on a regular basis MUST be certified as a Family Childcare Provider. A "childcare hour" is defined as one child for ten hours per week or two children for five hours each per week, and so forth. Children from the same family count as one child.



**Name :** Central Registration  
**Address :** Bldg 791  
**City :** Schofield Barracks  
**Phone :** (808) 655-5314

**Home Alone Policy.** Individuals will not leave children under 10 years of age unattended in family quarters, motor vehicles, public transportation bus stops, playgrounds, parks or recreation areas, or any other place on post, under any circumstances.



S.I.T.E.S. Installation Database (March 2001)

**IMPORTANT!!**

**Name :** Aliamanu Child Development Center  
**Address :** Bldg 1783  
**City :** Aliamanu Military Reservation  
**Phone :** (808) 833-5570

- Provides full-day, part-day, and hourly care for children six

**Name :** Ft. Shafter Child Development Center  
**Address :** Bldg 900  
**City :** Fort Shafter  
**Phone :** (808) 438-1151

- Provides full-day care for children six weeks to five years of age.
- Part-day preschool, toddler and hourly program are available

**Curfew.** Children under 16 years of age will not, except in case of necessity, go or remain on any Army installation street, highway, public place, or private place held open to public between the hours of 10:00 P.M. to 4:00 A.M. unless accompanied by either a parent or guardian. Parents or guardians are responsible to ensure that children under their control or supervision abide by these curfew restrictions.



S.I.T.E.S. Installation Database (March 2001)

**Name :** Helemano Child Development Center  
**Address :** Bldg 30  
**City :** Helemano Military Reservation  
**Phone :** (808) 622-2642

- Provides full-day care.
- Headstart is available for children younger than pre-school

**Childcare during In-Processing.** Child and Youth Services (CYS) offers free childcare for single or dual military sponsors during in-processing. It's on a space available basis so the child might be placed in Helemano, Schofield Barracks, or Peterson. The opportunity exists for up to 40 hours or five days of care...for FREE. For more information contact the Central Registration, 655-5314.



**Name :** Peterson Child Development Complex  
**Address :** Bldg 791  
**City :** Schofield Barracks  
**Phone :** (808) 655-5293

- Provides full-day, part-day, and hourly care.
- Provides part-day preschool and toddler age programs.

**Childcare during medical appointments.** Childcare is FREE for same day appointments (Schofield Barracks Clinic only). Children must be registered, parents must attend an orientation, but the registration fee is waived if the patron only uses House of Blossoms care. For more information contact the Central Registration, 655-5314.



**Name :** Schofield Barracks Child Development Center  
**Address :** Bldg 9098  
**City :** Schofield Barracks  
**Phone :** (808) 655-7106

- Provides full-day care for children six weeks to five years of

**Head Start** is a federally funded part-day and extended-day program for pre-school age children with an emphasis on language development. The program is free to qualifying families. For Wahiawa area call, 622-9806





## Finances

**Checking** Remember to keep a good credit rating by paying your bills on time. You should not count on your spouse sending you money by mail, it is slow and very uncertain.



You should be aware of some of the options of a checking account. Direct Deposit is the easiest, fastest, and safest method of receiving your pay. You must have a joint checking account to use it, or a Power-of-Attorney that your bank approves before your spouse deploys. If you do not have a joint checking account, then your spouse may have an allotment made out to you. This guarantees that you will be receive a certain amount of money based on your spouses request.



**Credit Cards** Keep the use of credit cards to a minimum. They can give you a false sense of wealth. Avoid door-to-door salespeople and telemarketers.

**Financial Aid** to families with Dependent Children is a program designed to assist families where the father cannot support the family either because of absence or disability. The program is different in each state, and the applicant must be a resident of the state in which he/she is applying. Mothers who have remarried and whose spouses have not legally claimed the children as dependents may be eligible for the program. Applications are available at Social Services.

**Department of Human Services (DHS)** This is a community resource for low-income individuals and families. This organization determines eligibility for financial assistance, medical assistance, and food stamps. There is no fee for this service. Call for an appointment. West Honolulu: 586-8047 or 586-8048. Waipahu: 629-7171.

**WIC** Women, Infant, and Children (WIC) is a program designed as a nutrition education program for pregnant women, breast feeding mothers, infants, and children under five years of age. A WIC examination is needed for a child to participate in the program. The program provides coupons to purchase dairy products, formula, juices, cereal, peanut butter, eggs, etc.

WIC Services Branch  
Department of Health  
235 South Beretania Street, Suite 701  
Honolulu, HI 96813  
Telephone: (808) 586-8175  
Toll-free in-state: 1-(888)-820-6425  
email: [fnnakamo@mail.health.state.hi.us](mailto:fnnakamo@mail.health.state.hi.us)

**The Food Stamp Program** is a Federal program based upon economic need. In FY 2001 this program put food on the table for 7.3 million households each day. The Food Stamp Program allows low-income families to obtain enough food to provide a nutritional diet. Any family with a low or temporarily reduced monthly income may qualify for the Food Stamp Program. You may be able to get food stamps if you:

- work for low wages,
- are unemployed or work part time,
- receive welfare or other public assistance payments,
- are elderly or disabled and live on a small income, or
- are homeless.

Hawaii's Food Stamp Hotline: (808) 586-5230 or call the USDA at (800)-221-5689.

For some great information on food stamps to include how to apply and what the eligibility requirements are go to the U.S. Department of Agriculture's Food Stamp Program webpage on-line at <http://www.fns.usda.gov/fsp/>

## Electronic Benefit Transfer (EBT)

As of June 2001, forty-two states (including Hawaii) have operational food stamp EBT systems.

EBT is an electronic system that allows the food stamp recipient to authorize a transfer from their account to a retailer to pay for goods received...similar to a debit card.

In the past, families participating in the Food Stamp Program had to use coupons to pay for items that fit the program's closely regulated criteria. These coupons were often lost, stolen, and on occasion even sold. In the early days these coupons weren't accepted everywhere and could be embarrassing for those who used them. Well, things are changing.

Currently, you still need to apply for food stamps by filling out the necessary forms at the Food Stamp office; however, there are plans in the not so distant future to allow initial applications on-line.

After it is determined that you are eligible you will be issued a card with a PIN number. This method enables the stores you frequent to process the food stamps quickly. It also greatly reduces potential fraud or loss of paper food stamps, and it allows the family a bit more privacy.

**24-HOUR AUTOMATED ACCESS LINE**

This is a Military Pay Inquiry Line

**INTERACTIVE VOICE RESPONSE SYSTEM (IVRS)**

DSN: 699-0665 COMM: 1-888-Pay Army  
(1-888-729-2769)

**MILITARY PAY INQUIRY LINE****What is the Interactive Voice Response System (IVRS)?**

The Defense Finance and Accounting Service - Indianapolis Center developed a new feature for active duty Army Personnel to obtain current pay information by using a Personal Identification Number (PIN). All you need is your PIN and Social Security Number (SSN) and a touch tone telephone to access your latest pay information.

**How does it work?**

You can call DSN or commercial. You will be asked questions to determine the appropriate routing of inquiries. You will be asked for your SSN and PIN. If you do not have a PIN, the system will authenticate the person calling by asking responses to questions on pay related data items. You will be issued a customized PIN to be used each time the system is accessed. Once the PIN is activated you will be able to access the following information:

- Net Pay/Direct Deposit Information
- Allotment Information
- Tax Information
- Bond Information
- Leave Balance Information

**PIN Security**

if your PIN is compromised, lost, stolen, forgotten or help is needed in using IVRS, please speak directly to a Customer Service Representative.

**Other Services**

This system also provides generic information on the following most frequently inquired on areas:

- Non-Receipt of allotments
- Information on bonds in safe keeping
- Reporting procedures of lost or stolen bonds
- Inquiries regarding estimated earnings for purposes of civilian retirement
- Direct Access to a bond technician

**REMINDER**

**OTHER INQUIRIES RELATING TO A SERVICE MEMBER'S PAY ACCOUNT SHOULD BE MADE TO YOUR SERVICING FINANCE OFFICE.**

**Global Commands**

To better move around in the automated system, you can use the following global commands at any time....

- Press 7 to hear the last message repeated
- Press 8 to exit the system
- Press 9 to return to the main/previous menu

**ACTIVE DUTY QUICK KEY ACCESS**

Press the following numbers on the touch tone keypad of your telephone and receive access to the information noted:

Press 1: Net Pay/Direct Deposit—Hear current pay information and financial institution where deposited.

Press 2: Allotments and Bonds—Hear list of current allotment and bond information, start, end, amount, type and where allotment is sent or deposited.

Press 3: W-2 and Tax Information—Obtain federal and state, and year-to-date wage information, W-2, and tax information.  
Note: Active Duty soldiers are required to contact their servicing finance office for re-issue and corrected W-2s.

Press 4: Leave information- Provides you with the current month's leave balance and the most recently processed leave data on your account.

Press 5: Garnishment Information—Hear total debt and amount collected to date on due obligations.

Press 6: Official Symbol and Address—(Air Force Only)

For more information on this and other pay related topics go to: <http://www.dfas.mil/>



**Don't Write Bad Checks!** People who are desperate are often tempted to write bad checks. If you are faced with the prospect of no food or the electricity being cut off, writing a bad check can seem like a reasonable solution. *It isn't.* In every state, writing bad checks is a crime. Seek help! AER (656-1900) provides financial services. ACS (656-1900) offers services designed to promote financial stability, or contact the Department of Human Services (DHS) for assistance, Honolulu 586-8047 or Waipahu 629-7171.



### Army Emergency Relief (AER)

can assist active duty personnel who are experiencing emergency financial problems. Emergencies might include a "No-Pay Due" LES, payment of rent to prevent eviction, emergency medical and dental care, or a purchase of basic items that are essential to health and welfare. This assistance is normally in the form of an interest free loan. To apply, go to the AER Office, building #824 on Wheeler or call 656-1900.



### Army Community Service (ACS)

can help active duty personnel and their family members by teaching them how to manage their finances and how to budget. They can also help with food stamp applications and they have classes on a variety of subjects to include check writing classes. They can also help with emergency food assistance and the Christmas Dinner Program. ACS is also in Building #824 on Wheeler. For more information or assistance call 656-1900.

## Army Finance:

### Schofield Barracks

125th Financial Battalion  
Bldg. 680  
655-9094

Monday—Wednesday 9:30 am —4:00 pm  
Thursday—CLOSED  
Friday 9:30 am —4:00 pm

### Fort Shafter

Defense Military Pay Office  
Bldg. T-123  
438-1875

Monday—Friday 7:30 am —3:30 pm  
Travel: Monday—Friday 9:30 am—3:30 pm  
Disbursing Friday 8:30 am—3:30 pm

**Emergency Contact Numbers:** Direct after duty hours emergency finance problems to the 125th Finance BN SDNCO at 655-2460. *On Thursdays during the duty day, the emergency phone number is 342-7207.* They can help you with the following:

- ◆ Assist with pay-related documents
- ◆ Resolve pay-related problems
- ◆ In-processing
- ◆ Compute and prepare payments for:

- PCS, TLA, and Travel
- Reenlistment bonuses
- Leave payments
- Death gratuity payments
- Advance payments



## Savings Bonds

The savings bond system allows **ACTIVE DUTY MEMBERS** for all branches of military service to request bonds they have purchased through allotment deductions to be kept in safekeeping. These bonds are held until the member requests the bonds to be mailed to a current mailing address.

Requests must contain the members name, Social Security Number, a valid mailing address, and the bonds

they want mailed. Thirty days must be allowed before a member can claim non-receipt of a bond.

The members **signed** request may be submitted in writing or by fax to:

DFAS-IN  
ATTN: FDBE/BSK  
8899 E. 56TH ST.  
INDIANAPOLIS, IN 46249  
**FAX:** 317-510-4339 OR DSN 699-4339  
**PHONE:** 317-510-0586 OR DSN 699-0586

**For more information visit the following websites:**

- The Defense Finance and Accounting Service website at <<<http://www.dfas.mil/>>>
- The Office of the Secretary of Defense website at <<<http://militarypay.dtic.mil/>>>





DEFENSE FINANCE AND ACCOUNTING SERVICE MILITARY LEAVE AND EARNINGS STATEMENT															
ID	NAME (Last, First, MI)	SOC.SEC.NO.	GRADE	PAY DATE	YRS SVC	ETS	BRANCH ARMY	ADSN/DSSN	PERIOD COVERED						
ENTITLEMENTS			DEDUCTIONS			ALLOTMENTS			SUMMARY						
A	Type	Amount	Type	Amount	Type	Amount	+Amt Fwd								
B	BASE PAY		FEDERAL TAXES		COMB FED CAMPAIGN		+Tot Ent								
C	BAS		PICA-SOC SECURITY		DISCRETIONARY ALT		-Tot Ded								
D	COLA		PICA-MEDICARE		INSURANCE ALLOT		-Tot Allt								
E	COLA		SGLI FOR 200,000		TRICARE DENTAL		+Net Amt								
F	CLOTHING		MID-MONTH PAY				-Cr Fwd								
G			AFRH				+EOM Pay								
H			MISCELLANEOUS DEBT												
I															
J															
K															
L															
M															
N															
O															
TOTAL															
LEAVE	RF Bal	Enrl	Used	Cr Fwd	ETS Bal	Lost	LxPd	Unsl/Loss	FED TAXES	Wage Period	Wage YTD	M/S	Ex	Add Tax	Tax Ytd
FICA TAXES	Wage Period	Soc Wage YTD	Soc Tax YTD	Med Wage YTD	Med Tax YTD	STATE TAXES	Cr	Wage Period	Wage YTD	M/SN	Ex	Tax YTD			
PAY DATA	BAH Type	BAH Depn	BAV Zip	Recl.Amt	Share	Stat	JFTR	Depns	2d JFTR	SAS Type	Charity YTD	PC	FACSN		
REMARKS		YTD Entitlements:				YTD Deductions:									
DFAS Form 702, Feb 94 LES Record: ###															

## Understanding the Military Leave and Earnings Statement

NAME (LAST, FIRST, MI) - Soldier's Name.

SOC. SEC. NO. - Soldier's Social Security Number.

GRADE - Numeric pay grade.

PAY DATE - Also PEBD. The date the soldier entered active duty for pay purposes.

YRS SVC - Actual years of service.

ETS - Expiration Term of Service. The date which the soldier is scheduled to complete the current term of enlistment or obligation.

BRANCH - Branch of Service (e.g., ARMY).

ADSN/DSSN - Number used to identify the disbursing office.

PERIOD COVERED - The pay period. Normally one calendar month.

ENTITLEMENTS - The money the soldier has earned by type and amount. It includes all pay and allowance

earned (e.g., basic pay, basic allowance for quarters, clothing allowance, separate rations, variable housing allowance, etc.).

DEDUCTIONS - Deductions charged against military pay entitlements, indicated by type and amount (e.g., SGLI, mid-month pay, etc.).

ALLOTMENTS - Designated amounts of a Soldier's pay authorized to be paid out (e.g., checking, saving, Combined Federal Campaign, bonds, etc.).

AMT FWD - Dollar amount brought forward from prior LES, if any.

TOT ENT - The total of all entitlements before taxes and allotments are deducted.

TOT DED - The total of all deductions.

TOT ALMT - The total of all allotments.

NET AMOUNT - Net or take-home pay for the member. (Total entitlements and allowances minus deductions and allotments.)

CR FWD - Amount of unpaid pay and allowances carried forward to the net pay period.



EOM PAY - Actual amount to be paid to the soldier.

### LEAVE

BF BAL - Number of leave days soldier has at the start of the fiscal year.

ERND - Leave earned this fiscal year or enlistment. Normally increases 2.5 days per month.

USED - Number of leave days used this fiscal year.

CR BAL - Current leave balance. (BF BAL + ERND - USED = CR BAL).

ETSBAL - Number of leave days, to include current balance, which can accrue until ETS.

LOST - Number of leave days lost.

LVPD - Number of leave days the soldier has cashed in for pay. (Not more than 60 days during career).

USE/LOSE - Number of leave days that will be lost if no more leave is taken before 1 Oct.

### FED TAXES



WAGE PERIOD - Federal wage earned this period that is subject to Federal Income Tax Withholding (FITW). Allowances are not taxable.

WAGE YTD—Federal wage earned year-to-date that is subject to FITW.

M/S - Married/single used to compute FITW.

EX - Number of exemptions used to compute FITW.

ADD TAX - Additional Federal tax withholding as specified by the soldier.

TAX YTD—Taxes paid year-to-date for current calendar year.

### FICA TAXES

WAGE PERIOD - Amount of money earned this pay period that is subject to FICA.

SOC WAGE YTD - Social Security wage earned year-to-date subject to FICA.

SOC TAX YTD - Social Security (FICA) deductions for the current calendar year.



MED WAGE YTD - Medicare wage earned year-to-date that are subject to Medicare.

MED TAX YTD - Medicare deductions year to date.

### STATE TAX

CD - Two digit state tax code.

WAGE PERIOD - Money earned this pay period that is subject to State Income Tax Withholding (SITW).

WAGE YTD - Money earned year-to-date that is subject to State Income Tax Withholding (SITW).

M/S - Married/single tax filing status.

EX - Number of exemptions.

TAX YTD - SITW withheld year-to-date.

### PAY DATA (See next page for more information on BAH.)

BAQ/BAH TYPE - A code which correlates to the BAQ OR BAH type, (e.g., with dependents, without dependents, partial or single).

BAQ/BAH DEPN - An alpha code that indicates the type of dependent. I=Member married to member/own right, R=Own right, A=Spouse, C=Child, W=Member married to member, child under 21, G-Grandfathered, D=Parent, K=Ward of the court, L=Parents-in-law, S=Student (age 21-22), T-Handicapped child over age 21.



VHA/BAH ZIP - The postal zip code for the BAH computation.

RENT AMT - Amount of rent paid if applicable.

SHARE - Number of military sharing expenses.

STAT - VHA status—accompanied or unaccompanied.

JFTR - Joint Federal Travel Regulation code for overseas station allowance calculation (COLA, etc.).

DEPNS - Number of dependents authorized for overseas station allowance. For VHA calculations.

2DJFTR - The JFTR code based on the location of soldier's dependents for COLA purposes.

BAS TYPE - An alpha code that indicates the type of Basic Allowance for Subsistence (BAS) the soldier receives, if applicable. B=Separate Rations, C=TDY/



PCS/Proceed Time, H=Rations-in-kind not available, K=Rations under emergency conditions.



CHARITY YTD - Charitable contributions for the calendar year.

TPC - Training Pay Category Code. The code which indicates the pay status for Guard or Reserve member.

PACIDN - The eight digit Army Personnel Administration Center Identification Number (PACIDN) code or Unit Identification Code (UIC).

REMARKS - The remarks area will contain a line by line explanation of changes to the account throughout the month. Including allotment starts, stops, and changes and general information.

YTD Entitlements—The cumulative total of all entitlements for the calendar year.

YTD Deductions—The cumulative total of all deductions for the calendar year.

**Common Questions About...**

*Allotments:* Many soldiers who go on extended TDY or on unaccompanied tours set up discretionary allotments for their spouses back home. While it is generally a good way to avoid overspending by writing double checks from one account, allotments are only paid out once a month. The soldier's paycheck however, will be reduced by half of the allotment amount at mid-month and end-of-month. So, whenever your spouse sets you up with an allotment for support, ensure you have sufficient funds to cover the extra two weeks until payday!



*No pay due:* Payday has finally come and your LES EOM amount says \$0.00. What happened? Well, if the soldier hasn't been fined or forfeited all pay under UCMJ action, or had to reimburse the government for lost property, a look at the status of your DPP account may be in order. Because if your DPP account is in collection status, AAFES takes all monies owed in a lump sum out of your check.



*Power of Attorney:* The soldier is in the field, on a mission, or in the hospital when the pay comes up short. Can you take care of it with a General Power-of-Attorney from your husband? Unfortunately, no. All pay matters require personnel actions from the soldier to the unit S1.

*Child Support/Alimony:* In order to collect child sup-

port which your ex-spouse/absent parent was ordered by court to provide, you might want to contact either an attorney, or your local child support enforcement agency in order to obtain an Income Deduction Order or Income Withholding Order. For alimony, you might want to contact an attorney to obtain a garnishment. In order to collect the support/alimony you were ordered to receive, the Defense Finance and Accounting Service, needs an order from a court or child support agency that directs the government to pay monies for support or alimony. You do not need to send the underlying order, (e.g., a divorce/separation decree). In order for a withholding order to be processed, it must include the debtor's full legal name and social security number. Other identifying information concerning the debtor, such as a home or work address, would expedite the processing of the order. Also, include a return address on any correspondence, not just on the mailing envelope.

Defense Finance and Accounting Service  
Cleveland Center, Code L  
PO Box 998002  
Cleveland, Ohio 44199-8002  
(216) 522-5301 (Customer Service)  
(216) 522-5394 (Fax No.)



If the non-custodial parent has been ordered to provide health insurance coverage for a child, you should send a copy of the order directing the provision of coverage to the non-custodial parent's personnel office. Do not send these orders to DFAS as they cannot process them.

**Basic Allowance for Housing (BAH).** January 1st marked another year of the housing allowance called Basic Allowance for Housing (BAH). BAH is based on geographic duty location, pay grade, and dependency status. The intent of BAH is to provide uniformed service members accurate and equitable housing compensation based on housing costs in local civilian housing markets, and is payable when government quarters are not provided. Effective January 1, 2000, most pay grades, at most locations, were entitled to increased housing allowances. In areas where the published BAH for a grade is lower than last year, individuals will continue to receive the higher amount, indefinitely, until an interruption in eligibility, defined as a PCS move or change in dependency status.

DoD and the Services developed BAH to improve and enhance housing allowances for all members, taking into account complaints with the old VHA program.



Eligible members will receive one monthly dollar amount for BAH, in place of separate Variable Housing Allowance (VHA) and Basic Allowance for Quarters (BAQ). A *grandfathering* provision, known as rate protection, will keep individuals from experiencing reductions in housing allowances, as long as their status remains unchanged. Practically speaking, this means individuals will be entitled to the 1 January, published BAH rate, or the amount of housing allowance they were being paid 31 December, whichever is larger. Rate protection contin-

ues until the member incurs a change in status, defined as 1) a PCS move, 2) a decrease in grade, or 3) change in dependency status. Promotions are specifically excluded in the definition of a change in status. Like BAQ, BAH distinguishes between with-dependents and without-dependents, but not the number of dependents. BAH rates are computed as whole dollar amounts, rounding to the nearest dollar.

For more information: <http://www.dfas.mil/money/milpay/>

Basic Allowance for Housing Compared to VHA/BAQ	
Problem: VHA/BAQ	Remedy: BAH
Member gets less allowance when new rates are lower	Rate Protection -- When new rates are published, (Jan 1) no individual will see a decrease in the BAH they are receiving
Creeping growth in out-of-pocket costs	Delinked growth in allowances from the pay raise, which historically lagged behind housing inflation
The so-called Death Spiral: When low allowances force members into inadequate housing, and they report low costs on the VHA survey, which, in turn, drives the allowances further down	Fairer, more accurate measurement of housing costs, based on housing costs in each area--not what the member is spending
VHA OFFSET	BAH is a flat rate, so members spending less than their housing allowance no longer have their allowance reduced
Geographic/ pay grade inequity	Same dollar amount out-of-pocket for a given pay grade at all geographic locations. Same percent out-of-pocket for every grade*  *relative to the nation-wide (NOT local) median cost of housing by pay grade
Burdensome annual re-certification of actual housing cost	No need to furnish copies of leases or mortgage documents
Pay grade rate inversions	Burdensome annual member survey of housing costs
Burdensome annual member survey of housing costs	No VHA survey
Drastic changes in any year	Multi-year transition
Slow response to housing cost inflation	BAH based entirely on <b>current</b> housing market data

**Did you know...**

By the end of the Civil War, between one-third and one-half of all U.S. paper currency in circulation was counterfeit. Source: Federal Reserve.



## Thrift Savings Plan

*Authorization for a tax-deferred TSP*

The National Defense Authorization Act for Fiscal Year 2000 along with the Floyd D. Spence National Defense Authorization Act for the Fiscal Year 2001, authorize a Thrift Savings Plan (TSP) for military members.

A Thrift Savings Plan (TSP) is a retirement savings and investment program that has been available to civilian employees of the Federal Government since 1986. The purpose of the TSP is to provide retirement income. It offers participants the same type of savings and tax benefits that many private corporations offer their employees under the "401(k)" plans. It allows members to save a portion of their basic pay in a special account. Both the money placed into this account and its earnings would be tax-deferred until withdrawal. So, members who save \$1,000 and are in a 15% tax bracket, save \$150 in taxes for that year. Not only is there a tax savings in the year the money is placed in the account but there are more future earnings because the money saved on taxes goes to work making more money. Because the earnings are not taxed until withdrawn, the compounded growth can be substantial. This is a retirement account and the money cannot normally be withdrawn, without penalties, until the member reaches the IRS specified age of 59½. Participants will be permitted to borrow against their TSP ac-

counts at very favorable rates. These loans may be used to pay for cars, purchase a home, or meet a personal need for extra cash.

Current plans would allow a member to deposit 5% of basic pay and any amount from special and incentive pays and bonuses into a TSP up to the IRS limit, currently \$10,500 per year. Unlike the Federal Employee Retirement System's Thrift Savings Plan, the government will not provide any matching funds. Even without a matching contribution, TSPs are an excellent way to save for retirement--because their tax-deferred status enables the funds to compound more rapidly than in a taxable savings account or mutual fund.

Though the military TSP is managed by the Federal Thrift Savings Board that manages the federal civilian TSP, the military TSP will be tracked in separate accounts called UNISERV. The selection of funds will be the same as the federal civilian TSP.

There is one case where matching funds may be offered. The Secretary of Defense is permitted to establish a retention incentive that would allow matching funds of up to 5% of pay for a 6-year service commitment. For more information: <<<http://pay2000.dtic.mil/>>> or <<[http://militarypay.dtic.mil](http://militarypay.dtic.mil/)>> or <<<http://www.tsp.gov/uniserv/index.html>>>

## Retirement Choice

*For those who entered after July 1986*

Members who entered the service after July 31, 1986, will be given a choice of retirement plans at their 15th year of service. There are two options:



- ◆ Take the pre-1986 retirement system (High-3 System) OR
- ◆ Elect to receive a one-time lump-sum Career Status Bonus (CSB) and have length-of-service retired pay computed under the post-1986 retirement system (the Military Retirement Reform Act of 1986, or 1986 MRRA, commonly known as REDUX). This option is referred to jointly as the CSB/REDUX option.

Both options have their own merits. Neither is universally better than the other. Which option is more advantageous can only be determined by each individual for his or her own unique circumstances and preferences.

For more information or to use the Retirement Calculator: <<<http://pay2000.dtic.mil/> or <<[http://militarypay.dtic.mil](http://militarypay.dtic.mil/)>>



**AAFES RELEASE NO. 01-014**  
**RELEASE DATE: February, 2001**

**AAFES tests program to eliminate Social Security number on checks**

DALLAS - In today's financial climate, where the issue of personal privacy is of the utmost importance, the issue of Social Security numbers on checks is fast becoming a major concern among shoppers everywhere. Army and Air Force Exchange Service (AAFES) customers are no different and share in the concern that the use of Social Security Numbers on checks is an open invitation for identity theft.

In an effort to eliminate the need for Social Security Numbers on checks, AAFES has set up a three-phase process. The first phase was a pilot "proof-of-concept" test conducted in November 2000 at five military installations. These sites were at the HQS AAFES store in Dallas, and the Fort Sam Houston MCSS, Service Station and Shoppette; and the Lackland AFB MCSS, Shoppette and Autopride in San Antonio, Texas.

Currently, AAFES cashiers enter the Social Security number of the sponsor of the check. Under the new system, the Social Security number of the person presenting the check will be entered. This will be accomplished by taking the Social Security number off the presenter's ID card. The Social Security Number will not be required to be shown on the check. The check will be scanned using MICR reader technology, reading the routing number, account number and check number.

The testing period for what AAFES calls its "Check Acceptance Test" began in early February at the exchanges in San Antonio and is expected to run through late February. If the program goes as expected, a world-wide rollout is planned to start in early April.

"It is AAFES' policy to take every practical step to ensure the privacy of the service members, retirees and the family members we serve," said Tim Bailey, Chief of AAFES' Management Information Systems Fiscal Support Branch. "AAFES has made this commitment as a part of our mission to better serve our customers throughout the world."



 **Two-Party Check Fraud**

**DALLAS** – An increase in fraud has the Army and Air Force Exchange Service (AAFES) emphasizing the negative consequences that can result when customers cash checks for unknown or unreliable second parties.

"The convenience exchange customers enjoy when cashing a check made out to them from someone else can be costly," said Col. George W. Pease, chief of AAFES' Loss Prevention Division. "Particularly if that someone else has insufficient funds, bad intentions or both."

Many customers fail to realize that the debt and fees created by fraudulent two-party checks become the legal responsibility of the individual cashing the check, not the check writer. Additionally, under AAFES' policy, the individual cashing the bad check, and his or her family, face suspension of check cashing and credit privileges at exchange facilities.

"The typical two-party check fraud victim is an exchange customer with full privileges who unwittingly

cashes a check for an individual whose checking account is overdrawn," said Pease.

Though adults make up the majority of victims, minors are increasingly the targets of two-party check fraud. Exchange stores have reported instances where suspected gang members have paid minors to cash stolen checks.

In addition to spreading the word about the increasing threat, AAFES is stepping up internal prevention measures, said Robert A. Eaves, chief of training and procedures for Loss Prevention.

AAFES has implemented worldwide training to inform its employees of the growing problem and to develop improved means of heading off bad checks. The training emphasizes that employees, in addition to verifying the check casher's eligibility and fund availability, are to verify the check writer's too, when possible.

The sign AAFES requires each of its check cashing facilities to post already lists the responsibilities and requirements associated with two-party checks. AAFES is exploring the potential benefit of modifying, or adding, to existing signs, Eaves added.



## Army and Air Force Exchange Service (AAFES)

**July 25, 1895** the War Department issued General Order number 46 directing post commanders to establish an exchange at every post where practicable. This general order set the standard for the concept and mission of today's exchange service.

Since that time, AAFES has been supporting the military community through various programs and initiatives to include setting up *Field Exchanges* when units are deployed to remote locations. In this section I will briefly show some of the highlights...for more information go to <<<http://odin.aafes.com/Bases/index.asp>>>

*Look through the on-line catalog, check out the movie schedule, get information on the latest sales, order from the Army Military Store (Clothing Sales), look for special promotions, shop the on-line bookstore, and view employment opportunities. You can also find maps and directions to any AAFES facility.*

### **AAFES RELEASE NO. 01-011** **RELEASE DATE:** February, 2001

#### **AAFES Awards Bonus Bonds for Bright Brats - "You Made the Grade" Program**



DALLAS – " You Made the Grade" Program, the most successful coupon program in the history of the Army and Air Force Exchange Service (AAFES), is about to get better. This year, even more military family members will be rewarded for their academic efforts. In cooperation with the Procter & Gamble Company, Inc., AAFES will increase the value of the January sweepstakes drawing from \$10,000 to \$60,000. Additional drawings for \$10,000 each will be held in April, July and October, for a grand total of \$90,000. Twenty-seven students in all will win savings bonds, and many thousands of others will take home coupon packages worth \$50 in brand-name discounts.

Started in February 2000, the "You Made the Grade" Program is designed to reward students in grades six through 12 for above-average academic achievement, and to inspire them to work that much harder. Last year the program awarded thousands of dollars in discounts on brand name merchandise favored by teens, and distributed \$30,000 in U. S. Savings Bonds among nine deserving students from around the world.

Students wishing to participate should bring their B-average or better report cards to their local AAFES main exchange in order to receive their coupon packages. Sweepstakes entry forms are included in the coupon packages, and should be mailed to the address shown on the form. Students may receive one coupon package per report card, but may enter the sweepstakes only once every three months. See your exchange manager for details, and *keep studying!*

### **AAFES RELEASE NO. 01-012** **RELEASE DATE:** February, 2001

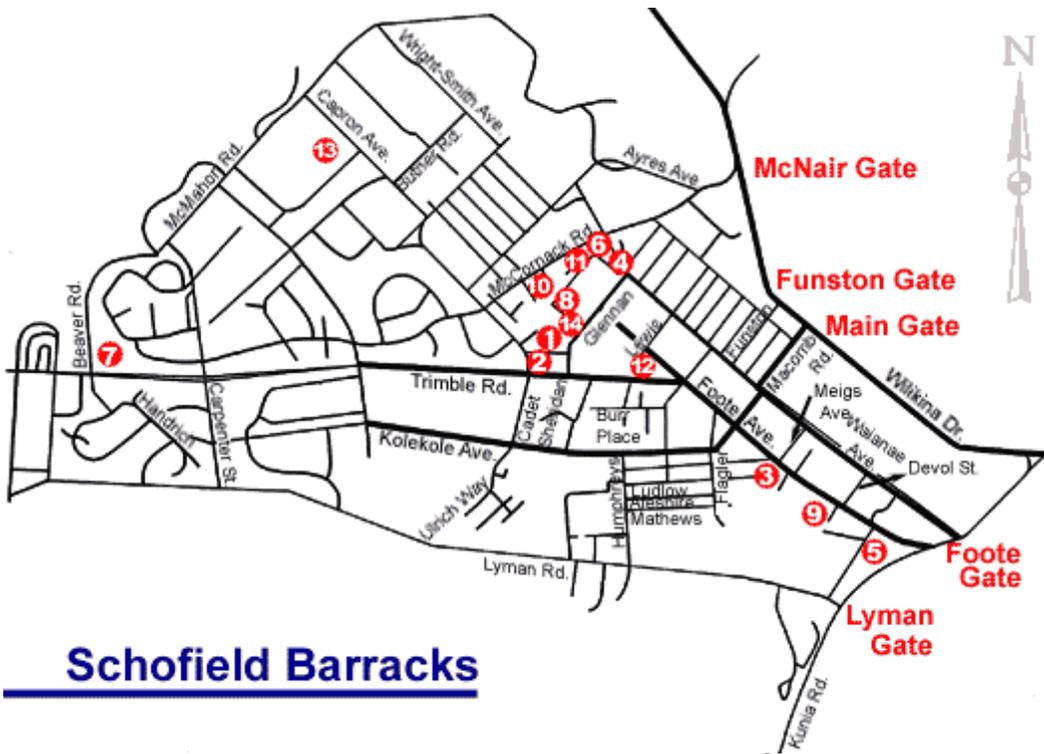
#### **Military Star card interest rate lowered again**

DALLAS -- For the second time in the past four weeks, The Federal Reserve has lowered key interest rates by one half percent. As a result, banks also reduced their prime lending rate by one half percent. The Military Star card is reducing its interest rate from 13.75 percent to 13.25 percent, effective 15 February 2001. On January 17th, the interest rate on the Military Star card was lowered from 14.25 percent to 13.75 percent.

The Military Star card is accepted at all AAFES, NEXCOM, MCX and Coast Guard exchanges, including catalog and

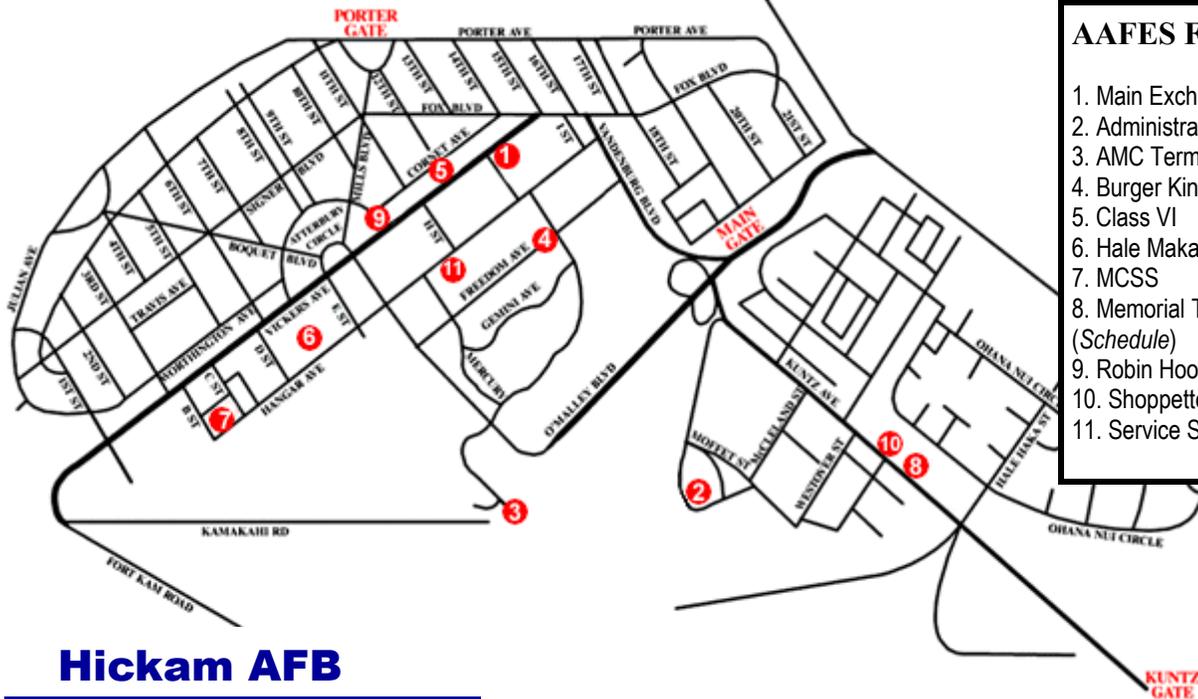
military clothing stores operated by AAFES and Marine Corps exchanges. The new rate does not apply to UCDDP/Military Sales Plans, special promotions already in existence, customers on deployment whose balances are treated under special conditions or those who have balances at reduced rates. Deployment is defined as travel overseas in conjunction with JCS deployment orders.

The interest rate is computed by adding 4.75 plus the U.S. prime rate. This decrease maintains the highly competitive rate of the Military Star card. According to [www.bankrate.com](http://www.bankrate.com), bankcard variable interest rates now average as follows: Standard cards, 17.09 percent; gold cards, 16.56 percent; and platinum cards, 16.51 percent.



**Schofield Barracks**

- AAFES Facilities**
1. Main Exchange (PX)
  2. Alteration Shop/ Laundry/ Dry Cleaning/ Class Six/ Furniture Store/ MCSS
  3. Barber Shop
  4. Burger King
  5. Car Care Center
  6. Four Seasons/ Toyland
  7. Kolekole Shoppette
  8. Long Distance Phone Center
  9. Paradise Shoppette
  10. Popeye's Chicken
  11. Rent-A-Car
  12. Sgt. Smith Theater (Schedule)
  13. Sunset Shoppette
  14. B&T Auto Sport



**Hickam AFB**

- AAFES Facilities**
1. Main Exchange
  2. Administrative Offices
  3. AMC Terminal Exchange
  4. Burger King
  5. Class VI
  6. Hale Makai
  7. MCSS
  8. Memorial Theater (Schedule)
  9. Robin Hood
  10. Shoppette
  11. Service Station

**Additional Sites:**

1. Aliamanu
2. American Samoa
3. Bellows AFS
4. Ft Derussy
5. Ft Shafter
6. Helemano
7. Hickam AFB

8. Johnston Island Exchange
9. Keaukaha Military
10. Maui Exchange
11. Pohakuloa Training Area
12. Schofield Barracks
13. Tripler Med. Center
14. USAR Const. Res. Center
15. Waianae Recreation Area
16. Wheeler AFB

For information on additional locations:

<<[http://www.aafes.com/conus\\_wer/hawaii/chooser.htm](http://www.aafes.com/conus_wer/hawaii/chooser.htm)>>

OR

<<<http://odin.aafes.com/Bases/index.asp>>>



## Army Community Service (ACS).

ACS assists active duty and retired soldiers and their family members, and Department of Defense civilians with relocation and other quality-of-life concerns. The services and programs they offer include:

- ◆ Consumer Affairs and Financial Counseling
- ◆ Exceptional Family Member Program
- ◆ Information, Referral and Follow-Up
- ◆ Emergency Food Assistance
- ◆ Family Advocacy
- ◆ Food Stamp Assessment Class
- ◆ Lending Closet
- ◆ Relocations Assistance Program
- ◆ Foster Care Program
- ◆ Army Emergency Relief (AER)
- ◆ Family Member Employment Assistance Program
- ◆ Installation Volunteer
- ◆ Unit Service Strategy Coordinators

**Emergency Food Locker.** The Emergency Food Locker program provides short-term emergency food assistance to families in need. Eligible clients receive a one to three day supply of food until the clients can get the help needed. Clients are linked with an Information, Referral and Follow-Up Specialist for additional assistance as needed.

### Information, Referral, and Follow-Up Program.

This program assists families with any problem, con-

**Army Emergency Relief (AER)** is a private nonprofit organization incorporated in 1942 by the Secretary of War and the Army Chief of Staff.

### Who Does AER Help?

- ◆ Active duty soldiers, single or married, and their dependents
- ◆ ARNG and USAR soldiers on active duty for more than 30 days and their dependents
- ◆ Soldiers retired from active duty for longevity or physical disability, and their dependents
- ◆ ARNG and USAR soldiers who retired at age 60, and their dependents
- ◆ Surviving spouses and orphans of soldiers who died while on active duty or after they retired

### What Can AER Do?

- ◆ Help with emergency financial needs for:
  - Food, rent or utilities
  - Emergency transportation and vehicle repair

### *Volunteers...*

*Are always needed and welcome at ACS no matter what your talents may be. You can donate as much or as little time as you desire.*

*Volunteers receive on-the-job training and FREE CHILDCARE for the time spent doing volunteer work for ACS.*

*Schofield Barracks Area  
Bldg. 824, Wheeler Army Airfield  
656-1900  
Monday-Friday 7:30 am to 4:30 pm*

cern, or question. ACS staff assess the scope of the problem and provide resources for developing solutions. If necessary, referrals to military and civilian agencies are provided to assist with personal, financial, family and marital problems.

- Funeral expenses
- Medical/dental expenses
- Personal needs when pay is delayed or stolen

- ◆ Give undergraduate-level education scholarships, based primarily on financial need, to children of soldiers

### What Can't AER Do?

- ◆ Help pay for nonessentials
- ◆ Finance ordinary leave or vacation Pay fines or legal expenses
- ◆ Help liquidate or consolidate debt
- ◆ Assist with house purchase or home improvements
- ◆ Help purchase, rent or lease a vehicle
- ◆ Cover bad checks or pay credit card bills

### How Do I Find AER When I Need Help?

- ◆ First, see your unit commander
- ◆ Then, go to your AER Section at ACS



### What Should I Bring With Me?

- ◆ Military ID card
- ◆ Leave and Earnings Statement
- ◆ Leave/PCS orders
- ◆ Substantiating documents (car repair estimate, rental agreement, utility bill, etc.)

### How Long Does It Take To Get AER Help?

You can expect a quick decision on your request for assistance.

### What Kind Of Assistance Can I Expect?

- ◆ An interest-free loan
- ◆ A grant (an outright gift of funds) if repayment of loan will cause undue hardship
- ◆ Part loan and part grant

### Is There A Dollar Limit On AER Help?

No. AER assistance will meet your emergency need.

### Do I Have To Contribute To AER To Get Help?

No. If you are eligible for AER assistance and have a valid emergency need, AER will help you.

### Does AER Get Its Money From The Government?

No. AER does not receive any appropriated or non-appropriated government money.

### From Where Does AER Get Its Funds?

- ◆ Voluntary contributions from active and retired soldiers
- ◆ Repayment of AER interest-free loans
- ◆ Income from investments
- ◆ Unsolicited contributions

For more information: <<<http://www.aerhq.org/>>>

**Contributions:** AER is supported by voluntary contributions from soldiers (active and retired) solicited during the Army's annual fund campaign for AER. Contributions are also accepted at any time from Army or civilian individuals or organizations. Contributions may also be made in the form of memorials honoring deceased soldiers or family members, as bequests from individuals or estates or as special donations. Over 90 cents of every dollar you contribute goes to help military families in need, and

all contributions are fully tax deductible.

The AER fund raising campaign is conducted annually by the U.S. Army from **1 March through 15 May**. Contributions may be given to any AER section or can be mailed to:

**HQ AER**  
**200 Stovall Street, Room 5N13**  
**Alexandria, VA 22332-0600**



## Legal/Administrative

The Staff Judge Advocate's Office advises you and your family about personal legal affairs, including Wills, Power-of-Attorney, adoptions, name changes, landlord and tenant relations, consumer affairs, marital rights and obligations, and other legal matters. In addition, Notary Public services are normally available. All assistance is free. However, some legal matters involve civilian court proceedings. Military attorney's generally may not represent you in court but can refer you to civilian attorneys or to civilian legal services agencies that may be able to represent you. You may ask a Legal Assistance Officer to read and advise you on any contract free of charge. Never sign a contract without completely reading and understanding it. Never accept verbal promises, which are not written into the contract. Do not make important, expensive purchases without consulting with your spouse. Be prudent and cautious in spending money and especially in using your Power-of-Attorney.

It is important for you to have in your possession certain documents and family records. Should an emergency arise, you may need some or all of those documents. Refer to the checklists in this handbook for some examples of those important documents.

### Power-of Attorney:

- ◆ **General Power-of-Attorney:** Authorizes you to conduct all family business which would otherwise require your spouse's presence.
- ◆ **Limited Power-of-Attorney:** Authorizes you to conduct only the matter specified in the document.
- ◆ **Medical Power-of-Attorney:** Authorizes a person (other than yourself) to authorize medical care for family members should you not be available. Normally used for someone who regularly provides childcare for your family.



## Domestic Violence and Abuse

Domestic violence is a pattern of coercive, controlling behavior that can involve physical, sexual, verbal, or emotional abuse. Although almost anyone can be a victim of domestic violence, women are, by far, the most common victims. In homes where domestic violence occurs, children are also at risk for physical and emotional abuse. Domestic violence is often witnessed by children in the home causing hurt from being exposed to psychological and physical abuse and sometimes perpetuating the problem. Children who grow up in violent homes are more likely to become violent themselves. The following is a list of the different types of abuse and their definitions.

### Types of Abuse

- ◆ **Physical-** slapping, punching, burning, pushing, biting.
- ◆ **Verbal-** hurtful statements like "You're stupid," "You're ugly," or threats like "If you do that again, I will kill you."
- ◆ **Emotional/Psychological-** being denied love or affection; neglect (not being given proper clothing, attention, food, or housing).
- ◆ **Sexual-** being touched in a way that is sexual or unwelcome, being forced to have intercourse, being made to look at sexual photographs or movies.
- ◆ **Domestic Violence-** witnessing the adults who live with you hitting or abusing other or another family member.

### Statistics on Domestic Violence

- Domestic violence is the leading cause of injury to women.
- Every 9 seconds a woman is beaten.
- 95% of all domestic violence victims are women.
- Women age 20 - 34 endure the highest rates of domestic violence.
- Women are more likely to be attacked by someone they know rather than by a stranger.
- Nearly 2 in 3 female victims of violence were related to or knew their attacker.
- Every year an estimated 4 million women in the United States are severely assaulted by their partners.
- 42% of all murdered women are killed by men who profess to love them.
- An estimated 90% of abuse goes unreported.
- 70% of abusers will ultimately abuse their kids.

### How do I know if I am being abused?

Sometimes it's hard to admit you are being abused. The following questions are to help you in determining if you or someone else you know are in an abusive situation.

### ***Does your partner:***

- Control where you go and what you do?
- Constantly criticize you and your abilities as a wife or partner, mother or employee?
- Behave in an overprotective manner?
- Threaten to hurt you, your children, pets, family members, friends, or himself?
- Get suddenly angry, or "lose his temper"?
- Destroy your personal property?
- Hit, punch, slap, kick, shove, or bite you?
- Prevent you from working, attending school, or going where you want to when you want to?
- Deny you access to family assets such as bank accounts, credit cards, or car?
- Force you to have sex against your will?
- Insist that you engage in sexual acts which you do not enjoy?
- Insult you or call you names?
- Use intimidation or manipulation to control you or your children?
- Humiliate you or your children in front of others?
- Turn minor incidents into major arguments?
- Blame his behavior on you, or on his "temper", "stress", or drugs/alcohol?

Have any of these incidents happened more than once in your relationship? Over time have they increased in number or severity? If so, you may be a victim of domestic violence. ***You are not the one to blame, and know that you are not alone.*** Help is available.

### Personal Safety Plan

Victims of abuse should always have a personal safety plan ready to go in case a severe incident occurs.

1. Decide where you will go and how you'll get there the next time he becomes violent.
2. Leave \$20 or more, an extra set of car keys, and extra clothing hidden outside of your house or at a neighbor's house.
3. Keep important documents (birth certificate, medical records, financial records, marriage license, etc.) hidden near an exit or at a neighbor or friend's house.
4. Tell someone you can trust about the violence. Try



to develop friendships with neighbors. Ask them to call the police if they hear suspicious noises coming from your house.

5. Develop a code word with your children, neighbors and friends that lets them know you need to get out now.

6. Let your children's teachers and school principals know enough about your situation to respond supportively in a crisis situation. Ask them not to release the children to their father if you should report to them that you are about to leave home.

7. During an episode of abuse, try to avoid being cornered in a bathroom, garage, kitchen, near weapons, or near any other place where there are sharp or heavy objects.

8. Do not try to fight back if he seems to be "building up", especially if he is drunk or on drugs...instead, get

out of the house. If you cannot leave safely, keep your back towards an open space, not a corner.

9. If you do leave, always take your children.

10. Call the police at 911 to report any incident of violence.

For more information go to: United States Department of Justice <<<http://www.usdoj.gov/>>>

Or call:

Hawaii State Coalition Against Domestic Violence  
 98-939 Moanalua Road  
 Aiea, HI 96701-5012  
 Phone: 808-486-5072  
 FAX: 808-486-5169

## If you or someone you care about is in an abusive situation seek help!

**Joint Military Family Abuse Center.** The Center has a [24-hour Crisis Hotline, 533-7125](tel:533-7125).

The location of the Shelter is Confidential for the protection of those who seek help there.

This Center provides a safe refuge for abused military spouses (with or without children) and abused children, if accompanied by a non-abusing parent.

Transportation to the shelter can be arranged, and there is no fee for the services provided.

**To report child and spouse abuse during duty hours:**

Schofield Barracks—433-8575

Fort Shafter Area—433-6690

State of Hawaii Child Protective Services accepts child abuse calls 24 hours a day, call 832-5300.

### Help is Available

**Police/Ambulance** ..... 911

**Shelters** (Safe place to stay)

24 Hour Hotlines—*Oahu*

Shelter Hotline ..... 841-0822

Military ..... 533-7125

Windward ..... 528-0606

**Counseling and Support**

Family Peace Center ..... 596-0900

Developing Options to Violence ... 532-5100

**Legal Support**

Domestic Violence Clearinghouse and Legal Hotline

Oahu ..... 523-3771

AmeriCorps SAVD ..... 800-839-5200

**Sex Abuse Center**

Oahu ..... 524-7273

**Child Protective Services**

Oahu ..... 832-5300



## MEDICAL CARE.



During your in-processing to the 25th Infantry Division (Light) you will need to transfer your family to TRICARE Pacific Region. You will also need to choose a primary caregiver within the local military medical community. You will be given a choice of using the Tripler Army Medical Center (TAMC) or the Schofield Barracks Clinic.

Schofield Barracks Clinic—TAMC is some distance away from Schofield Barracks and during high traffic may take a considerable amount of time to get to an appointment. So, if your family is going to be living on Schofield Barracks and your family's medical needs are somewhat routine then you might want to choose the Schofield Medical Clinic. Whenever necessary the Schofield Clinic will refer you to TAMC for special services.

- FP Appointment Line 433-2778, then 1, 4, 1
- FP Appointment Cancellation Line 433-8010

The Family Practice (FP) Service is located in Building # 682. Access is via the adjoining Health Clinic main entrance in Building # 676. You need to check in for all appointments at the Family Practice reception desk, which is located to the left of the main entrance as you enter the building. You will also notice that the medical records section and the pharmacy are located in this same area.

### Directions:

*To get to Schofield Barracks:* The Clinic is on the corner of Waianae Avenue and Ayres.

- Turn into Macomb Gate from Hwy. 99 (Wilikina Drive).
- Proceed to Waianae Avenue (must turn right on to Waianae Ave.)
- Remain in the right lane after turning on to Waianae Avenue. Continue down Waianae Avenue to the four-way stop sign at the intersection with McCornack Road.
- Turn left on to McCornack Road and proceed up the small hill and turn left into the large parking lot at the top of the hill, just past Building # 690, Grant Hall. This is the Health Clinic parking lot.

Tripler Army Medical Center (TAMC) - If you live on Aliamanu Military Reservation (AMR) in the Red Hill area you would be closer to TAMC than to Schofield Barracks and so may want to choose TAMC as your clinic.

TAMC Appointment Line 433-2778, then 1, 2

### To get to Tripler:

- Take H2 South to H1 East,
- Exit H1 at Exit 13 (78 East) and follow 78 until you reach the Tripler exit.
- After the exit, stay in the left lane, turn left at the first light, stay on that road (right lane) and it will take you to the medical center.

*Note: Make sure when you Exit H1 that you don't take the AIEA exit which is to the right, if you do it'll take you a while to get back on course . Also, if you accidentally get on H3 instead of 78 you will have to go all the way to Kaneohe Bay before you can turn around.*

### To take the Bus Service—

Military shuttle bus service is available Monday through Friday, to the following bases and pickup sites as listed:

- Hickam AFB - 1 A
- Schofield Barracks - 4G
- Fort Shafter - 4G
- Pearl Harbor - 1A
- Schedule available at the A-Wing and G-Wing Information Desks.

The public bus service runs at 10 minutes after the hour until 10 p.m., seven days a week, at the cost of \$1 (exact fare required). Bus stops are located outside the E, D, and G-Wings. The Information Desk may be reached at 433-6661.

For more information on TAMC, Schofield Barracks Clinic, or any of the programs they offer go to <<<http://www.tamc.amedd.army.mil/>>>

**Ambulance on or off post—911**  
**Acute Care Clinic (ACC) - 433-8850**  
**Schofield Barracks FP Nurse Line—433-8155**

**YOU CANNOT ATTEND ANY APPOINTMENT OR IMMUNIZATION WITH CHILDREN THAT DON'T HAVE AN APPOINTMENT.**



**Acute Care Clinic (ACC).** The ACC provides care to patients experiencing acute illnesses or injuries. In addition to providing acute care to walk-in patients, the ACC provides 24-hour Basic Life Support Ambulance Services. All individuals must be enrolled in either TRICARE Prime or Tripler Silver, and enrolled at the Schofield Barracks Health Clinic to be eligible for care.

The Acute Care Clinic is located in Building # 684 on the first floor. Access is via the ACC front door facing the entry driveway from Waianae Avenue.

Hours: 6:00 A.M. – 9:00 P.M.  
Ambulance—24 Hours

Each patient arriving for care at ACC is evaluated by medical personnel and assigned an urgency priority based on their assessed condition:

1. Emergent Patients with life-threatening conditions are considered as first priority and will be seen ahead of all other patients.
2. Urgent Patients with stable but serious conditions are seen ahead of all but Emergent patients, and will be seen by the physician within 15 minutes.
3. Non-Urgent Patients with stable, non-life-threatening conditions.
4. Routine Patients assessed as having a condition considered chronic.

In order to improve the care available to patients with life-threatening or serious conditions, patients assessed as either Non-Urgent or Routine will be given an appointment with their Primary Care Provider either the same or next day depending on appointment availability.

**Defense Enrollment Eligibility Reporting System (DEERS).** Active duty military personnel are automatically enrolled in the DEERS program, but it's up to the active duty soldier to ensure that his or her family members are enrolled. Family members can be denied health benefits other than emergency care if they are not enrolled in the DEERS program, so be sure to enroll them as soon as possible. To enroll a new spouse, take your marriage certificate to the local military personnel office. To enroll a newborn take their birth certificates to the personnel office. For more information on DEERS call 433-9166 or 9167.

**Fisher House.** The Fisher House provides out-of-town family members with a place to stay that's inexpensive and near TAMC. So, when the active duty soldier or their family members are in TAMC with severe injuries or illness the parents or other close relatives can be nearby. There is such a great request for these accommodations that the Tripler Army Medical Center PAO just announced a ground breaking for a second Fisher House in August 2001. A service charge of \$10 per night is charged but eligibility must be determined by Social Work Services. Social Work Service is located on the second floor of B-Wing of Tripler. The telephone numbers are 433-6606 or 433-6607. For more information on the Fisher House call 433-1291, 1292, or 1293.

A copy of the *Healthwise*® *Handbook* is issued to each soldier who in-processes any of the 25th ID(L) medical clinics.

Although this book does not take the place of a healthcare professional it is a valuable handbook. It covers a variety of healthcare issues and what to do to take care of you and your family's health.

If you do not get one when you sign in...ask for it.

For more information on the Fisher Foundation go to <http://www.fisherhouse.org/>.

**Blood Bank.** The Blood Bank provides a complete range of Donor Center and Transfusion services. If you are willing to donate, the Donor Center is located at 2A207 (just off the main elevator on the 2nd Floor). Donations include regular blood units, self-directed units for anticipated surgeries (autologous), and individual platelet collections (apheresis). There is always a high demand for all of these bloods and blood products.

In addition, each unit in the 25th ID(L) participates in a blood drive, which rotates through the units. Announcements are posted in many places to include the HAW.

Please call the Tripler Donor Center at 433-6195 for more information and/or an appointment, or leave a message at 433-6779 (Transfusion Services). Blood Donors do make a real difference. Donate today.

**Wellness Program.** If your spouse has TRICARE Prime, during the in-processing he/she will take a class with the "*Wellness Program*". Upon completion of this class, the soldier will receive a Wellness Card. Card holders can then obtain certain medications without a doctor's appointment. A list of these medications can be found on the following page.

The "*Wellness Program*" class is offered on Mondays and Tuesdays at 1:00 p.m. in Building # 673. For more information call **433-8675**.



### Wellness Program Self Care Medication Information

With our Wellness Program, you can check for your symptoms on the following list and pick the medications that will best suit your needs. After deciding what medication you would like to get, please present your Wellness Card at the “In Window” to obtain your self care medication request form and get what you need today without seeing your doctor. Read the intended use, directions, and warnings on the manufacturer’s packaging! Please ask to speak to a pharmacist if you have any questions. For more information call 433-8675.

*\*\*Use of brand names is only for simplicity; it does not mean the brand name will be issued or promoted by this facility.*



	Your Symptoms	Medications
	Allergy Symptoms—runny nose, sneezing, watering eyes, itchy eyes/nose	**Benadryl capsules 25 mg **Benadryl elixir
	Athletes foot, jock itch (fungal infections)	**Mycelex topical cream
	Cough due to colds or flu	**Robitussin DM syrup
	Diarrhea	**Immodium A-D caplets **Pepto-Bismol tablets
	Heartburn/Acid Indigestion	**Maalox Extra Suspension **Pepto-Bismol tablets *Zantac tablets
	Induce vomiting for emergency treatment of poisonings (if directed to induce vomiting)	Ipecac Syrup
	Minor cuts, scrapes, burns	Bacitracin Ointment
	Nasal or sinus congestion	**Sudafed tablets 30 mg, syrup **Afrin Nasal Spray
	Pain and/or fever	**Tylenol Drops, Suspension, Tablets 325 mg **Motrin Suspension
	Prevention of STDs and/or pregnancy	Condoms
	Skin itching, swelling, discomfort	Hydrocortisone Cream
	Vaginal yeast infection	**Mycelex Vaginal Cream

**Pharmacy**

Schofield Barracks Pharmacy is normally open on the first Saturday of the month to fill prescriptions.



## School Immunizations, are covered under the TRICARE Clinical Preventative Services Benefit.



Each year, school children entering specified grades are required to have immunizations at the start of the school year. While immunization requirements may vary slightly from state to state, most of these immunizations include diphtheria, pertussis and tetanus (DPT), measles, mumps, chicken pox, rubella, polio vaccine, and hepatitis B.

### The Immunization Clinic at Schofield

Barracks is open Monday through Friday 7:45 - 11:30 A.M. – 1:00 - 4:00 P.M. They offer a full range of adult and childhood immunizations, but they will only administer allergy immunizations on the orders of TAMC.

Once a year, right before the school year starts the Schofield Barracks Clinic will hold a school immuniza-

tion clinic. This clinic is normally held on a Saturday morning and is announced in the local military newspaper, the Hawaii Army Weekly (HAW). If your family is new to Hawaii you'll want to make an appointment for this clinic.

If you have questions call the Reception/NCOIC at 433-8145 or the Immunization Nurse 433-8146.

### Recommended Childhood Immunization Schedule

Hepatitis B - Protects against hepatitis B (liver disease)

\* If your teenager has never been immunized, consider getting your child's Hepatitis B "catch up" shot. Prevnar - On 2/4/00, the FDA approved this immunization to prevent disease caused by the bacteria - pneumococcus. This bacteria causes meningitis (infection of the covering of the brain) and blood infections (sepsis). The number of ear infections is reduced as well. Children at high risk may require immunization up to 59 months. Talk to your child's doctor to determine if your child may require additional immunization.

(D)iphtheria/(T)etanus/(P)ertussis - Protects against severe bacterial infections of throat/lungs(D), lockjaw or tetanus(T), whooping cough or pertussis(P). Use of safer "acellular" Pertussis (aP). Td=Tetanus/Diphtheria toxoid.

(H)emophilus (i)nfluenza Type (B) - Protects against a bacteria that causes meningitis infection of the covering of the brain), pneumonia, skin, & throat infections. A combination vaccine containing both Hib and DTaP or DTP is now available and can be given as one injection for infants who need both. There is also an Hib-Hepatitis B combination vaccine.

Polio - Protects against a virus that attacks the spinal nerves, causing paralysis There are two types: (I) nactivated (P)olio (V)irus (killed virus) and (O)ral (P)

olio (V)irus (live virus). It is safer to give the IPV to the younger child to decrease a possible Polio infection from the vaccine itself.

(M)easles, (M)umps, (R)ubella - Protects against viral infections of measles, mumps and "German Measles" (rubella) that can cause rashes, fever, and possible severe side effects such as heart damage, pneumonia, infertility, and when pregnant women are infected-birth defects.

Varicella - Protects against the viral skin disease (chicken pox) which can cause lung and brain infection in certain people. Immunization or non-immunized teenagers who have not had chicken pox should be given in 2 doses, 4 weeks apart.

**Did You Know?**

The term "the whole 9 yards" came from W.W.II fighter pilots in the South Pacific. When arming their airplanes on the ground, the .50 caliber machine gun ammo belts measured exactly 27 feet, before being loaded into the fuselage. If the pilots fired all their ammo at a target, it got "the whole 9 yards."



Schofield Barracks Clinic  
Photo courtesy CL Steenfott

## Recommended Childhood Immunization Schedule

[www.triwest.com](http://www.triwest.com)  
<http://www.tricare.osd.mil/immunization/>

As a TRICARE Clinical Preventive Services benefit, the following immunizations are available to all TRICARE beneficiaries in age-appropriate doses and at specified age intervals.

Age	Birth	1	2	4	6	12	15	18	4-6	11-16 years
	First Hepatitis B									
	Second Hepatitis B									
	Third Hepatitis B									
										* Hep B If never immunized
			Prevnar #1	Prevnar #2	Prevnar #3		Prevnar #4			
			DTaP #1	DTaP #2	DTaP #3		DTaP #4		DTaP #5	Td Booster
			Hib #1	Hib #2	Hib #3	Hib #4				
			IPV #1	IPV #2	OPV or IPV					OPV or IPV
						MMR #1			MMR #2	MMR - If teenager has not had their second dose
						Varicella				Varicella - if teenager has not had chicken pox or has not been immunized



**Tuberculosis (TB).** Generally, to attend daycare, school, or apply for a job in Hawaii, you must have a TB clearance. The PPD (TB test) is done in the Allergy/Immunization Clinic located in Building # 676. This test must be read between 48-72 hours after being administered; therefore, this test cannot be done on Thursdays. You will not need to schedule an appointment for this clinic. Hours of operation are 7:45 a. m. to 11:30 and from 1:00 p.m. to 4:00 p.m.

## Tuberculosis (TB)

Hawaii Department of Health  
1700 Lanakila Avenue  
Honolulu, HI 96817-2199  
Tel: 808-586-4580  
Fax: 808-832-5846

### What is tuberculosis?

Tuberculosis (TB) is a serious disease caused by bacteria called *Mycobacterium tuberculosis*. The disease usually affects the lungs, but other organs can also be affected. The disease is readily detected by skin test, chest X-ray, or by demonstration of TB bacteria in a clinical specimen. There are two distinct stages of TB. **TB infected** individuals are those who test positive on the TB skin test, but do not have the bacteria in their saliva and are without clinical symptoms. In contrast, **TB diseased** persons have TB bacteria in their saliva and are symptomatic for the disease.

### How do you get it?

Anyone can get TB. You can get it person-to-person through the air by droplets produced during coughing or sneezing. Those at increased risk of getting TB include older individuals with previous exposure to the disease and persons with weakened immune systems. Long-term exposure to individuals infected with the disease also increases the risk of getting TB.

### What are the symptoms of TB?

During the early stages of TB, the symptoms may be mild or entirely absent. With progression of the disease, tuberculosis can lead to loss of appetite, weight loss, chest pain, low-grade fever, persistent coughing with mucus (occasionally bloody), lots of sweating at night, and a general feeling of being ill.

### When do symptoms start?

A positive skin test may occur from 1 to 3 months after infection. If **TB infection** progresses to **TB disease**, it usually occurs within the first 6 to 12 months after infection.

### For how long is a person contagious?

Untreated or inadequately treated persons with **TB disease** (the patient shows symptoms of the disease and TB bacteria are found in the saliva) may remain contagious for years. Those with **TB infection** (TB bacteria are not found in the saliva) but without the overt disease are unable to spread the infection to others. Sometimes, tuberculosis may persist for a lifetime in the **TB infection** stage without progressing to **TB disease**.

### Should persons with TB be excluded from school or work?

Yes. Persons with TB should be excluded from school or work until authorized to return by their physician or the Department of Health.

### What is the treatment for TB?

The treatment usually consists of a combination of drugs. Generally, TB drugs are taken daily for 5 to 12 months. It is important that the exact medication plan be decided by a qualified health care provider. If left untreated, an individual with **TB disease** can become severely ill, and also transmit the disease to others. Untreated TB disease can be fatal.

### How can you keep from getting it?

The most important way to stop the spread of TB is to cover the mouth and nose when coughing. Persons with TB should be given prompt treatment with the appropriate medications. All medications prescribed by a doctor should be taken on time and without fail. Close contacts of a person with **TB disease** should seek prompt medical attention.

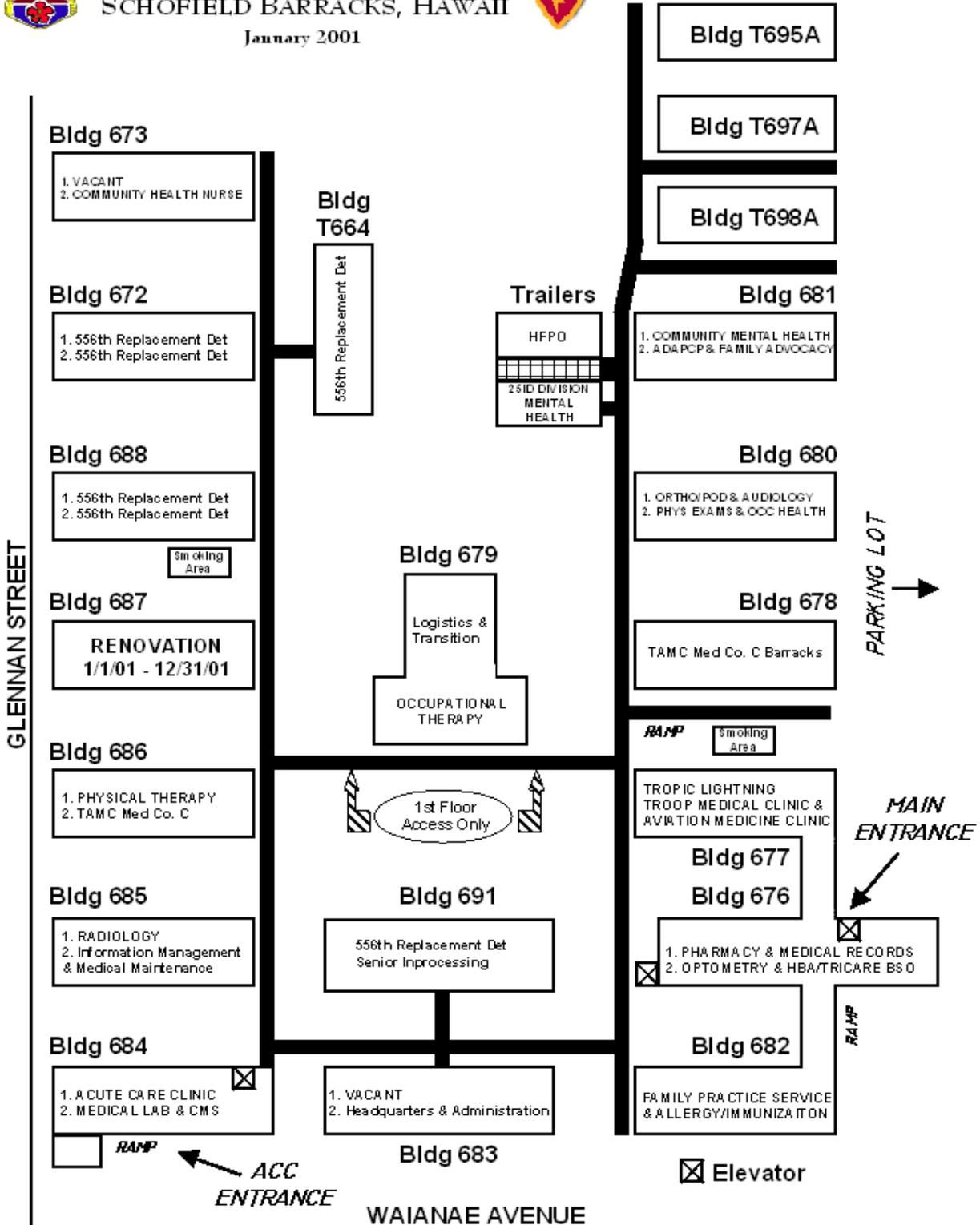




# US ARMY HEALTH CLINIC SCHOFIELD BARRACKS, HAWAII



January 2001





## Tripler Army Medical Center

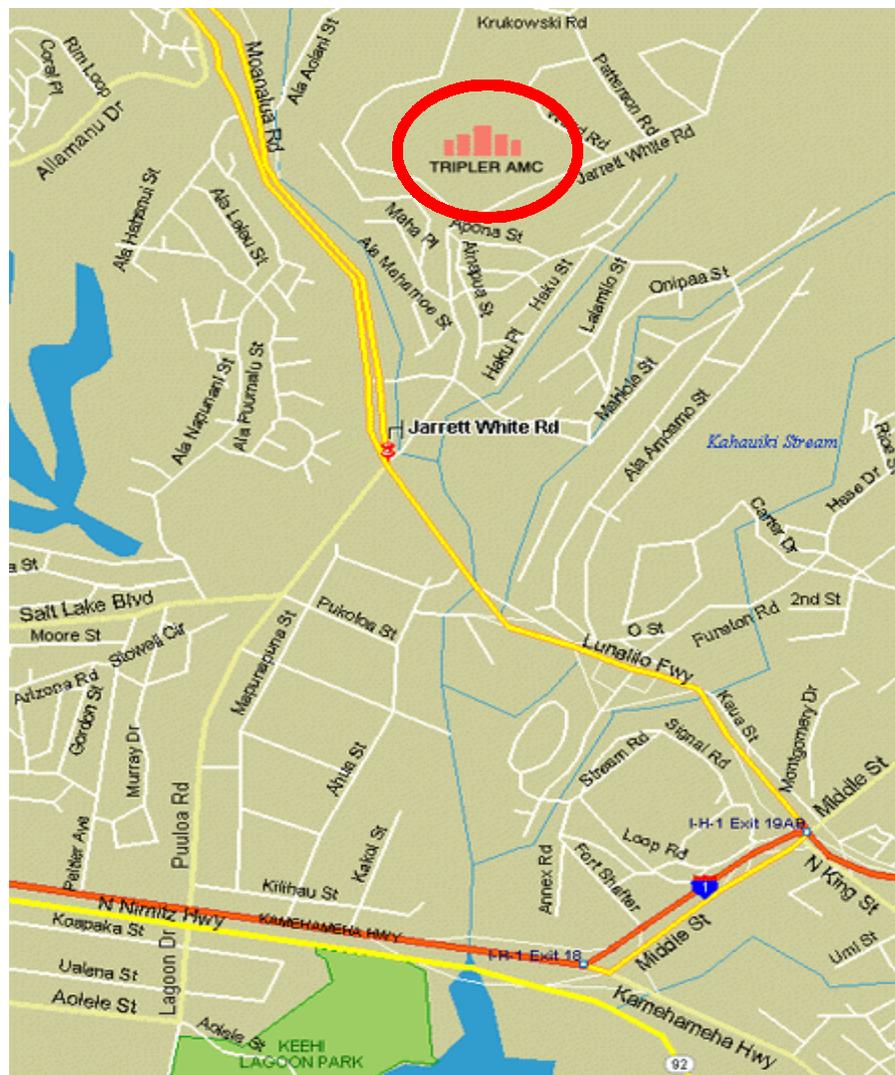
1 Jarrett White Road  
Honolulu, Hawaii 96859-5000 (808)  
433-6661



The architecturally distinctive coral pink structure atop Moanalua Ridge was dedicated on September 10, 1948 and has been a familiar landmark on the south shore of Oahu ever since.

From Schofield: Take H2 South to H1 East, Exit H1 at Exit 13 (78 East) and follow 78 until you reach the Tripler exit. After the exit stay in the left lane, turn left at the first light, stay on that road (right lane) and it will take you to the medical center. Tripler is the pink palace on the hill. It's hard to miss. The off-ramp leads to Puuloa Rd/Jarrett White. Parking and the Emergency Room are on your left.

**Photo and information:** <<<http://www.tamc.amedd.army.mil/>>>.





**Tripler Army Medical Center (TAMC)** is the largest military medical treatment facility in the entire Pacific Basin. Located eight miles from Waikiki, Tripler's area of responsibility spans more than 52 percent of the entire earth's surface.

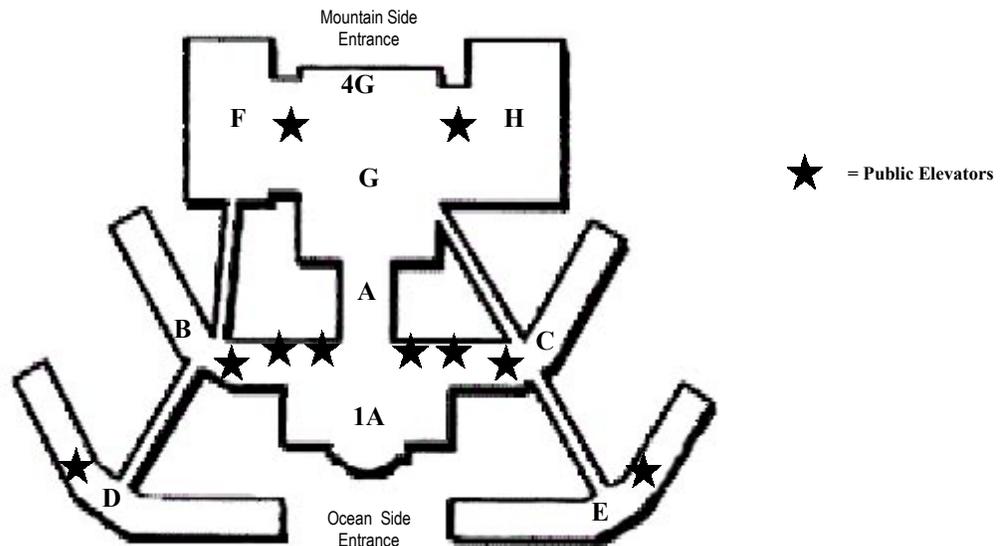
Close to 800,000 people are eligible to receive care at the Pacific Regional Medical Command's premier teaching medical center. This includes active-duty service members of all branches of service, their eligible families, military-eligible retirees and their families, veterans, and many Pacific Island Nation residents.

Tripler is a major teaching center that provides graduate education programs in medicine, general surgery, otolaryngology, orthopedic surgery, psychiatry, pediatrics, obstetrics and gynecology, radiology, pathology, urology, oral surgery, nursing anesthesia, and hospital administration. Also included are obstetrics and gynecology nursing courses offered at Tripler.

**Programs Offered:**

- |   |   |   |
|---|---|---|
| <ul style="list-style-type: none"> <li>• Aeromedical Evacuation</li> <li>• Alcohol and Drug Abuse, ADAPC</li> <li>• Army Community Service</li> <li>• Beneficiary Counselor and Assistance Coordinator</li> <li>• Birth Certificates</li> <li>• Blood Bank</li> <li>• Bus Service</li> <li>• Center Judge Advocate</li> </ul> | <ul style="list-style-type: none"> <li>• Child Development</li> <li>• Community Health Nurse</li> <li>• Community Library</li> <li>• COPE Program</li> <li>• Education Center</li> <li>• Exceptional Family Member Program Health Promotion Center</li> <li>• Human Animal Bond Program</li> <li>• Inspector General</li> <li>• LEAN Program</li> </ul> | <ul style="list-style-type: none"> <li>• Patient Representative</li> <li>• Religious Services</li> <li>• Support Groups</li> <li>• Tobacco Cessation</li> </ul> |
|---|---|---|

For more information on any of these programs contact your health care professional or go to: <<<http://www.tamc.amedd.army.mil/services.htm>>>



When you come to Tripler, it will be more convenient if you select the entrance nearest the wing in which you have an appointment. For appointments anywhere in the A and C Wings, the main entrance in A Wing will be the most convenient. For appointments in D and B Wings, use the D Wing entrance. For appointments in the F, G and H Wings, use the G Wing lobby entrance.

This and more information can be reviewed at <<<http://www.tamc.amedd.army.mil/>>>.



## Clinics

Please ask for assistance from Information Receptionists if you are unsure of the route of your destination or have any other questions about Tripler and its services. Unless specified otherwise, all Tripler extensions are reached by dialing 433 before the extension below. When you are inside the hospital, dial 3- and the extension.

(\*\*) Appointments are made through the clinics.

(\*) Appointments are made through the automation line **433-2778**. Listen to the various options and press the appropriate number desired.

Clinic name	Location	Extension
Adolescent Medicine **	4F	4165
Adult Medicine *	3H	
Adult Outpatient		6641
Internal Medicine		6641
Allergy *	4C	6334
Audiology *	3C	5742
Cardiology *	4A	6390
Dental **	GID	5370
Dermatology *	4C	5736
Ears, Nose & Throat (ENT) *	3C	5334
Family Practice & Emergency Medicine Service*	1D	3300
Hemodialysis **	4G	6445
Immunizations **		
(Adult)	4C	6334
(Child)	4F	6234
Medical Specialties	4H	4080
Endocrinology **	4C	6933
Gastroenterology *	4H	4078
Hematology/Oncology *	4H	4089
Infectious Disease **	4H	6513
Nephrology **	4H	3314
Rheumatology *	4H	4080
Neurology *	4C	5714
Neurosurgery *	2A	5239
Nuclear Medicine *	3A	9406
Nutrition *	4A	4950
OB/GYN *	4H	2778
Occupational Health **	7A	6835
Ophthalmology *	2C	9727
Optometry **	2C	5275

**Unless specified otherwise, all Tripler extensions are reached by dialing 433 before the extension. When you are inside the hospital, dial 3- and the extension.**



Clinic name	Location	Extension
Orthopedics/Podiatry	4F	6655
Pediatrics *	4F	6697
Physical Exams *	1D	3345
Physical Medicine **	3F	6428
Physical Therapy **	3F	6958
Plastic Surgery *	2A	5321
Psychiatry **	2B	
(Adult)		2737
(Child)		6418
Psychology **	1D	2778
Pulmonary *	4A	5769
Radiation Therapy **	G1D	6601
Radiology *	3G	6669
MRI	3H	2970
Speech Pathology **	3C	6488
Surgery *	2A	5756
Urology *	2A	6431
Vascular *	2A	5228
Well-Baby *	4F	9728

**Other important numbers:**

Hearing impaired phone lines  
 Info Center—433-4008 (24 hours)  
 Emergency Room—433-6629  
 Ambulance—911

Information Center—433-6661  
 Patient Representative—433-6336  
 Hawaii Military Info—449-7110  
 Patient/Clinic Info—433-2778  
 Adolescent Clinic—433-4165  
 (7:30 A.M. - 4:30 P.M.)

Schofield Barracks—433-8867

For more information go to TAMC  
 webpage at:

<http://www.tamc.amedd.army.mil/>



Sunset Beach

Photo courtesy CL Steenfott



## "TheBus" and "The Handi-Van"

were named *North America's Best Transit System for 2000-2001* by the American Public Transportation Association (APTA). "TheBus" carries about 260,000 passengers daily or over 80 million yearly, and collectively the fleet travels over 60,000 miles each day on Oahu. That's 2 1/2 times around the earth!

Most one-way fares are a \$1.50 and for students 75 cents, but if you plan to ride the bus a lot, it might be best to buy a monthly pass. You can purchase passes at the following locations:

- ◆ "TheBus" Pass Office
- ◆ Foodland Stores
- ◆ Star Markets
- ◆ 7-Eleven Stores
- ◆ Satellite City Halls
- ◆ UH Campus Center
- ◆ HPU Bookstore
- ◆ Plaza Convenience Store (Grosvenor Center)
- ◆ Chit Chat Store (near Tamarind Park)

For more information on fares: <<<http://www.thebus.org/Fare/Fare.asp>>> or call TheBus Information 848-5555 or Customer Service at 848-4500.

For additional information about "TheBus" system or to check out routes and schedules go to: <<<http://thebus.org/index.html>>> **This site will also show you information on some of the popular attractions that are located on the bus route and information on the following subjects:**

- Baggage Safety & Riding Tips
- Bicycles
- Did You Know That...
- Events & Information
- Links to other sites
- Mobile Watch
- NewsLetter
- Paratransit Services (Handi-Van)
- Phone Numbers
- Route Changes
- Timetable Pick-Up
- TheBus 2001 Holiday Schedule
- TheBus Tax Saving Bonus Pre-Tax Funds
- Wheelchair-lift Equipped Buses
- Zipper Lane



You can also obtain information on "TheBus" as well as information on the Trolley System at MWR/ITR.



Sharks Cove

Photo courtesy CL Greenfott



### CHAPEL SERVICES

by Susan West

Schofield Barracks  
Soldier's Chapel  
 Catholic—Sat 1700  
 Episcopal—Sun 0900  
 Lutheran—Sun 1100

Schofield Barracks  
Main Post Chapel  
 Protestant—Sun 0900  
 Catholic—Sun 1030  
 Gospel—Sun 1200

Wheeler Chapel  
 Catholic—Sun 0730  
 Protestant—Sun 1030

Helemano Chapel  
 Protestant—Sun 0900  
 Catholic—Sun 1100

AMR Chapel  
 Protestant—Sun 0845  
 Catholic—Sun 1030  
 Gospel—Sun 1200

Fort Shafter (T161)  
 Protestant—Sun 1100



### Protestant Women of the Chapel (PWOC)

by Sondra Wolfe and Stephanie Walters

The PWOC is a group of ladies who seek to meet the spiritual needs of its body through Bible Study, praise and worship, retreats, fellowship and prayer. We seek to learn more about who God is in our personal relationship with Him, in our marriages, our families and in our community. We welcome anyone interested.

The PWOC meets every Tuesday from 9 am—12 noon in Room 222 above the Peterson Childcare Center on Schofield Barracks. There is free childcare available for children ages 18 months and older during the meet-

ing. This is subject to change so call the Religious Education Office at 655-6645 to confirm.

There are normally three seasons annually: Fall, Spring, and a short summer session.

To find out more, including what studies are currently being offered and who to contact for childcare reservations please call the Religious Education Office at 655-6645 or call Stephanie Walters, PWOC President at 624-6253.

Please join us for food, fun, fellowship, praise, worship and Bible study!

### Church Services.

by Elena Prendergast



During stressful times of transition it is often comforting for families to nurture their spiritual health. However, for many finding a new church can be a difficult process. In addition to many services the post chapels can provide, the local Christian Community has tried to assist by putting out the Island Chris-

tian Guide which lists area churches, schools, and businesses. These free guides can be picked up at many area business or call 847-3866 for further information.

Newcomers need not worry about sending their Sunday best to the cleaners before they begin visit-

ing the local services. Most churches do not have air conditioning therefore dressing for comfort is the norm. It is not uncommon to see members (or even the minister or pastor) in their "slippas" enjoying services.

### The Church on the Beach.

by Elena Prendergast

One of the most unique opportunities available on the island is to attend church on the beach. During the summer months Catholic Mass is held on the beach by the Fort DeRussey Chapel program. Year-round, *The Church on the Beach*, a ministry of the Waikiki Beach Chaplaincy, hold services in front of the Hilton Hawaiian (next to the Hale Koa) right on the beach! While being treated to beautiful Hawaiian music and dance set against such a beautiful backdrop it is easy to see why this is called "Paradise". Call 923-3137 for further information.



**Catholic Mass On the Beach** - Is a summer tradition. Every Saturday at 6 p. m. from June 1st through August 31st, you can enjoy Mass on Waikiki Beach.

Bring your own beach chairs or mats and meet at the beach area facing the sunset next to the Army Museum at Ft. DeRussey. Hula and Hawaiian music are included in this contemporary mass. For more information call 808-836-4599 or 923-3137. Other services are listed at the Marine Corps website: <http://www.mcbh.usmc.mil/chaplain/chapelprograms.htm> or the Wheeler AAF Chapel website at <http://wheelchap.tripod.com/>



**TRICARE Information.** TRICARE Health Care Plan information can be accessed at <http://www.tricare.osd.mil/tricare/>. In addition to information on TRICARE for various regions (Hawaii is Region 12), you can print out a TRICARE Enrollment form. You can also access TRICARE Manuals on-line at <http://www.tricare.osd.mil/tricaremanuals/>.

Hawaii:

- General information and appointments - 1-800-242-6788
- Claims - 608/224-2727
- Provider questions - 1-800-977-1255
- DEERS Support Office for Alaska and Hawaii - 1-800-527-5602
- Health Care Information Line (HCIL) - 1-800-611-2883

## TRICARE Fact Sheets

Topics	Description
History of CHAMPUS and its evolving role in TRICARE	CHAMPUS--now called TRICARE Standard in most of the country--marked its 30th anniversary in 1997. It has evolved into a key component of the new TRICARE health benefits program of the Department of Defense.
DEERS	The Defense Enrollment Eligibility Reporting System--is a worldwide data base of military sponsors, families and others who are covered by TRICARE.
TRICARE: The Basics	TRICARE is the Defense Department's regional managed health care program for service families. It consists of three options: TRICARE Prime, TRICARE Extra, and TRICARE Standard.
TRICARE Appeals	If you have a dispute with certain decisions made by a TRICARE contractor, or by the TRICARE Management Activity (TMA)—you have the right to appeal—to ask the TRICARE contractor or TMA to take another look or to get another opinion on the decision.
TRICARE Eligibility	TRICARE eligibility is determined by the various branches of the uniformed services. Eligibility records are maintained in the Defense Enrollment Eligibility Reporting System (DEERS) Database. The persons listed below are eligible for benefits under TRICARE:
Maternity Care	If you become pregnant, TRICARE helps pay for the maternity care you need. This is true during your pregnancy, delivery of the baby, and up to six weeks after the baby is born.
How TRICARE Changes When a Military Sponsor Retires or Dies	When a military member retires from active service and begins drawing retired pay, one chapter in the member's life is ended and another begins. If the member has a family, their lives change as well (most changes described in this fact sheet also apply to the surviving TRICARE-eligible family members of an active-duty service member who dies). Among other things, the terms under which TRICARE benefits are used will change in several ways:
Family Health Plan	The Uniformed Services Family Health Plan (USFHP) offers the same health benefits as TRICARE Prime, using the same cost structure, to eligible individuals and families who live in seven specific parts of the country.
Regional TRICARE Contractors	Who's your TRICARE contractor? That depends on where you live. Here's a list of TRICARE regions, what states/areas they include, and the names, claims mailing addresses, telephone numbers and Web sites of the contractors for each region. Generally, claims addresses and telephone numbers are for the firms that are sub-contracted to process claims for each regional TRICARE contractor.



**United Concordia** is the administrator of the TRICARE Dental Program (TDP) effective February 1, 2001. The TDP is available to family members of all active duty, Selected Reserve, and Individual Ready Reserve personnel of the Uniformed Services. There is a lot of good information on the United Concordia website: <http://www.ucci.com/>. Among other things, you can enroll on-line, review or pay your bills on-line, review reference materials, and search for a dentist.

At <http://www.ucci.com/tdp/tdp.html> you can do a search for dentist, by 1) City/State, 2) Zip Code Only, 3) Zip Code and distance (5-35 miles), and 4) County/State. You can also narrow down the search by selecting one of the specialties listed below. The information provided in the database includes the name and address of the dentist, a phone number, and a map.

*United Concordia's Provider Directories were updated on March 22, 2001. Please remember that the directory information is for reference only. Verify with the dentist, their participation in United Concordia's network before making an appointment and receiving care.*

- **Endodontists** specialize in diseases of the tooth, performing such services as root canals.
- **Oral Surgeons** remove teeth and repair fractures of the jaw and other damage to the jaw.
- **Orthodontists** correct misaligned teeth through braces.
- **Pediatric Dentists** generally limit their practices to children and teenagers.
- **Periodontists** treat diseases of the gums.
- **Prosthodontists** specialize in replacing missing natural teeth with bridges and dentures.



**Dentists.** I would love to be able to provide you with the names of local dentists, but the very professional nature of the dental field nullifies that possibility...well, that and the fact that this reference guide is being posted on a government website. Anything posted to a government website is very carefully scrutinized (trust me I know) therefore, I am not allowed to provide you with the names of local dentists as it would appear to be an endorsement by the 25th ID (L), the military, or the government.

I know that finding the right dentist for your family's dental needs can be hard. I can tell you though that there are several dentists in close proximity to Schofield Barracks that you should at least try. Remember...you don't have to commit to a dentist you or your family members don't like.

I suggest that if you're not already on the Island...ask your sponsor for some guidance.

If you're on the Island and are still having trouble locating a dentist, ask your friends and neighbors what dentist they would recommend.

For even more choices check out the websites listed in the box below.

Don't forget to make sure that they participate in United Concordia.



Some on-line search sites:

<http://www.ucci.com/tdp/tdp.html>  
<http://www.islandwebstar.com/oahudental.html>  
<http://www.thedentistdirectory.com/Hawaii.htm>  
[http://www.hawaiifamilydental.com/site\\_map.htm](http://www.hawaiifamilydental.com/site_map.htm)



## Tipping

There is a lot of confusion regarding tipping etiquette, but really it's just a matter of common sense and courtesy. I've known people who tipped anywhere in the range of zero to 30% for a meal...both a bit extreme in my opinion, so I want to offer this little bit of advice.



In general, the National Restaurant Association indicates that the accepted tipping amount for most services is 15%, but it is steadily climbing to 20%. If the service was exceptional then 20% is good and if the service was bad 10% is totally acceptable. Some other things to consider before calculating a tip: are you having something delivered in bad weather or is the distance the delivery person has to travel greater than 3 miles? If so, consider tacking on a bit extra. The following is some information on tipping in settings other than restaurant situations. Remember, these are only guidelines...use your best judgment and a little common sense and you'll normally be *right on the money*.

### Some General Guidelines

#### At the Bar

- As a general rule, you'll want to tip the bartender 10% to 15% of your total drink bill. However, if the bar is particularly crowded, be certain to tip generously after each round. If the bartender sends any complimentary drinks your way, you should tip about half the value of that round.

#### Vehicular Tipping

- Valet Parking - \$1 to \$2 per car is usually appropriate. However, if you think that you may need to leave in a rush, you should also give the attendant a tip on the front end and request that your car be placed somewhere that it can be retrieved quickly.
- Taxi - 10% to 15% of the total fare.
- Limos - 15% to 20% of the total bill.

#### At the Airport

- Skycaps - \$1 to \$2 per bag.
- Long-term parking shuttle driver - \$1 to \$2 per bag, if the driver assists you with your bags.
- Special Assistance - Should you be traveling with crutches or a wheelchair, or if you need other special assistance from airport staff, you should tip a few dollars to any employee that gives you an extra hand.

#### Salon

- Stylist - 15% to 20% of the total bill
- Colorist - 15% to 20% of the total bill, but up this amount on occasion if your colorist works miracles.
- Shampoo Tech - \$1 to \$2
- Nail Technician - 15% to 20% of total bill.

#### Spa Tipping

- Massage Therapist or Salon Services - 10% to 20% per massage.
- Spa Attendants - At a resort, tip the spa attendants about 5% of your total bill at the front desk. If any particular attendant went above and beyond for you, you should tip that attendant individually. At day spas, it is not customary to tip the attendants. However, if the day spa is one that you frequent regularly and the attendants go the extra mile for you, you may want to tip here, as well.

#### Casino Gratuities

- Drink Server - \$1 to \$2 per drink.
- Blackjack Dealer - \$5 chip per gambling session (higher at high limit tables).
- Poker Dealer - \$5 chip per dealer rotation (about every 1/2 hour). If you win a big pot, tip a bit extra.

#### Non-Food Deliveries

- Flowers - \$1 to \$10, depending on the size of the arrangement and how far the delivery person traveled.
- Furniture - \$5 per item per delivery person minimum.

#### Hotel Tipping

- Maid - Normally in the \$1—\$2 per person, per night range, but it can go as high as \$10 each, depending on how expensive the room is, and how messy you are.
- Room Service - 10% to 15% of your bill. Most hotels now days add the gratuity to your bill automatically, so be sure to check first...this information can normally be found in the room's directory and information book.
- Bellman - \$1—\$2 per bag for average size bags delivered to your room, if you have a large trunk or an excessive amount of bags consider tacking on a bit more. Also, in some hotels you might want to consider \$2—\$3 per bag...think about your surroundings...are you in a 3-star hotel or a roadside inn. The standard overall tip for the bellman is a *minimum* of \$5.00.



### Body Art

- Tattoo Artist – 10% to 20%, depending on the complexity of the work.
- Piercing Technician – 10% of total bill.

You may find yourself in other situations in which you think a tip may be appropriate. When in doubt, offer a tip in the 10% to 15% range. If the person doesn't normally get tips, this will register in his or her face, and you'll know not to tip that person next time. If your tip is below average, you'll usually be able to see that in the person's face, as well.



### Cruises

Many cruise lines publish tipping guidelines for their guests. However, as a general rule, the standard industry guidelines are as follows:

- Room Stewards: \$3 to 3.50 per person per day
- Dining Room Waiter: \$3 to 3.50 per person, per day
- Dining Room Busboy: \$1.75 to 2.00 per person, per day
- Wine Steward: \$1.50 per person, per day of wine service
- Maître d'/Head Waiter: \$5 per person for entire cruise (at your discretion)
- Room Service Waiter/Waitress: \$1 - 2 per order
- Bar Tabs: Aboard most ships, a 15 percent gratuity is automatically added

### Drivers

- Taxi Drivers—15% of the fare
- Limo Drivers—20% of the fare

### **\$2.00 Minimum Tip**

A \$2.00 tip is normally the minimum acceptable tip (even if it figures out to less than \$2 when you figure it by percentage) especially if you are having something delivered to your house.

Well, this doesn't cover every situation, but hopefully it'll make you more comfortable with tipping in general.

Sources: "Smart Living Travel Guide 2001", "Good Housekeeping", "Tipping Guidelines", and the "National Restaurant Association".





**Interpreting Dress Codes:** According to *The Army Wife Handbook*, 2nd Edition written by Ann Crossley and Carol A. Keller, there are actually only three basic dress codes: formal, informal, and casual. The problem is that frequently informal and casual get confused with one another and occasionally a hostess might throw in a different dress code or term that causes confusion...remember this when you're the hostess. This gets further complicated by the type of event, the climate, and location.

- Formal occasions are the easiest to interpret, but there are still occasions when you have to consider the event. For example, a long evening gown would be appropriate for a ball, but for a formal reception you might consider going with a fancy cocktail dress.
- Informal is the least understood dress code, but if you look at it as just one step away from formal you might be better able to understand.
- Casual has the least dressy meaning, but offers the broadest range of possible interpretations. Here in Hawaii we've added our own additional meaning to casual, Aloha Attire or Island Casual, of course this does have it's advantages...at least you know exactly what to wear.

*If you're still unsure, ask your hostess what she plans to wear and dress accordingly.*

<b>DRESS CODES</b>				
<b>DRESS CODE</b>	<b>OTHER TERMS USED</b>	<b>MILITARY</b>	<b>MEANING FOR MEN</b>	<b>MEANING FOR WOMEN</b>
Very Casual		None	Sports clothes, jeans	Sports cloths, jeans
Casual	Class A, Duty Uniform, or Open Collar	None	Coat with open collar or coat with sweater, no tie	Afternoon dress, suit, nice slacks, or sports wear
Duty / Uniform of the Day		Prescribed duty uniform (local)	None	None
Aloha Attire	Island Wear	None	Open collar shirt and shorts (slacks in evening)	Blouse and shorts or sundress
Informal	Business Suit, Army Blue w/four-in-hand, or Coat and Tie	Army Blues or Whites with four-in-hand tie or neck tab. <sup>1</sup>	Business suit; coat and tie	Cocktail dress
Formal	Mess Uniform, Army Blues w/Bow tie*, or Black Tie	Army Blues or white dress Uniform with black bow tie. <sup>2</sup>	Dinner jacket / tuxedo with bow tie	Long or short evening dress or evening slacks
White Tie	"Tails"	Army Blues or Black Evening Mess Uniform	Tailcoat, white bow tie	Very formal, long dress

<sup>1</sup> Informal—Enlisted personnel may wear the Class "A" Army Greens with white long sleeve shirt and black bow tie, four-in-hand tie, or neck tab, but Army Blues are preferred. Female should wear skirt.

<sup>2</sup> Formal—Enlisted personnel may wear the Class "A" Army Greens with long sleeve white shirt and black bow tie, but Army Blues are preferred.

NOTE: Long dresses and skirts are not normally worn before five o'clock in the evening unless you are the hostess and the party is in your home.

Portions of this information are from AR 670-1 *Wear and Appearance of Army Uniform and Insignia*.



**Protocol.** The Army has some long-standing customs and traditions that call for special knowledge of protocol or etiquette, but most of the etiquette used in a military setting are the same basic, common sense manners used in the civilian sector.

Knowing the basics of protocol and etiquette can make it easier to communicate confidently, comfortably, and graciously. The entire text of DA PAM 600-60, *A Guide to Protocol*, is available for use on-line at Fort Leavenworth’s School for Command Preparation webpage at: <<<http://www-cgsc.army.mil/scp/general/new/new.htm>>> I’m including a few guidelines here for your convenience and for those that may not have access to the Internet.

**Ceremonies.**

**Parades, Change of Command, or Retirement Ceremonies.**

You don’t need a formal invitation to attend one of these events, but those who received invitations and RSVP’d appropriately will have a designated seat reserved for them and are usually invited to the reception that follows. Additional seating may not be available for others depending on a lot of different factors such as location and size of the event.

Official marches and reviews may include soldiers, vehicles, and a band. These parades are official functions and appropriate dress and behavior are expected. No smoking or pets are permitted. If you receive an invitation to a parade, chances are your young child is not included in the invitation unless it’s to honor your spouse. If you will be seated in the general seating area, and your children are old enough to sit still and remain quiet, then they are welcome.

Here in the 25th ID(L) we have our share of Change of Command ceremonies, so I’m including a “typical” seating arrangement for this event. Please remember that these are approximate positions and can vary significantly, not only with the wishes of the highest-ranking officer, but also with the wishes of the outgoing Commander, number of family members who need special seating, seniority and number of other guests, and available seating capacity and configuration. Also, it’s been my experience that occasionally a unit might choose to put the outgoing Commander and family on one side with the unit behind him and the incoming Commander on the other side with the BN leadership and invited guests. Look for a posted seating chart or usher to assist you.

Reviewing Stand

5	5	4	2	Isle	1	3	5	5
8	5	5	5		6	6	6	7
9	9	8	8		8	8	9	9
10	10	10	9		9	10	10	10

1	Highest-ranking officer & spouse
2	Second-rank officer & spouse
3	Outgoing Commander’s spouse & family
4	Incoming Commander’s spouse & family
5	Senior Officer, important civilian guests, & spouses
6	Spouses of: Senior Commanders on the field & “Commander of Troops” (By order of date of rank.)
7	Spouse of parading unit’s CSM
8-10	Other invited guests, by order of precedence.

**Honors or Courtesy to the American Flag and the National Anthem.**

When the National Anthem is played, or when the flag is passing in a parade, or is raised at reveille or lowered at retreat—all individuals, military or civilian, will render appropriate courtesies whenever they are within hearing distance of the music or within sight of the flag.



Civilians and those children of adequate age should face the flag (or music if the flag isn’t visible), stand quietly and place their right hand over their heart. Men wearing hats while in civilian attire should remove their hat, holding it in their right hand and placing that hand over their heart.

Military personnel in uniform should face the flag (or music if the flag isn’t visible) and salute. At certain installations, like Schofield Barracks, if you hear reveille or retreat being played and you are in a moving vehicle, you must stop. If you are a civilian, you can get out of the car, but it is not mandatory. You should stand quietly, facing the direction of the flag, until the bugle stops playing. **Any member of the Armed Services who seeks shelter in order to avoid the rendering of courtesies to the National Anthem or the Flag commits a serious breach of military courtesy.**



Army personnel and dependents should stand whenever the *Army Song* is played.

**Reveille.** The installation's American Flag is raised daily while the bugle call "Reveille" is played (6:30 A.M.). All civilians should stand quietly during this ceremony.

**Retreat.** The Retreat Ceremony (observed daily at 5:00 P.M.) signifies the end of the work day. Unit formations, often including promotion or award ceremonies may be held in conjunction with Retreat. Every post has a central flagpole on which the American Flag is flown. Everyone stands at attention and the soldiers in uniform salute while the flag is lowered and the bugle call *Retreat* is played.

**Awards.** The Army presents many levels of awards in recognition of service, achievement, or valor. The actual ceremony can vary from an office gathering to a unit formation. The basic elements of this ceremony include the reading of the official orders and the presentation or pinning on of the award.

**Promotion.** The Army promotes its members in recognition of their potential to perform at a higher level. The forum may vary, but the elements are the reading of the official promotion orders and the pinning on of the new rank. Family and friends are invited to attend these ceremonies and often participate in pinning on the new rank.

**Change of Command.** The Change of Command Ceremony is a clear, legal, and symbolic passing of authority and responsibility from one Commander to the next. The official orders are read while the unit guidon (or colors) are passed from the outgoing Commander to the incoming Commander. The senior non-commissioned officer also participates in the passing of the colors. At the conclusion

### Gun Salute

Brigadier General—11

Major General—13

Lieutenant General—15

General—17

General of the Army—19

President of the United States—21

of the ceremony, the new Commander normally goes to the reception held in his/her honor. The outgoing commander does not normally attend this function.

**Retirement.** A retirement ceremony recognizes a person's years of service to their country and includes a reading of the orders and presentations of certifications and awards. Attendance at a retirement ceremony is a thoughtful way to show your appreciation for the person retiring.

## CUSTOMS

**New Year's Day Reception.** New Year's Day Reception is a formal event and is traditionally held on New Year's Day by the Commanding Officer of a unit—normally at Battalion or higher level. It is one of the few "command performance" occasions, and the military members of the unit should attend unless ill or out of town, even if the spouse cannot attend. However, the spouse should NOT go without the sponsor.



*All Army wives deserve the "red-carpet" treatment; but did you know... at a reception, only the people in the receiving line stand on it.*

**Dining In.** A "Dining In" is a traditional formal dinner for military members of a unit or organization. Family members do not attend.

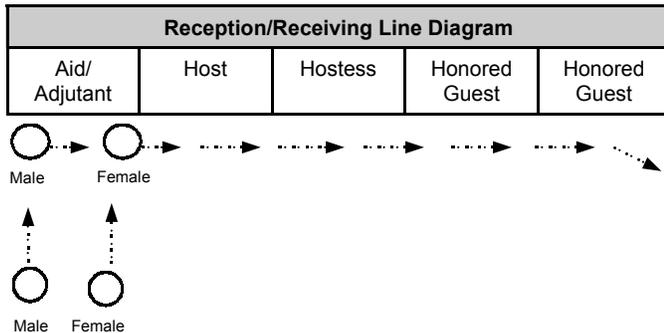
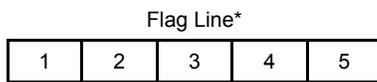
**Dining Out.** A "Dining Out" is the same as a "Dining In", except that spouses, guests, and significant others are also invited to attend.

**Toasts.** Toasts are sipped. If you do not care for wine, simply raise the glass to your lips or sip water. Follow the toastmaster's lead, but never drink a toast to yourself. For example, ladies do not drink when the traditional "*To the Ladies*" toast is given.

**Receiving Lines.** At official functions ranging from a Change of Command to a unit social, for example a Military Ball, you may be invited to greet the host, hostess, or guest of honor in a Receiving Line. A Receiving Line is a formal way for the host and/or hostess to greet guests and to introduce other dignitaries in the line. It is especially important to be punctual as sometimes units go through the line together. No food, drinks, purses, coats, hats, or cigarettes are to be carried with you. Do not chew gum. Your spouse should not offer his arm to you or hold your hand while proceeding through the line. Except for Receiving Lines at the White House, diplomatic corps, and Air Force functions, the lady goes before the gentleman. Your spouse will give your names to the Aide or Adjutant at the beginning of the line. *Do not shake*



hands with the Aide or Adjutant. Your name will be passed down the receiving line, but be sure to reintroduce yourself if there is a problem. Always face the person you are greeting. A brief greeting accompanied by a firm, cordial handshake and a smile are all that is expected. You should then move promptly to greet the next person in the line. Don't hold up the line carrying on a lengthy conversation; there will be plenty of time for that later. Only in the event that your progress through the line is delayed should you converse with members of the receiving line. After completing introductions in the receiving line you may circulate with the other guests.



\*Flag Line: 1) U.S. Flag, 2) Foreign Flag(s), if appropriate, 3) U.S. Army Flag, 4) Organizational Flag(s), and 5) General Officer Flag(s), if appropriate.

Hail and Farewells. Hail and Farewells are functions to welcome newcomers and to say goodbye to those who are leaving. They can range from an office get-together to formal events. In the 25th ID(L), the Hail and Farewells can be anything from a BBQ to a din-

ner cruise, and spouses are also invited to attend.

Coffees. A Coffee is a casual, relaxed function and may be held anytime during the day or evening. This is a wonderful opportunity to get to know one another and meet people with shared interests. Here is where information is exchanged about activities and events on post, in the community, or in the unit.

### COURTESIES

RSVP is an abbreviation for the French phrase "*Repondez s'il vous plait*", which means "Respond if you please". If this is on an invitation, you should reply promptly (within 48 hours if possible) to let your host/hostess know whether you plan to attend. If you cannot attend simply state that you regret you will be unable to attend. An explanation is unnecessary.



Regrets Only. If your invitation reads "Regrets Only", you must reply within a reasonable amount of time only if you CANNOT attend. If you do not send your "regrets" you will be expected to attend.

Thank You Notes should be written to the hostess within 48 hours following functions that you personally have been invited to attend. A simple note on stationery or note card is appropriate. A formal reception does not require a note.



Reciprocating. It is always appropriate to reciprocate an invitation. You shouldn't feel obligated to exactly match the function to which you were invited, but doing something nice for your host/hostess is appreciated. No reciprocation is needed for formal functions, Hail and Farewells, etc.

**Checklists.** The following are the titles to checklists that have been included in this handbook for your use. You can find these checklists at the end of this section. While they may not reflect your family situation exactly, they have been included to give you some ideas on what you should think about and discuss with your spouse prior to any deployment.

Blank lines have been included so that you can fill in information that is appropriate to you and your family.

- Readiness Checklist
- Legal/Administrative Checklist
- Medical Checklists
- Transportation Checklist
- Housing



If flowers are presented to the Commander's wife who should pay for them?

*The Commander should.*



## The Military Wife (Author Unknown)

The good Lord was creating a model for military wives and was into his sixth day of overtime when an angel appeared. She said, "Lord, you seem to be having a lot of trouble with this one. What's wrong with the standard model?"

The Lord replied, "Have you seen the specs on this order? She has to be completely independent, possess the qualities of both father and mother, be a perfect hostess to four or 40 with an hour's notice, run on black coffee, handle every emergency without a manual, be able to carry on cheerfully, even if she is pregnant and has the flu, and she must be willing to move to a new location 10 times in 17 years. And oh, yes, she must have six hands."

The angel shook her head. "Six pair of hands? No way."

The Lord continued, "Don't worry, we will make other military wives to help her. And we will give her an unusually strong heart so it can swell with pride in her husband's achievements, sustain the pain of separations, beat soundly when it is overworked and tired and be large enough to say, 'I understand,' when she doesn't, and say, 'I love you,' regardless."

"Lord," said the angel, touching his arm gently, "go to bed and get some rest. You can finish this tomorrow."

"I can't stop now," said the Lord. "I am so close to creating something unique. Already this model heals herself when she is sick, can put up six unexpected guests for the weekend, wave good-bye to her husband from a pier, a runway, or a depot, and understand why it's important that he leave."

Finally, the angel bent over and ran her finger across the cheek of the Lord's creation. "There's a leak," she announced. "Something is wrong with the construction. I am not surprised that it has cracked. You are trying to put too much into this model."

The Lord appeared offended at the angel's lack of confidence. "What you see is not a leak," he said. "It's a tear."

"A tear? What is it for?" asked the angel.

The Lord replied, "It's for joy, sadness, pain, disappointment, loneliness, pride, and a dedication to all the values that she and her husband hold dear."

"You're a genius!" exclaimed the angel.

The Lord looked puzzled and replied, "I didn't put it there."



## I AM THE FLAG OF THE UNITED STATES OF AMERICA

I am the flag of the United States of America. My name is Old Glory. I fly atop the world's tallest buildings. I stand watch in America's halls of justice. I fly majestically over institutions of learning. I stand guard with power in the world. Look up and see me.

I stand for peace, honor, truth and justice. I stand for freedom. I am confident. I am arrogant. I am proud.

When I am flown with my fellow banners, my head is a little higher, my colors a little truer. I bow to no one! I am recognized all over the world. I am saluted. I am loved - I

am revered. I am respected - and I am feared.

I have fought in every battle of every war for more than 200 years. I was flown at Valley Forge, Gettysburg, Shiloh and Appomattox. I was there at San Juan Hill, the trenches of France, in the Argonne Forest, Anzio, Rome and the beaches of Normandy, Guam, Okinawa, Korea and KheSan, Saigon, Vietnam

know me, I was there. I led my troops, I was dirty, battleworn and tired, but my soldiers cheered me

and I was proud.

I have been burned, torn and trampled on the streets of countries I have helped set free. It does not hurt, for I am invincible.

I have been soiled upon, burned, torn and trampled on the streets of my country.

And when it's by those whom I've served in battle - it hurts. But I shall overcome - for I am strong.

I have slipped the bonds of

Earth and stood watch over the uncharted frontiers of space from my vantage point on the moon. I have borne silent witness to all of America's finest hours. But my finest hours are yet to come.

When I am torn into strips and used as bandages for my wounded comrades on the battlefield, When I am flown at half-mast to honor my soldier. Or when I lie in the trembling arms of a grieving parent at the grave of their fallen son or daughter, I am proud.

MY NAME IS OLD GLORY.  
LONG MAY I WAVE.





**COMMUNITY RECREATION DIVISION**

Effective April 2001

FACILITY	BLDG	PHONE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	HOLIDAYS
<b>LIBRARY BRANCH</b>										
FS LIBRARY	650	438-9521	1000-1900	1000-1900	1000-1900	1000-1900	1000-1500	CLOSED	1100-1500	CLOSED
AMR LIBRARY	1782	833-4851	1100-1900	1100-1900	1100-1800	1100-1800	1100-1600	1100-1600	CLOSED	CLOSED
SB LIBRARY	560	655-0145	1100-2000	1100-2000	1100-2000	1100-2000	1000-1800	1000-1800	1000-1800	CLOSED
TAMC COMMUNITY LIBRARY	A-WING	433-6968	0900-1700	0900-1700	0900-1700	0900-1700	0900-1700	1100-1500	CLOSED	CLOSED
US ARMY MUSEUM, HI		438-2821	CLOSED	1000-1615	1000-1615	1000-1615	1000-1615	1000-1615	1000-1615	CLOSED
TROPIC LIGHTNING MUSEUM	361	655-0438	CLOSED	1000-1600	1000-1600	1000-1600	1000-1600	1000-1600	CLOSED	CLOSED
<b>COMMUNITY RECREATION ACTIVITIES</b>										
FS ITR	550	438-1985	1100-1400	0900-1600	0900-1600	0900-1600	0900-1600	CLOSED	CLOSED	CLOSED
SB ITR	556	655-9971	0900-1700	0900-1700	0900-1700	0900-1700	0900-1700	0900-1500	CLOSED	CLOSED
OUTDOOR REC	556	655-0143	0730-1730	CLOSED	0830-1730	0830-1730	0830-1730	0830-1730	1200-1600	VARIES*
RECREATION CTR	556	655-8522	1500-2200	1500-2200	1500-2200	1500-2200	1500-2200	1200-2200	1200-2200	1500-2200 *
COMMUNITY ACTVS	556	655-0002	0800-1600	0800-1600	0800-1600	0800-1600	0800-1600	CLOSED	CLOSED	CLOSED
<b>ARTS &amp; CRAFTS CENTERS</b>										
FS ARTS & CRAFTS	339	438-1315	CLOSED	CLOSED	CLOSED	CLOSED	1600-2130	0900-1630	1100-1630	CLOSED
SB ARTS & CRAFTS	572	655-4202	CLOSED	CLOSED	1200-2100	1200-2100	0900-1600	0900-1600	0900-1600	CLOSED
SB WOOD SHOP	572	655-0898	CLOSED	CLOSED	CLOSED	CLOSED	1000-1600	1000-1600	1000-1600	CLOSED
FS AUTO CRAFT	1535	438-9402	CLOSED	CLOSED	0900-1700 **	0900-1700 **	1130-1930	0900-1630	0900-1630	CLOSED
FS SALVAGE YARD	1535	438-9402	CLOSED	CLOSED	CLOSED	CLOSED	1130-1730	0900-1600	0900-1600	CLOSED
SB AUTO CRAFT	910	655-9368	CLOSED	CLOSED	1130-1930	1130-1930	1130-1930	0900-1630	0900-1630	CLOSED
SB SALVAGE YARD	930	655-2272	CLOSED	CLOSED	0900-1630	0900-1630	0900-1630	0900-1630	0900-1630	CLOSED
<b>ENTERTAINMENT BRANCH</b>										
ARMY CMTY THEATRE	500	438-1980	0830-1700	0830-1700	0830-1700	0830-1700	0830-1700	CLOSED	CLOSED	CLOSED
BOX OFFICE	500	438-4480	1000-1400	1000-1400	1000-1400	1000-1400	1000-1400	CLOSED	CLOSED	CLOSED
COSTUME SHOP	339	438-6157	CALL FOR APPOINTMENT							
<b>HEALTH &amp; FITNESS CENTER/HEALTH PROMOTION</b>										
HEALTH & FITNESS	582	655-8007 655-8789	0630-1300	0630-1300	0630-1300	0630-1300	0630-1300	0800-1200	CLOSED	CLOSED
			1530-1900	1530-1900	1530-1900	1530-1900	1530-1830			
<b>SPORTS BRANCH</b>										
SB PFC	488	655-4804	0500-2100	0500-2100	0500-2100	0500-2100	0500-2100	0900-1800	1100-1800	1100-1800 *
SB POOL	578	655-9698	1000-1800	1000-1800	1000-1800	1000-1800	1000-1800	1000-1800	1000-1800	1000-1800 *
FS PFC	665	438-1152	0600-2100	0600-2100	0600-2100	0600-2100	0600-2100	0900-1600	CLOSED	CLOSED
HMR PFC	25A	653-0719	0600-2100	0600-2100	0600-2100	0600-2100	0600-2100	1000-1700	1300-1800	1300-1800 *
HMR POOL	35	653-0716	CLOSED	CLOSED	1000-1700	1000-1700	1000-1700	1000-1700	1300-1800	1300-1800 *
AMR PFC	1780	836-0338	0800-1900	0800-1900	0800-1900	0800-1900	CLOSED	1000-1700	1300-1800	1300-1800 *
AMR POOL	1785	833-0255	CLOSED	1000-1700	1000-1700	1000-1700	CLOSED	1000-1700	1300-1800	1300-1800 *
TAMC PFC	300	433-5772	0530-2000	0530-2000	0530-2000	0530-2000	0530-1800	1000-1700	CLOSED	CLOSED
TAMC POOL	300	433-5257	1000-1700	1000-1700	CLOSED	1000-1700	1000-1700	1000-1700	CLOSED	CLOSED
* OPEN ON SELECTED HOLIDAYS										
** OPEN FOR SAFETY CHECKS										

**Better Opportunities for Single Soldiers (B.O.S.S.)** is a MWR program for single soldiers. It is designed to inspire and improve single soldier quality of life through participation in off duty leisure activities. The BOSS Council addresses quality of life issues, organizes fund raising and recreational activities, and provides community services. Located in Building # 556 on Schofield Barracks Phone : (808) 655-8169 Hours: 0800-1600 Monday—Friday.





**Satellite City Halls provide many government services and handle all vehicle registration and renewal transactions for the general public. The satellites are administered by the City's Customer Services Department. For general information concerning the satellites and their services, call (808) 527-6695. Also decentralized are driver's license offices; for information, call (808) 532-7730.**

**SERVICES**

- Motor vehicle licenses and registration renewal
- City and State job information
- Picnic and camp permits
- *TheBus* passes sales and information
- Water bill payments
- Licenses for dogs, mopeds and bicycles
- Voter registration, certification, and information
- Drivers license renewal (Fort Street, Kapolei and Windward Mall)
- Handicapped parking permits

**STOREFRONT LOCATIONS \***

**ALA MOANA**  
(Ala Moana Center )  
1450 Ala Moana Blvd.,#1286  
Phone: 973-2600  
Honolulu, HI 96814

9:00 A.M. to 5:45 P.M., MON-FRI  
8:00 A.M. to 4:45 P.M., SAT  
(limited)

**PEARLRIDGE** (Pearl City-Aiea  
Uptown Pearlridge Shopping Ctr)  
Phone: 483-3405  
9:00 A.M. to 5:45 P.M., MON-FRI  
8:00 A.M. to 4:45 P.M., SAT  
(limited)

**WINDWARD MALL** (Kaneohe)  
Windward Mall Shopping Center  
Phone: 235-4571  
9:30 A.M. to 5:30 P.M., MON-FRI  
8:00 A.M. to 4:30 P.M., SAT  
(limited)



*The following are open from 7:45 A.M. to 4:30 P.M., MON-FRI:*

**FORT STREET** (Downtown)  
1000 Fort Street Mall  
Honolulu, HI 96813  
Phone: 532-2500

**KAILUA** (Kailua-Enchanted Lake)  
Keolu Shopping Center  
1090 Keolu Drive  
Kailua, HI 96734  
Phone: 261-8575

**KAPOLEI** (Kapolei Hale)  
1000 Uluohia Street  
Kapolei, HI 96707  
Phone: 692-5400 for satellite SVCs

**KALIHI-KAPALAMA**  
Kapalama City Square  
1199 Dillingham Blvd.  
Satellite City Hall A109  
(Driver Licensing A101)  
Honolulu, HI 96817  
Phone: 842-0653

**\*\*WAHIAWA**  
330 North Cane Street  
Wahiawa, HI 96786  
Phone: 621-0791

**WAIANA**

Waianae Neighborhood Comm. Ctr  
85-670 Farrington Hwy.  
Waianae, HI 96792  
Phone: 696-6371  
(Driver license renewals, Mon and Wed)

**WAIPAHU**

Lee Town Ctr  
94-216 Farrington Hwy.  
Waipahu, HI 96797  
Phone: 671-5638

**MOBILE LOCATIONS \***

**HALEIWA**

(Waiialua Gymnasium)  
Thursday 8:45 to 3:15 P.M.  
Phone: 637-4766

**HAWAII KAI**

(Koko Marina Shopping Ctr)  
MON-Wednesday-FRI 8:45 A.M. to 2:00 P.M.  
Phone: 395-7180

**KAIMUKI**

(Municipal Parking Lot at Harding & 11th Ave.)  
Tuesday 9:00 A.M. to 1:30 P.M.  
Phone: 735-3784

**LAIE**

(Laie Village Shopping Ctr)  
Tuesday 9:30 A.M. to 2:45 pm.  
Phone: 293-0090

**SALT LAKE**

(Salt Lake Shopping Ctr)  
WED 8:30 A.M. to 3:30 P.M.  
Phone: 422-5627

**WAIMANALO**

(Waimanalo Town Ctr)  
Thursday 8:15 A.M. to 3:00 P.M.  
Phone: 259-8647

**\* Disabled persons are asked to telephone ahead to arrange for curbside service.**

**\*\* Closest Satellite City Hall to Schofield Barracks.**



**Army Wives DO Care!** The following letter to the editor appeared in *The Stars and Stripes* in May of 1988.

*I went to a company coffee last night. There was the usual griping about the Army, griping about the weather, and some not so usual attacks on the commanding officer's wife because she couldn't attend. Under the sniping was the attitude that nobody cares.*

*Well, Ladies, I've got some good news and some bad news. The bad news is that the commander's wife, the sergeant major's wife, the first sergeant's wife, and others have houses to keep clean, jobs, volunteer work, children to tend to, husbands to baby, college to attend, bills to pay, and their share of homesickness, boredom and despair over living overseas. We don't have time to coddle you about your boredom, loneliness, or non-existent social life.*

*The good news is, we do care. Call the same commander's wife, too busy to make it to a coffee, and tell her your car broke down and you need to get the baby to the doctor, and she'll be there to give you a ride. If your husband is in the field and the kids are making you crazy, call the first sergeant's wife, and she'll be more than willing to listen, maybe even baby-sit so you can get away for awhile. Need a job? Call the platoon sergeant's wife who works at CPO and find out how willing she is to show you how to fill out the maze of paperwork.*

*We care because we're all in this together. But*

*you're grown women, and your first responsibility is to care about yourselves. You have to reach out, and let people know you have problems. You have to take the steps to ensure your happiness.*

*Homesick, but can't afford to call Mom? Write letters, or send cassette tapes and post cards. Can't afford to travel? Travel through the post library, or discover the city or village where you live by foot or bus.*

*Don't know anybody and you're lonely? Reach out. Invite possible friends for coffee. Encourage your husband to bring single soldiers home for dinner; macaroni and cheese in a homey atmosphere beats steak in the mess hall any day. Be the nice lady who bakes a birthday cake for the single men, or sews stripes on their uniforms.*

*Bored and can't find a job? Volunteer. Being needed a few hours a day is a terrific remedy for a sagging self-esteem. Are your kids making you crazy, but you can't afford a babysitter? Find someone else in the same situation and time-share the child care. No nightlife where you're stationed? A bottle of wine, a deck of cards, and a few friends can be a lot of fun on a Saturday night. Husband in the field? Have a slumber party or a potluck dinner.*

*Make yourself useful, do favors for people, develop your skills and talents. Start caring about yourself and you'll be pleasantly surprised to find out how many people out there care about you.*



## Army Family Team Building (AFTB).

*New to the military life?* Army Family Team Building is a volunteer-led organization that provides training and knowledge to spouses and family members in support of the total Army effort. Strong families are the pillar of support behind strong soldiers, and AFTB's mission is to educate and train the soldiers, DA civilians, and military families. The major focus of this program is on the military family. The more knowledgeable a spouse is about military life, military culture, and military lifestyle, the more comfortable and productive they will be.

**Level 1**—Consists of Military terms, acronyms, customs and courtesies, Chain of Command and Chain of Concern, etc.. This Level can

be completed on-line at: <http://www.defenseweb.com/aftb/>. *Check it out...see what you really know vs. what you think you know.*

**Level 2**—Is for emerging leaders in the community and consists of effective leadership skills, volunteer experiences, conflict management, stress and time management, and problem solving, etc.

**Level 3**—Is to enhance professional growth for potential community leaders and consists of listening skills, building self-esteem, personality traits, motivating factors, leadership skills, building a cohesive team, etc. For more information go to: <http://www.defenseweb.com/aftb/> or go to the Schofield Barracks Family Readiness Resource Center, Building # 648 or...

**Call 655-6460 to sign up for classes today.**



## Sisterhood

by Debbie Giusti

I am an Army Wife - a member of that sisterhood of woman who have had the courage to watch their men march into battle and the strength to survive until their return. Our sorority knows no rank for we earn our membership with a marriage license, traveling over miles or over nations to begin a new life with our soldier husbands.

Within days we turn a barren echoing building into a home, and though our quarters are inevitably white walled and un-papered, we decorate with the treasures of our travels for we shop the markets of the globe.

Using hammer and nail, we tack our pictures to the wall and our roots to the floor as firmly as if we had lived there a lifetime. We hold our family together by the bootstraps and raise the best of "brats," instilling into them the motto, "Home is togetherness," whether motel, or guesthouse, apartment or duplex.

As Army wives, we soon realize that the only good in "good-bye" is the "hello again." For as salesmen for freedom, our husbands are often on the road, leaving us behind for a week, a month, an assignment. During the separation we guard the home front existing till the homecoming.

Unlike our civilian counterparts, we measure time, not by age, but by tours ~ married at Knox, a baby born at Bliss, a promotion in Missouri. We plant trees and never see them grow tall, work on projects completed long after our departure, and enhance our community for the betterment of

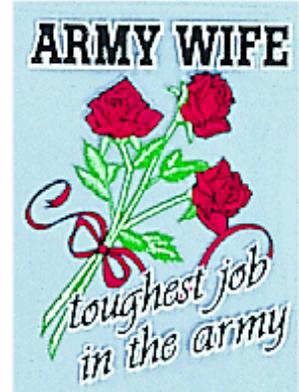
those who come after us. We leave a part of ourselves at every stop.

Through experience we have learned to pack a suitcase, a car, or hold baggage and live indefinitely from the contents within; and though our fingers are sore from the patches we have sewn and the silver we have shined, our hearts are always ready to help those around us.

Women of peace, we pray for a world in harmony, for the flag that leads our men into battle will also blanket them in death. Yet we are an optimistic group, thinking of the good and forgetting the bad, cherishing yesterday while anticipating tomorrow.

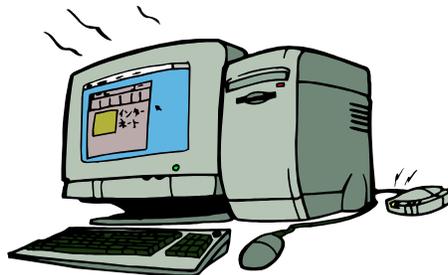
Never rich by monetary standards, our hearts are overflowing with a wealth of experiences common only to those united by the special tradition of military life. We pass on this legacy to every Army bride, welcoming her with outstretched arms, with love and friendship, from one sister to another sharing in the beauty of our unique, fulfilling Army way of life.

For more inspirational stories and poems check out the Army Wives Website at <http://www.armywives.com/>



## Yes What?

World War III. The U.S. has succeeded in building a computer able to solve any strategic or tactical problem. Military leaders are assembled in front of the new machine and instructed to feed difficult tactical problem into it. They describe a hypothetical situation to the computer and then ask the pivotal question: attack or retreat?



The computer hums away for an hour and then comes up with the answer: YES.

The generals look at each other, somewhat stupefied. Finally one of them submits a second request to the computer: YES WHAT?

Instantly the computer responded: YES SIR!



- Your wife's two favorite shades of lipstick are light green and loam.
- Your newborn must attend the new comers' orientation briefing within the first 30 days of life.
- You go to a barbecue and insist that your family feed in a tactical chow line at five meter intervals
- Before you hit the road on vacation you conduct rehearsals, PCI, and cover your convoy checklist.
- Your children clear their hand receipt and housing before they go to college.
- You require your mechanic to replace the sandbags in your floorboard as a part of a tune-up.
- Your station wagon is equipped with blackout lights, OVE, OVM, and has to be properly dispatched.
- Your kids call their mother "Household 6."
- Your kids volunteer to pull air guard on the school bus.
- Your kids pull fireguard at home.
- Your doorbell sounds off with the current challenge and password.
- Your house has sector sketches posted by every window.
- You give the command "Fix Bayonets" at Thanksgiving Dinner.
- Your kids show their meal cards at the kitchen door, except the oldest, who is on separate rations.
- You make your daughter sign out on pass on Prom Night.
- Your kindergartner calls recess "smoke break."
- Your wife "takes a knee" in the checkout line at the Food Lion.
- You do your "back to school" shopping at the U.S. Cavalry store.
- Your kids call the tooth fairy "Slicky Boy."
- Your son fails the third grade but tells everyone he was a "phase three recycle."
- Your kids salute their grandparents.
- Your wife's "high-n-tight" is more squared away than your commander's.
- Your kids get an LES for their allowance.
- Your grandmother won "All American Week" and "Best Ranger."
- All your kids have names that start with AR, FM, TM, or DA Form.
- Your pick-up or jeep has your name stenciled on the windshield.
- Your kids are hand-receipt holders.
- Your older kids call the youngest one "Cherry."
- Your kids recite their ABCs phonetically.
- Your wife keeps Mermite in the China cabinet.
- You DX'd your wife and then you held a "Change of Command" ceremony.
- Your dog's name is "Ranger."
- All your possessions are military issue.
- You have pull-up bars outside the kitchen door.
- Your daughter's first haircut was a flattop.
- Your kids pull fireguard.
- Your newborn's first words were "all OK Jump-master."
- You "bum dips" from your four year old daughter.
- The only channels you get are CNN, and ESPN.
- Your low quarters are part of your Sunday go-to-meetings suit.
- Your kids fashion silly putty to look like Claymores and put them at the perimeter of the back yard.
- Your daughter's first haircut was a flattop.
- Your personal license plate says "At Ease"
- Your kids practice Drill and Ceremony at recess.
- When your dog died, he got a 21-gun salute at Arlington.
- Your daughter's dolls wear starched uniforms.
- If your kids fail a test, they get a Letter of Reprimand.
- All your meals at home are MREs.

Author Unknown. (Various adaptations of this list can be found on a lot of different websites.)







### Important Document Checklist

Marriage Certificate
Birth Certificates
Baptismal Certificates
Adoption Papers
Citizenship Papers
Passports
Army ID Cards (Check expiration date)
Wills
Family Medical and Immunization Records
Family Dental Records
Social Security Cards & Numbers
Court Orders (Divorce/Child Custody)
Copy of Emergency Data Card
Copy of SGLI Election Form
Addresses and Phone Numbers of immediate family
Power of Attorney
Copies of TDY/PCS Orders
Life Insurance Policies
Auto Insurance Policies
Home and/or Personal Property Insurance Policies
Leave and Earnings Statement (LES)
Bank Account Numbers for checking and savings accounts
Checkbook
List of Investments/Bonds
Deed / Mortgage Papers
Copies of Installment Contracts
Credit Cards
Club and Membership Cards
Federal and State Tax Records
Drivers License (Check the expiration date.)
Car Registration, Title, and Inspection Certificate (Check for expiration dates.)
POV Shipping Documents (OCONUS)
Warranties on Car or Household Appliances
Inventory of Household Goods (Current)
Pet Health and Vaccination Records
Extra Keys for House, Car, Safe-Deposit Box, etc.
Diplomas and School Transcripts
Spouse's Employment Resume' and Work Experience
Family Photo Albums
List of Important Phone Numbers (FRG, RDC, FAC, and Emergency Numbers)
Dependent Child Care Plan
Fire Emergency and Escape Plans

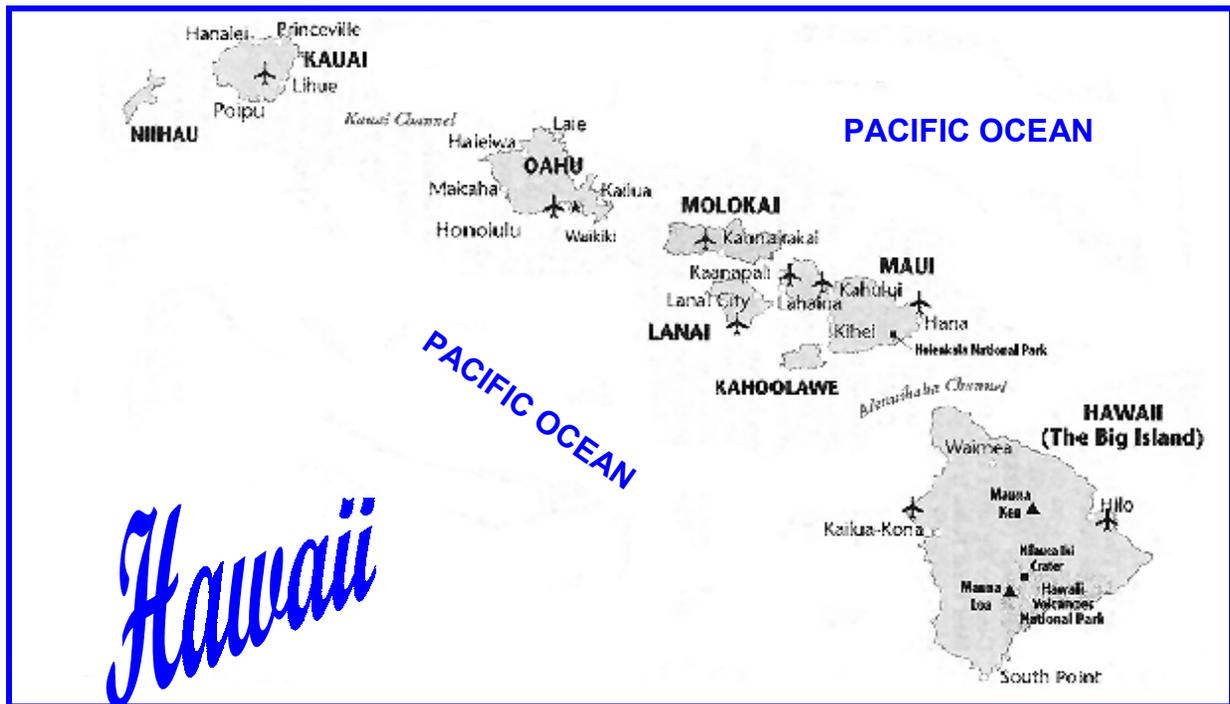






Transportation Checklist	
	Can you legally drive?
	Do you have a current drivers license? If not, are you familiar with the local public transportation?
	Do you know when your drivers license expires and how and where to apply for a new one?
	Do you have an extra set of car keys in a safe place?
	Do you know where your spouse will leave the car at the unit when leaving for deployment?
	Is the car maintenance up-to-date? Do you know when it's due for maintenance?
	Do you know how and where to have car maintenance done?
	Do you know how to do minor maintenance yourself?
	Do you have the registration and proof of insurance in the car?
	Are you insured to drive the car?
	Are the tags and safety inspections current?
	Do you know how and when to renew the tags and do you have the proper paperwork?
	Do you know how and where to get a safety inspection?
	Do you have the car title and is it in a safe place?
	Do you know the name and address of the lien holder on the car?

Housing Checklist	
	Do you know where the electrical breaker box is and how to reset it? Do you have extra fuses on
	Do you know the location and use of water control valves? (Main, toilet, sink, washing machine, dish
	Do you know the location and use of gas control valves?
	Do you know the numbers of an electrician, plumber, landlord, and Department of Public Works?
	Does the house have good locks on the doors and windows?
	Do you have an extra set of house keys in a safe place?
	Are there enough fire and security alarms installed and are they functioning properly?
	Are you capable of doing yard maintenance? If not, have you made other arrangements?
	Do you have a current household inventory, complete with serial numbers? Pictures are a good idea
	Do you have current renters, homeowners, or personal property insurance?
	Do you have fire extinguishers, and do you know how to use them?
	Do you have your fireplace, heaters, furnace, and vents inspected regularly?
	Do you and your family follow safety rules? (e.g., keep matches and lighters away from children,
	Dryer, stow mower gas and other flammables in a safe manner, make sure combustible items are
	sources such as stoves and heaters.



**HAWAII** is located almost in the center of the **Pacific Ocean** between 19 and 22 degrees north latitude. It is the southernmost state in the United States. It has its own **time zone** and does **not** practice daylight savings time. During the summer, it's 6 hours behind Eastern Standard Time, and during the winter it's 5 hours behind Eastern Standard Time.

## HOW THE HAWAIIAN ISLANDS WERE FORMED (or Hawaii Shield Volcanoes).

Many thanks to *Ekahi Tours, Inc.*, for allowing us permission to use the following story from their newsletter Vol. 2 Issue 5, May 2000. Copyright 1999 Ekahi Tours, Inc. All rights reserved. Revised April 30, 2000. For more information or stories or to subscribe to their free newsletter visit their website at <<<http://www.ekahi.com/>>>

The newest and most accepted theory about how the Hawaiian Islands were formed is that they were formed by what is known as Plate Tectonics. According to this theory, the surface of the Earth is broken into large plates. The size and position of these plates change over time. The edges of these plates, where they move against each other, are sites of intense geologic activity--like earthquakes and volcanoes.

The Hawaiian Islands are part of a Pacific plate that is slowly moving in a northwesterly direction towards the Asian continent. Beneath the Big Island of Hawaii, they have identified a major vent or hot spot which emits magma from time to time, building mountains from the bottom of the ocean floor over millions of years until they finally emerge above the surface and become islands. The tiny island of

Kure is the oldest of the chain, and the underwater volcano Loihi is the youngest. The volcanoes that made up the Hawaiian chain are known as shield volcanoes. Shield volcanoes are rounded, dome-shaped structures that resemble, in profile, the shields of medieval warriors. These volcanoes are made of an accumulation of very mobile lava. Erupting at high temperature, the lava runs swiftly from the vent, spreading widely and making a cone of gentle slope.



These shield volcanoes generally erupt along cracks in the volcano's side. Movement within the Earth's crust tears open these cracks, forming what would be known as a rift zone. The magma then exploits these areas, and the lava comes out in a fountaining effect.

When an eruption is over, the lava remaining in the crack or fissure hardens into a wall like mass called a dike. Generally, dikes are about a half-yard in width and may extend hundreds of feet in length. On Maui, prominent dikes appear in the Ukumehame Canyon in West Maui and in the summit depression of Haleakala. Where streams have cut canyons in old rift zones, you can sometimes count as many as four hundred dikes in a mile distance. Shield volcanoes produce a lot of lava. Haleakala alone contains enough lava material to make one hundred Mt. Fujiyama's in Japan.



## Fun Facts.

### STATE OF HAWAII

Nickname: The Aloha State  
 Statehood: August 21, 1959  
 Capital: Honolulu  
 Animal: Humpback Whale  
 Flower: Pua Aloalo (Hibiscus)  
 Song: "Hawaii Pono"  
 Colors: Red, White & Blue



- ✓ Hawaii is the only state in the nation that grows coffee.
- ✓ Sugar was first produced commercially in Hawaii in 1835.
- ✓ Hawaii is the only state in the nation with a royal palace.
- ✓ Hawaii is the longest chain of islands in the world.
- ✓ There are no snakes or billboards in Hawaii.
- ✓ **Oahu is the home of Aiea the only U.S. city spelled with all vowels.**
- ✓ The total land mass of the Big Island grows by hundreds of acres every year due to Kilauea Volcano.



**The Hawaiian Flag** has 8 red, white, blue stripes and British Union Jack.

**Hawaii**, America's only island state, may be considered the richest place on earth if you count wealth in terms of physical or emotional well-being rather than in material possessions. The possibilities for relaxing and adventure are endless. In this section of the book, we would like to give you some pointers to get you started, and after that, you're sure to find a lot of interesting things to do on your own.

There are six main islands in Hawaii: Oahu, The Big Island, Maui, Molokai, Lanai, and Kauai. Each of these islands is unique and all have the potential for family fun and adventure. In this section we will provide a brief review of the Hawaiian language and customs, some plants and sea life, and a few fun facts. Then we'll move to "our own back yard"...the beautiful Island of Oahu and then on to Schofield Barracks. We hope you find the information included here both enlightening and entertaining.



#### Fun Fact...

*Did you know that the wettest place on earth is in Hawaii? It's on Kauai at Mt. Waialeale...it has rain 350 days a year for an average of 444" of annual rain fall.*



A replica of Demigod Maui's "Magic Hook".

## STORY OF MAUI (The legend of how the Islands were formed.)

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Eons ago, there was born the Demigod Maui. His father was the holder of the heavens and his mother was the guardian of the path to the Netherworld. Maui was the only one of the children who possessed the powers of magic and miracles.

Maui was the smallest of the family. He had the quickest of minds and had an extremely rascally nature about him. Maui would take any advantage of both his friends and the gods in his quest to fulfill his schemes.

It is said that Maui was not a good fisherman. His brothers were much more skilled. They would often laugh at him for his poor success. In revenge, Maui used his cunning to fill his boat with catch at his brothers expense. Maui would position his boat so that when one of his brothers began to pull in a fish, he would distract them so that he could pull his line across theirs stealing their fish.

Maui's brothers could only marvel at their younger brother. However they soon caught on and refused to take him fishing with them. Maui's fortune turned against him. His mother then sent him to his father to obtain a magic hook.

"Go to your father. There you will receive the hook called Manaiakalani, the hook fastened to the heavens. When the hook catches land, it will raise the old seas together."

Maui returned with his hook. He joined his brothers in another fishing expedition. They jeered him and threw him out of the boat. When they returned, they were empty handed. Maui berated them. He stated that if they had allowed him to join them, they would have had better success. The brothers decided to allow him to join them in their canoe for another chance.

They paddled far into the deep ocean and threw their lines overboard. To their dismay, they only caught sharks. The brothers ridiculed Maui asking "Where are the fish you promised?"

Maui then rose and threw his magical hook into the ocean. Chanting a spell of power, he commanded the hook to catch the Great Fish.

At once the sea began to move. Great waves rose around the canoe. Maui commanded his brothers to paddle with all their might and to not look back. For two days, Maui held taut the magic line and hook while his brothers kept paddling furiously. Suddenly from below the depths arose the tops of great mountains in a series of peaks that broke the surface of the ocean. Maui reminded his brothers to keep paddling mightily. Maui pulled mightily against the line and forced the peaks even farther out of the water.

One of his brothers then broke the command and gazed back in awe at the sight of the rising land. He stopped paddling and quickly the magic line began to slacken in Maui's hands. Before he could call out to his brothers, the line snapped and the magic hook was lost forever beneath the sea.

Maui chastised his brothers for their failure to paddle as he had commanded. "I had endeavored to raise a great continent but because of your weakness I have only these islands to show for all my efforts."

And this is how the Islands of Hawai'i came to be...



Photo courtesy CL Steenfott



**The Language.** English is the language of Hawaii, but because the Plantations brought so many different ethnic groups to Hawaii you will hear a variety of different languages and dialects as you travel about. English, Japanese, and Korean, are just some of the major languages spoken here. Most of the staff at the hotels and shops in the tourist areas, such as on Waikiki are multilingual and unless your language is very obscure you should be able to communicate just fine. The only problem you might encounter with the language is the pronunciation of city and street names, but the following rules and a little time may help.

Hawaiian is a Polynesian dialect and only has 12 letters compared to the English 32. The vowels are the same, A, E, I, O, U, but there are only seven conso-

nants and they are H, K, L, M, N, P, and W.

**PRONUNCIATION:**

*Vowels are pronounced: A—"ah" (father) not "ay" (hay), E—"ay" (vein) not "ee" (see), I—"ee" (peep) not "eye", O—"oh" (own), and U—"oo" (too). Most often vowels are pronounced separately although sometimes they are pronounced together.*

**RULES:**

1. Every word must end in a vowel.
2. Every consonant must be followed by at least one vowel.
3. Every syllable must end in a vowel.
4. Divide into syllables for easy pronunciation: Ka/la/ni/a/na/o/le.

## SOME COMMON WORDS AND PHRASES

AKAMAI – Smart, clever  
 ALA – Road, path. (e.g., Ala Moana)  
 ALOHA – Hello, goodbye, love, or a as a toast  
 ALOHA KAKAHIKA – Good morning  
 ALOHA AHIAHI – Good evening  
 ALOHA KAKOU – Greetings, everybody  
 AUWE – Oh!, Alas  
 HALE – House, building  
 HAMAKUA – Place name for a direction  
 HAOLE – Caucasian person, formerly, any foreigner  
 HAUOLI LA HANAU – Happy Birthday  
 HAUOLI MAKAHIKI HOU – Happy New Year  
 HULA – Classic dance form of Hawaii  
 KAI – Sea  
 KANE – Man  
 KAPU – Taboo, forbidden, keep out  
 KAUKAU – Food  
 KEIKI – Child  
 KIPA MAI – You're welcome  
 KOKUA – Help  
 LANAI – Porch, balcony, veranda  
 LEI – Strand of flowers, leaves, shells, nuts  
 LUA – Restroom  
 LUAU – Hawaiian feast  
 MAHALO – Thank you

MAHALO NUI - Thanks a lot  
 MAHIMAHU – Dolphin family fish  
 MAIKAI – Fine  
 MAKAI – Toward the sea  
 MALIHINI – Stranger, newcomer, guest  
 MAUKA – Towards the mountains  
 MELE – Song, chant, or poem  
 MELE KALIKIMAKA – Merry Christmas  
 MUUMUU – A long, loose-fitting dress  
 OHANA – Family. A close group  
 OKOLE MALUNA – Bottoms up  
 ONO – Delicious. Also an Island Fish  
 PALI – Cliff or cliffs  
 PAU – Done, finished  
 PEHEA OE - How are you  
 POI – Hawaiian staff of life, made from taro root  
 PUKA – Hole or opening  
 PUNA – Place name used as a direction  
 PUPU – Hors d'oeuvre  
 SHAKA – Slang. A hand gesture made with a closed fist except for the thumb and pinky, palm facing toward you. Means "hang loose".  
 TUTU – Grandma type  
 WAHINE – Woman



## Talking Pidgin (Written by Dawn Imholte)

When you're socializing, shopping, eating out, or listening to the radio, you will hear the local lingo. It's the use of their slang "PIDGIN." This language is purely for fun but can get you in trouble. Hopefully you too will be amused.

When you're at work with locals someone is going to pick up lunch. It might be BENTO (BEN tow) box lunch, Japanese style. You might love the cuisine and you might express it, "Wow! Some Ono! Brok' Da Mout." Translation: ONO (OH no) good, delicious. BROK (broke) intense experience. DA (duh) the. MOUT (Mowt) Mouth.

If someone asks if you're sharing, and you like your lunch too much say "Ovah deah, get plenny grinds." Which translates to "Over there is plenty of GRINDS (grines) food.

DA KINE (da KINE) is *the* be-all of pidgin. You can use it anytime, anywhere, anyhow, for anything. "Eh Brah, Wheah Da Kine?" In the local environment everyone around you should know which Da Kine you are speaking of. The sentence before this one will make you laugh when you finally understand what this word means.

On the weekend you might see a movie. "This was a junk movie!" JUNK is lousy or terrible. JUNKS can also be what you have building up in your garage or old pant pockets.

When someone tells you what the movie you were about to watch was all about you can say to them "MAHALO" (ma HA lo) touristee for "thanks". It is used mostly by entertainers and your friendly hotel lobby clerks.

Whether you live on or off post you might have the neighbor who knows it all. NI' ELE (nee EH leh) is nosy. She will tell you everyone's business before you get your furniture off the truck! She has WALA 'AU (va la OW) diarrhea of the mouth.

When you ask someone for something you can use ONE (won) A, in front of it. "Hon, you going pick up one lobsta fo' dinna?" Which is, please pick up a lobster for dinner on your way home dear. Then he replies from his cell phone "Eh, NO NEED! All PAU already. Wen' get BEAH afta 18th PUKA." This means it's not necessary sweetheart, I finished work early and shot 18 holes with my buddies and now I'm drunk! You think to yourself when you hang up, he's in PLENTY (PLEN nee) troubles and we've been in Hawaii LONG TIME ALREADY!



Remember now, this is in fun but in PIDGIN it's GOOD FUN.



**MORE PIDGIN...**

An Den - What happened next, "And then".

Akamai - Intelligent, smart

Brah / bruddah -Similar to "Brother" or "pal" in slang.

Example: "Eh, brah!"

Broke da mout' -Delicious tasting.

Buggah - This could be a guy, girl, or thing. Connotation could be a friend or pest, depending on the tone of voice and how the word is being used.

Bumbye - Later on.

Bussum Out - I want some, share with me.

Check U'm Out - Check it out

Chicken skin -The bumps on your skin when you get the chills or an eerie feeling.

Da kine -Versatile word used to replace words that can't be remembered or are unknown while you are speaking

Fo' What - Why? How come? "For what".

Fo' Real - Are you sure. "For real".

Garans - Guaranteed.

Give 'um - Go for it dude, try your hardest.

Grind - To eat.

Grinds - Good food.

Hana Hou - One more time, do it again.

Hawaiian Time - To be late.

Hele On - Let's go, get moving.

Howzit -"How are you?" , "How's it going", or "How have you been?"

Huhu - Mad.

Kay Den - Okay then, if that's the way you want it.

Like dis; like dat - Like this or like that.

What Like Beef - Do you want to fight.

Lolo - Dumb, slow, crazy, does not make sense.

Lua - Bathroom.

Moke - Big, tough local.

Nevah -Never.

Pau - Finished.

Spahk - Check it out.

Stink Eye - A dirty look, like right before a fight.

Tita - A very tough girl, a girl that thinks she's a guy.

Talk story -Conversation at length.

Whaddsdascoops - What 's the scoops? What's going on?

## The 12 Days of Christmas (Hawaiian Style)

Numbah One day of Christmas, my tutu give to me  
One mynah bird in one papaya tree.

Numbah Two day of Christmas, my tutu give to me  
Two coconut, an' one mynah bird in one papaya tree.

Numbah Tree day of Christmas, my tutu give to me  
Tree dry squid, two coconut,  
An' one mynah bird in one papaya tree.  
Numbah Foah day of Christmas, my tutu give to me  
Foah flowah lei, tree dry squid, two coconut,  
An' one mynah bird in one papaya tree.  
Numbah Five day of Christmas, my tutu give to me  
Five beeg fat peeg... foah flowah lei, tree dry squid, two coconut,  
An' one mynah bird in one papaya tree.

Numbah Seex day of Christmas, my tutu give to me  
Seex hula lesson, five beeg fat peeg (that make TEN!),  
Foah flowah lei, tree dry squid, two coconut,  
An' one mynah bird in one papaya tree.

Numbah Seven day of Christmas, my tutu give to me  
Seven shrimp a-swimmin', seex hula lesson,  
Five beeg fat peeg, foah flowah lei, tree dry squid, two coconut,  
An' one mynah bird in one papaya tree.  
Numbah Eight day of Christmas, my tutu give to me  
Eight ukulele, seven shrimp a-swimmin', seex hula lesson,  
Five beeg fat peeg (that make TWENNY!), foah flowah lei, tree dry squid, two coconut, An' one mynah bird in one papaya tree.

Numbah Nine day of Christmas, my tutu give to me  
Nine pound of poi, eight ukulele, seven shrimp a-swimmin',  
Seex hula lesson, five beeg fat peeg, foah flowah lei, tree dry squid, two coconut,  
An' one mynah bird in one papaya tree.

Numbah Ten day of Christmas, my tutu give to me  
Ten can of beer, nine pound of poi, eight ukulele, seven shrimp a-swimmin'  
Seex hula lesson, five beeg fat peeg, Foah flowah lei, tree dry squid, two coconut,  
An' one mynah bird in one papaya tree.  
Numbah Eleven day of Christmas, my tutu give to me  
Eleven missionary, ten can of beer, nine pound of poi,

Eight ukulele, seven shrimp a-swimmin', seex hula lesson,  
Five beeg fat peeg, foah flowah lei, tree dry squid, two coconut,  
An' one mynah bird in one papaya tree.  
(Numbah Twelve day of Christmas the bes', and the bes' stuff always come las'...)

Numbah Twelve day of Christmas, my tutu give to me  
Twelve TELEVISION, eleven missionary, ten can of beer,  
Nine pound of poi, eight ukulele, seven shrimp a-swimmin',  
Seex hula lesson, FORTY steenkin' peeg,  
Foah flowah lei, tree dry squid, two coconut,  
An' one mynah bird in one papaya tree!

Music and lyrics published by Hawaiian Recording and Publishing Company, Inc., and copyrighted in 1959.

### "Mele Kalikimaka!"



Photo courtesy  
CL Steenfott



There is a huge Swap Meet held at the Aloha Stadium every Wednesday, Saturday and Sunday (486-6704). Here you can find anything from clothing and accessories to plants and one of a kind handmade gifts. Just for fun have your name written in Hawaiian on a piece of ivory or a wooden plaque. The people who run these businesses know how to translate. However, if you just want to see what it would look like here's a website that will translate for you. <http://www.hisurf.com/hawaiian/names.html>



### **THE HAWAIIAN FISH** (Trigger Fish) **Humuhumunukunukuapua'a**

Pronounced: Humu - humu - nuku - nuku - a - pu - a - a  
(hoomoo - hoomoo - nookoo - nookoo - ah - poo - ah - ah)

## **KAMA PUA'A - The Pig Child**

Many thanks to Maui Cheetah for allowing us to use the following story. Copyright @ 1995-2001 by Maui Cheetah, Kihei, Maui, Hawaii. Used with permission. For more great stories go to <<<http://www.mauigateway.com/~rw/cheetah.htm>>>.

*A long time ago on the Island of Oahu, lived a powerful king whose son was named Kama Pua'a. This child was difficult, to say the least. He was always chasing away his father's livestock and tearing up the royal taro patches. His father swore that if he ever caught him, he would kill him. To save himself, Kama Pua'a fled Oahu and moved to Maui and married Madame Pele, the fiery goddess. They were in love and soon had a son.*

*A sad event occurred; the son died. Madame Pele, as fiery as she was, went into a rage and started chasing Kama Pua'a. To escape, he started running down the slopes of Haleakala, towards the sea. When he did this, he turned into a giant hog. With Madame Pele gaining, Kama Pua'a called to his grandmother on Oahu, "Grandma, Grandma, what should I do?"*

*His grandmother answered his call, "Leap into the ocean and you shall save yourself." When he got to the bottom at Pa'uwela, he leaped into the ocean and changed into a fish. This ended his emotional experience with Madame Pele. Thus Pa'uwela, which means "calming of emotions", was named. The fish that Kama Pua'a turned into was a **Humuhumunukunukuapua'a**; a fish with a pig snout. And today, that fish is the Hawaiian state fish.*

*This is the same fish that "goes swimming by", in that catchy "Little Grass Shack" song.*



**Customs and traditions.** Hawaii has some unique and fun customs and traditions. You'll find that some may be similar to what you've seen in other parts of the world, but here they always have that little twist that makes them uniquely Hawaiian.



## THE ALOHA SPIRIT LAW

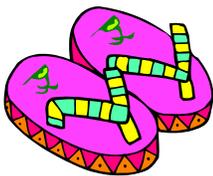
<http://hawaiianlanguage.com/alohaspiritlaw.html>

**The Aloha Spirit Law** is an ACTUAL law "on the books" in Hawai'i, encoded in the Hawai'i Revised Statutes, section 5-7.5 and acknowledges that **The Aloha Spirit** "was the working philosophy of native Hawaiians and was presented as a gift to the people of Hawai'i."

All citizens and government officials of Hawai'i are obligated by law to conduct themselves in accordance with this law, while performing their duties and obligations, as well as in their day-to-day living. Likewise, those visiting our fair islands are expected to conduct themselves in accordance with this Hawaiian law.

**The Aloha Spirit** elevates, empowers and ennobles its people, and **KEEPS** Hawai'i the uniquely special place that it is. **The Aloha Spirit Law** deserves our unmitigated support and compliance. As a model law for the world, it can serve the greatest number for its greatest good.

**Evil Eye.** Hawaiian custom states that you shouldn't look straight into another person's eyes. If you do it may be misunderstood as you giving the other person "the stink-eye" or Evil Eye. Hawaiians are taught to "nana i lalo...look downward" when speaking to each other. The kapu originated from the Hawaiian practice of ho'opi'opi'o where someone could cause pain or illness in another through the use of the gesture and concentration on the person. There is still a law in the books (Hawai'i Revised Statutes section 772-1) which makes it a crime to give the evil eye.



**TAKE OFF YOUR SHOES.** In ancient times, the Hawaiians, who didn't wear shoes, would wash their feet before stepping upon the lauhala mat, which lined the floor of a house. This kept the mat clean for sleeping. This transferred over to modern times where slippers line the front of many doors of Hawaii. Taking off your shoes at the door is something that your hostess will greatly appreciate, it helps cut down on the Hawaiian red dirt that gets tracked into the house.

**Christmas Hawaiian Style.** Since Hawai'i only gets snow on top of the highest mountains (which are volcanoes!) on the Big Island and Maui, sleighs aren't much use and the reindeer get to take a well deserved rest while deliveries are being made here in Hawai'i. Santa, dressed in red aloha wear, shows up on his Christmas surfboard...a magic one of course...which carries him across the ocean and right up onto the beach to deliver Christmas cheer. After his deliveries I'm pretty sure he sticks around for a while and gets some much needed rest himself.

You may have heard the words "**Mele Kalikimaka**" before and know them to be Hawaiian for Merry Christmas. This is a phonetic translation. It's said that when the missionaries and other Westerners first brought the custom of Christmas to the islands, the Hawaiians had difficulty pronouncing Merry Christmas and turned it into words that rolled more easily off their tongues.



Microsoft Clipart  
Adapted by—CL Steenfott

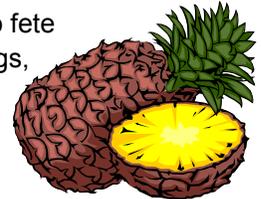


The Hawaiians didn't celebrate Christmas prior to the arrival of Europeans, but during this same time of the year, they traditionally honored the earth for giving them plenty to eat. This period of resting and feasting was called *Makahiki* (mah-kah-HEE- kee). It lasted for 4 months, and no wars or conflicts were allowed during this time.



**Hula**, is the Hawaiian word for dance. The hula began in ancient Hawaii as a form of worship. The musical instruments were often made of gourds, coconuts, or logs covered with a shark-skin membrane. The ukelele, which most westerners are familiar with, was also an important part of the hula. In order to dance the hula there must be poetry to interpret or a story to be told. The music is comprised of repetitive chants, called mele, either alone or combined with music. The hand and leg movement combined with facial expressions and the dance itself tell the story of the hula while the feet and pelvis keep the rhythm. The hula survives today through study, competitions, shows, and the dances for the visitor's enjoyment.

**History of the Luau.** In old Hawaii a luau meant a lavish food extravaganza to fete royalty, foreign dignitaries, powerful chieftains, or hundreds of guests at important weddings, christenings or birthdays. Luaus often lasted for days and required an incredible amount of preparation. Guests sat on mats on the ground, with food piled high in calabash bowls in front of them. They ate a bit, danced a bit, drank a little and sang a lot. A rollicking shared experience... a feast of *Aloha*.



Today the luau is simply known as a Hawaiian barbecue. It is a large party where the main course is Kalua pig—a whole pig steamed in an imu (underground oven). You will also find pupus (Hawaiian appetizers), lau-laus (meat, normally pork, cooked inside ti leaves), limu (seaweed), lomi-lomi salmon (cooked with tomato and onion), and haupia (coconut and pineapple pudding).

The luau is major visitor attraction and dozens are held daily throughout the islands. Some of the major hotels have them on a fairly regular basis...be adventurous and check one out.

**MAY DAY.** Several songs have been written about May Day (celebrated May 5th), but perhaps the most memorable is one that was written for the first Lei Day in 1928. [from "May Day is Lei Day in Hawai'i" by 'Red Hawke,' 1928]



*"...May Day is Lei Day in Hawai'i  
Garlands of flowers ev'rywhere,  
All of the colors in the rainbow  
Maidens with blossoms in their hair  
Flowers that mean we should be happy,  
Throwing aside a load of care,  
Oh, May Day is Lei Day in Hawai'i  
Lei Day is happy day out there."*



**LEIS** have long held special significance in Hawaii. They have many meanings and uses; the maile lei is the traditional offering to Laka, goddess of the dance, which is one of the reasons the hula dancers are so adorned with them. Leis are given to people arriving and leaving Hawaii meaning love or friendship. Leis are used in worship or to mark special achievements like graduations, weddings, and anniversaries. Leis can be made with flowers, leaves, shells, feathers, seeds, ivory and animal teeth. They can be braided, woven, plaited, knotted, wound, sewed, or tied.

Though now mostly associated with flower and plant leis, there are many different connotations to the word. "A lei is a baby, dearly loved...a lei is a sweetheart...a lei is a chanted poem or song accompanying a flower lei that is given to a person esteemed...a lei is an expression of affection and loyalty voiced in a chant." The giving of a flower or plant lei has come to symbolize the Aloha spirit.



**Koa Tree.** Traditionally, when it was plentiful, koa was used for everything from 60 foot, ocean-going canoes to food containers. Although koa canoes are still in use, this rare wood is now used mostly for crafting ukuleles, furniture, and art pieces. It is prized because it is getting harder and harder to find. It takes the Koa tree 50-80 years to mature, and so from an economic standpoint, there is little incentive for tree farmers or nurseries to plant them. Because of this most of the Hawaiian Koa is currently produced almost exclusively on the Big Island of Hawaii. Not only is the Koa tree itself rapidly disappearing, but it is also on the endangered registry due to concerns about the vanishing habitat it used to provide for (also endangered) native Hawaiian wildlife.

**The Ukulele or Ukelele** is pronounced oo-koo-lay-lay and in Hawaiian means "flea" or "jumping flea". It is a small guitar derived from the *machada*, or *machete*, a four-stringed guitar introduced into Hawaii culture by the Portuguese in the 1870s. Portuguese sailors and traders first brought the "little guitar" to Hawaii, and it was actually introduced and played publicly for the first time by a Portuguese immigrant named Joao Fernandez, in 1879. The 'ukulele was then called the Braginho because the first one had been manufactured in the province of Braga, Portugal. It is seldom more than 24 inches (60 cm) long. The ukulele has been played in Europe and the United States as a jazz and solo instrument in the 20th century. The ukulele has a happy sound and you'll see it pretty much anywhere you go in Hawaii.



**UNUSUAL SHIPMENTS** — In January 1997 the United Parcel Service transported:



30,000 lbs. of live animals for the Disney Production, *George of the Jungle* being filmed in Hawaii. In this shipment was one four-ton elephant ("Tai"), two zebras, four monkeys, several Toucans, and a pair of Dik-Diks from Ontario, California to Honolulu, Hawaii.

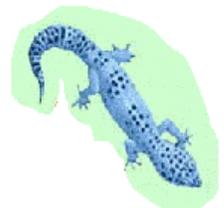
<<<http://www.pandaexpress.ups.com/unusual/unusual.html>>>



**Hawaiian Shaved Ice, Tropical Sno, Sno Cone...** whatever you want to call this popular Hawaiian treat, it's delicious and refreshingly cold on a hot summer's day. You can find it pretty much anywhere you go in a lot of different sizes, and the list of flavors seem endless.

Banana, Blueberry, Cherry, Coconut, Grape, Kiwi, Lemon-Lime, Margarita, Mango, Orange, Peach, Piña Colada, Pineapple, Raspberry, Root Beer, Strawberry, Watermelon, and Vanilla are just a few of the available flavors.

**Gecko**, is a common name for members of a family of small, harmless lizards, found mainly in tropical regions. Certain species of this family make a loud clicking noise that sounds like "gecko." Some people say it sounds like a cross between a dog's bark and a bird's chirp. They are the only lizards that make any sound other than hissing.<sup>1</sup> Geckos eat bugs, and can cling upside down to ceilings. They are found in many buildings in Hawaii and are sometimes considered good luck.



<sup>1</sup> "Gecko," Microsoft® Encarta® Online Encyclopedia 2000 <http://encarta.msn.com> © 1997-2000 Microsoft Corporation.



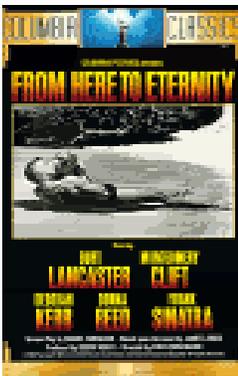
**Movies.** Hawaii is the site of many of Hollywood's legendary masterpieces and various TV series. There are well over 100 films that have been made here in Hawaii. I've listed a few of them here, in no particular order, just to give you an idea of the range of movies and shows filmed here. If you'd like more information on any of these listed, such as who the actors or directors were, what the plot line was, or to learn about other films, go to "*The Internet Movie Database, LTD*" website listed below. I've found it to be a fantastic resource.

*Donnovan's Reef (1963), Jurassic Park (1993), Jurassic Park III (2000), South Pacific (1958), Blue Hawaii (1961), Gilligan's Island (1964 TV-Series), Six Days, Seven Nights (1998), Fantasy Island (1978-TV Series), Raiders of the Lost Ark (1981), Hawaii Five-O' (1968 and 1984 TV-Series), Magnum P.I. (1980 TV-Series), Baywatch Hawai'i (1989), From Here to Eternity (1953), Miss Sadie Thompson (1953), Windtalkers (2001), Mighty Joe Young (1999), Pearl Harbor 2001 (2001), Raiders of the Lost Ark (1981), Throw Mama From the Train (1987), King Kong (1976), Krippendorf's Tribe (1998).*

The Internet Movie Database, LTD on Amazon.com at: <<<http://us.imdb.com/Lookup>>>

### Did you know...

The pilot for *Gilligan's Island* was filmed in Hawaii in November 1963. The location was in a remote part of the island of Kauai, which had served as the major location for the film, *South Pacific*. The beach scenes were shot on the bay where the swabbies had sung, "There is Nothing Like a Dame." The crew stayed in a hotel built for *South Pacific's* cast and crew. —From *Gilligan's Island*, by Sylvia Stoddard.



### *From Here to Eternity (1953)* From Columbia Pictures

Based on the novel by James Jones. Eight Oscars® include Best Screenplay (Daniel Taradash) and Cinematography (Burnett Guffey).

Academy Award® - Best Picture, Best Director - Fred Zinnemann, Best Supporting Actor - Frank Sinatra, Best Supporting Actress - Donna Reed

This film was ranked #52 in the American Film Industries All-Time Top 100.

**"From Here to Eternity** is a landmark example of Hollywood at its finest. An all-star cast brought what was considered an unfilmable novel to the screen with skill and grace. The story of the loves, hopes and dreams of those in a close-knit Army barracks in Hawaii shortly before the attack on Pearl Harbor. Montgomery Clift plays Robert E. Lee "Prew" Prewitt, a former boxer who refuses to fight after blinding a friend in the ring. Love and tragedy abound in this look at military life before the war." 1990-2001 The Internet Movie Database Ltd an Amazon.com Company <<<http://us.imdb.com>>>.

As the story line indicates, this movie is based at an "Army barracks in Hawaii". Portions of the movie were filmed at one of "The Woods" houses on Schofield Barracks and although it is generally accepted that the house in the film is located on McAndrew Road, the exact house was never documented.



The library on Schofield currently has two copies of this movie. If you've never seen it...go check it out; all you need is an ID card.



**Hawaii Movie Tours (Kauai).** *With four great tours, we guarantee you have never experienced anything like it. Travel in our theaters on wheels to film sites of Hollywood's legendary masterpieces. Jurassic Park, South Pacific, Blue Hawaii, Gilligan's Island, Six Days, Seven Nights, Fantasy Island, Raiders of the Lost Ark and many others, filmed on the stunning island of Kauai. Watch the scenes while at the locations where they were filmed. Learn fascinating inside details of the stars and what they did when they were here. Visit beaches like no other on Earth. Learn Hawaiian myths and legends, language, flora and fauna. Enjoy a delicious picnic lunch on a beautiful beach. Sing show tunes! The five-hour Hawaii Movie Tours depart at 9 a.m. Monday-Saturday. The \$85 fee includes pickup at major hotels and a picnic lunch. To make reservations call toll-free 1-800-628-8432. For a complete list of movies or to make on-line reservations: <<<http://www.hawaiimovietour.com>>>*

### The Aloha Tower. By CL Steenfott.

Located on Honolulu's Pier 9 is one of Hawaii's most notable...and noticeable historical landmarks...the Aloha Tower.

When it was completed in 1926 each face of the tower had the word ALOHA etched on it...a friendly announcement of welcome...or a fond farewell to all who saw it.

For years, the Tower, which stands over 184 feet tall, was the tallest building in Hawaii. It no longer holds that title, but it still has a unique charm of it's own.

Situated on the Waikiki Beach waterfront, the Aloha Tower still possesses a great view of the harbor from the observation deck located on the 10th floor. The observation deck, which provides a view from all four sides of the building, is accessible by a small elevator. The elevator is operational 7 days a week from 9 am until sunset. On your

way up to the observation deck you might notice that there's a bit of a time gap between the 9th floor and the 10th floor. That's because the huge clockworks occupy the "missing" floor. At one time, this clock was considered to be the largest of it's kind in the United States.



Photo courtesy - C L. Steenfott

The Aloha Tower has withstood the test of time and inclement weather and in May of 1976 it was added to the National Registry of Historic Places, ensuring that it will be around for many more years to come.

Go take a look...after you've made your trip to the observation deck there's still plenty to do in the area. Check out some of the shops located in the immediate vicinity or stop in some place for lunch. You may even catch a little entertainment in the form of a local group dancing the hula...it happens.



Scene from Halona Blowhole lookout

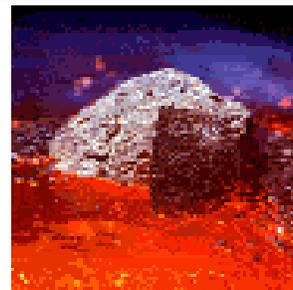
Photo courtesy CL Steenfott



## From Hawaii ... with superstition

By Ilze Zvirgzdins  
Photos by Kelley Sullivan  
<http://www.usps.gov/history/plife/pl082097/hawaii8.htm>

Knock on wood. Now that that's out of the way, let's discuss some black rocks that are either very pretty in their natural surroundings and harmless, or very bad luck if you pack them in your bags and take them home from your vacation in Hawaii.



They are volcanic rocks, shiny and shimmery, reflecting the colors of the rainbow. Like the beauty of the islands themselves, they tempt you to keep a piece of Hawaii with you forever. In a place created from volcanoes, you might wonder what harm could come from picking up a rock and putting it in your pocket and taking it with you. Or maybe you scoop up some black sand or stop at a souvenir shop and buy a tiki, an image of a Polynesian supernatural power, crafted from the rock. What could happen?

Nothing good, according to the letters that accompany rocks arriving daily at Hawaiian post offices, some by Express Mail with return receipt requested. Now that's leaving no stone unturned.

"We get tons and tons of rocks," says Kawai Isa, postmaster at the Hawaii National Park Post Office on the Big Island of Hawaii, where Kilauea, one of the world's most active volcanoes, rumbles and oozes lava, and where Pele, the goddess of volcanic fire, can be naughty or nice.

The return of rocks has been going on for at least a couple of decades and it's not inconceivable that tons is a pretty accurate accounting. Being close to Pele, the post office Isa runs gets five to six rocks a day. Then there are the conch shells, black sand, green sand and other whatnots that also show up in the mail.

These items pack a major superstitious wallop. Wrote one woman about the heart-shaped rock that made its way back to the Mainland with her: "I am returning it to you so you can put it back where it belongs. I have had more grief and problems in the last year than I ever have in my life. I don't know if having this rock has anything to do with it but ... returning it is at least a symbol to me that I am doing something to change the direction of my luck and life."

They've lost money. Their spouses have died. They've broken arms and legs. That's what Isa's heard, not that she actually reads the letters. "I'm not a superstitious person," she assures. She's also a native Hawaiian with a healthy respect for Pele. Isa passes along the rocks and their letters to the folks at the Hawaii Volcanoes National Park.

Now, this is the point where you're supposed to forget what you've read so far. Or, at least, don't mention it again. That would make the park rangers at Volcanoes Park happy. They hate publicity about the bad-luck rocks because it perpetuates something they think is downright silly. They say it's also culturally insensitive and wastes their time. The rocks are not returned to whence they came, the jigsaw puzzle of landscape. They're tossed behind the park's maintenance garage in pile after pile after pile; well, you get the picture. "It's not real," insists Park Ranger Mardie Lane. "There is no Hawaiian legend, no curse of Pele.

"It's partly guilt," Lane assures, "since visitors are not supposed to take natural objects from national parks. And it's partly tabloid reporting because a story like this sells papers. But that's life — just as good happens, so does bad."

Bad luck happens? Now where's that rabbit's foot?



## Kukui (Candle Nut)-- The Hawaiian State Tree

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The Hawaiians say that a long time ago when these islands came up from the sea and lay barren, only mountains and plains and beaches were here. The Sun God La had not come up from the ocean yet. Only the moon and stars gave light. The Tree God came and sat upon the sandy shore where a stream entered into the sea. He took some white sand, and



moistened it with water from the stream, and made many kinds of different seeds. When the seeds were dry, he planted them. Some he planted near the beach, some on level plain, others in gulches or on lava slopes.

Tiny trees sprang up with many colored leaves and for a little while these trees grew, but with only the light from the moon and stars, they sickened and withered away. The Tree God saw that his trees were

The Kukui belongs to the Spurge family. The leaves of the Kukui are a light green, the trunk is smooth, straight and un-branched to a height of 30-50 feet . If you look at the hillsides of most gulches here, you can easily spot it. The light color of the Kukui leaves, which resemble maple leaves, contrasts with the other, darker trees and plants. As the leaves grow, they turn a silvery color so that it looks as if it's lit by the moon. The Hawaiians say that the trees remember it was the moon which gave light to their ancestors.

dead and he knew that they needed sun. In the small

gulches he found trees that were still growing. Lit by the moon and the stars these little trees had flourished, and their leaves were like moonlight seen through floating clouds or reflected on still water.



The Kukui was a very important plant to the Hawaiians and has many uses. The bark, flowers, and nuts are used to make many different types of medicines. The kernel of the nut was used to make light. The Hawaiians would get twelve to fourteen of the nuts and string them to the rib of a coconut (Niu) leaf. They would then bring that string into their grass houses and light the top Kukui nut. Since the Kukui has such a high concentration of oil, it would ignite quite easily and would burn for two to three minutes. As it was burning, it would drop oil on the next nut in the chain and light that nut. Slowly burning down the chain, acting as a candle. That's how the Hawaiian people were able to light their grass houses at night. In Hawaiian Kukui means candle, so these light green tinged leaf trees are called Candle Nut Trees.

The Hawaiians also used the Kukui nut to make their torches (lama) by hollowing out one end of a length of bamboo and then loading Kukui nuts into the hollowed out section. They could then light it and carry it with them to light their way. Hawaiian fishermen used the resin from the tree to soak their fishing nets in every three to six months to keep the nets from rotting. They would also chew the nut, and trying not to swallow it, they would spit it in the water to aid them in searching for squid or octopus. The nut has such a high concentration of oil that supposedly it would smooth the water so the fisherman could see. The oil from the nut was also used as a polish, and the shell could be used to make leis or bracelets. The Hawaiians also discovered that the oil, when smoothed on the skin, soothed and softened sunburns and irritations. New born babies were bathed in it, and the oil is still produced in its purest form today.

The Kukui nut lei has come to represent one's affection for someone else, so you would only give a Kukui nut lei to someone who is very special to you.

### Hawaiian sayings:

- "The gum sticks to the candle nut tree" (refers to a child clinging to his mother).
- "When the kukui nut is spat on the water, the sea is smooth" (same meaning as pouring oil on troubled waters).



## The Humpback Whale.

Many thanks to *Ekahi Tours, Inc.*, for allowing us permission to use the following story from their newsletter Vol. 2 Issue 3, March 2000. Copyright 1999 Ekahi Tours, Inc. All rights reserved. Revised April 30, 2000. For more information or stories or to subscribe to their free newsletter visit their website at <<<http://www.ekahi.com/>>>

Each year around November, the North Pacific Humpbacks begin to migrate to warmer waters from the cold arctic waters off the Gulf of Alaska. The adult humpbacks can survive the cold arctic winters, but their calves cannot. The new calves are born without a layer of protective blubber, so they need the warm water to survive. The Humpbacks travel to three primary locations to reach those warm waters, the coast of Baja in Mexico, a group of islands south east of Japan, and the majority come to the Hawaiian Islands. Since the average water temperature in Hawaii's waters is about 74 degrees, it's nice and warm for the calves.

Most of the Humpbacks that come to Hawaii end up in the waters off Maui, due to Maui's unique topography and the fact that it's virtually predator free. Maui County is made up of four islands, Maui, Lanai, Molokai, and Kahoolawe. These four islands shelter and protect the waters from the sides, and they are so close to each other that they form a shallow basin at the bottom. The average depth of this area is only 300 feet, which for the humpback whale is just right. Humpbacks prefer shallow waters like this and spend the majority of their lives in water of this depth. In comparison, the waters off many of the other islands is almost an immediate drop off of 12,000-20,000 feet, a more common depth out here in the middle of the Pacific Ocean.

Humpbacks can grow to be about 52 feet in length and weigh 30-50 tons. They have two blowholes and range in color from white or black to mottled. They have distinctive patches of white on the underside of their tails. These markings are unique to each whale similar to a fingerprint.

While in the cold waters of Alaska, one of the major occupations of the humpback whale is feeding. The primary food source for the humpback is krill, a small prawn like creature with an average body size of about one and a half inches. Krill mass in vast schools, feeding on the oceanic microscopic phytoplankton. A humpback whale will eat up to two tons of krill a day.

The Humpback whales are said to be solitary animals. They travel in small groups of two to three whales called pods. Contrary to popular belief, Humpback whales are not monogamous, in fact they are promiscuous and mate with a number of different whales each year. Because of this, scientists never really know which male has fathered which calf. It also seems that humpback whales do not make life long friendships. Instead they have what are called associations. Whales are considered to be associated if they are surfacing at the same time, or diving, or engaging in similar behaviors, or if they are traveling within a body length of each other. The mother and calf are an exception to this. The mother generally never lets her calf stray more than a body length away for very long. They spend the first year of the calf's life together. The calf learns everything it needs to know in this time. Mating takes place in the warm Maui waters. The courtship can be exuberant and seemingly aggressive, involving energetic displays of high speed chasing, pectoral and tail fluke slapping, head lunges and breaching. The confusion ends in a single pair rising with their pectoral fins interlaced, belly-to-belly above the water, clasping each other. The normal gestation period for a humpback whale is between ten and twelve months. When a baby humpback is born it is about 10-12 feet in length and weighs from one to one and a half tons. During the first six months of a calf's life it goes through an amazing growth spurt growing about an inch a day and gaining about 100 lbs. each day. The Humpback whale reaches maturity at about 10-12 years of age and sexual maturity at about five.



Passengers aboard *Maui Princess*, *Molokai Princess* or *Lahaina Princess* can become active participants in the Humpback Whale research project. Assist with collection of critical information such as pod configuration, latitude and longitude of sightings, whale behavior, and of course individual whale identification. **Whale Watch Maui with: Maui Princess Yacht Cruises.** For reservations and information, phone (808) 667-6165, dial toll free (800) 275-6969 or email [ismarine@maui.net](mailto:ismarine@maui.net).





### Box Jellyfish and Portuguese Man-of-War

**War:** Box Jellyfish usually invade the beaches of Hawaii 8-10 days after a full moon and remain for up to 3 days, but they can also be found after a major storm. Heed the posted warnings.

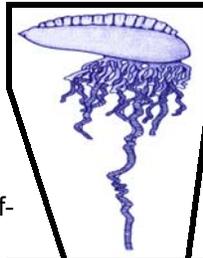


Box Jellyfish  
Photo from University of Sydney Australia

The Box Jellyfish are named after their squared bells that are 3-5 inches; their stings are non-lethal but plenty painful. Jellyfish

are clear and difficult to see in the water, and may be found in the shallow water at the edge of the beach. Their tentacles can be up to 10 feet long! When beached they look like cellophane, but they can still sting, so stay clear.

The Portuguese Man-of-War is translucent and can be tinted pink, blue, or violet. It can reach 3 to 12 inches long and may extend as much as 6 inches above the water. The portion above the water looks kind of like a crest and this is how the Man-of-War moves...by using this crest (also called a float) as a sail...of sorts. Beneath the crest are clusters of polyps, from which hang tentacles of up to 165 feet in length.



Portuguese Man-of-War

Image from:  
<http://waquarium.mic.hawaii.edu>

**WARNING:** Research indicates that it is best not to use vinegar, ammonia, alcohol, or fresh water on a Man-O-War sting and you should certainly not practice that old myth about using urine! I know they showed that on an episode of *Friends*, but don't fall for it. You could actually cause the active stinging cells to fire and potentially turn a minor pain into a major one. Use meat tenderizer to break down the toxin proteins and neutralize them and rinse the area with seawater NOT fresh water.

Avoid using any unproven and possibly harmful remedies for jellyfish or Man-of-War stings. See a doctor if pain persists, the rash worsens, a feeling of overall illness develops, a red streak develops between swollen lymph nodes and the sting, or if either area becomes red, warm and tender. If the person who is stung develops a shortness of breath, irregular heartbeat, or goes into shock SEEK HELP IMMEDIATELY!

Man-of-War stings reportedly go away in about 15 to 20 minutes, but some members of the 125th MI BN have shared their experiences with me about getting stung and they say that the pain can last anywhere from 1 to 3 days. I would imagine that the duration of the pain might be based on how many stinging cells fired before help was received and what you were actually stung by.

They also reported that using the methods listed here do help keep more stinging cells from firing, but the sting can still be quite painful. Go to the lifeguard station and get help immediately.

The *Healthwise® Handbook*<sup>1</sup> that we received from TAMC when we first arrived has the following advice for Jellyfish Stings.

Jellyfish stings cause pain and hive-like swellings. If the stings are numerous and a large amount of poison is released into the skin, there may be a shortness of breath, nausea, and stomach cramps. In severe cases there can be muscle cramps, fainting, vomiting, and difficulty breathing.

**Home Treatment:**

- \* Rinse the area immediately with sea water. Do not use fresh water and do not rub; doing so will release more poison.
- \* Splash vinegar, rubbing alcohol, or meat tenderizer dissolved in saltwater on the area to neutralize the poison.
- \* Remove any attached tentacles carefully. Protect your hands with a towel and apply a past of sand or baking soda and saltwater to the area. Scrape the tentacles off with the towel or the edge of a credit card. (Note: Some members of the medical community believe it is better to try to "lift" the tentacles off of the skin rather than scraping them off.)
- \* Apply calamine lotion to relieve pain and itching.
- \* If you are stung by a Portuguese Man-of-War jellyfish, scrape the stinging tentacles off with sand and seek medical care immediately.

<sup>1</sup> Healthwise® Handbook, Thirteenth Edition, 1997, Healthwise® Incorporated, Boise, Idaho

**The information in this section is intended for general use only. ALWAYS consult medical professionals for all of your health care needs.**



## Currents

Coastal currents occur along the coast and only affect small areas. One current found along the coast is the **Longshore Current**. This current is caused when waves strike the beach at an angle. The front part of the wave hits the shallow water first and slows down. The rest of the wave bends as it comes onto the shore creating a current that parallels the beach. Larger waves, which strike the beach less often at greater angles, create stronger longshore currents. In areas where longshore currents often occur, sandbars form.

**Rip currents** are a potentially dangerous effect of longshore currents. Rip currents, sometimes called **rip tides**, can happen when longshore currents, which move parallel to the beach, bounce seaward because of a change in the bottom's structure. Breaks in sandbars are also optimal places for rips to happen. Swimmers need to be careful in areas where rips can occur. A swimmer can be carried out to sea with this flow of water. Swimmers caught in this current should swim parallel to the shore until they are out of the rip current. Then, they can swim safely to shore.

One type of vertical current is called a coastal **upwelling**. Winds blowing offshore (or toward the ocean) push water away from the shore. Deep, colder water rises to replace the water that has been blown out into the ocean. This cold water from deep off the ocean floor brings many nutrients to the surface. Why do you think this water has so many nutrients? Dying organisms and fecal matter fall to the ocean floor. As these decompose (rot), nutrients are released, but few organisms are there to use the nutrients. They remain trapped on the ocean floor until an upwelling pushes them to the surface. Plankton blooms usually follow coastal upwellings because of the abundant nutrients that come with it.

**Downwelling** is another coastal happening. Onshore winds (or winds blowing toward the shore) push water toward the coast. This drives the nearshore surface water down and away from the coast.

This information taken from the Office of Naval Research, *Ocean in Motion* section. For more information go to: <http://www.onr.navy.mil/>.



Image from Microsoft Office Design Gallery

**Riptides and undertows:** Breaking waves carry water toward the beach. The water can't just pile up there: it has to escape back out to sea somehow. If there's a place along the beach where the waves aren't as strong, the water near the shore escapes through that weak spot, flowing back out to sea. This is a rip tide. If there is no spot with weaker surf, the water flows down and *under* the waves and back out to sea, forming an undertow.

Most deaths attributed to "undertow" happen when people are playing in the area where the waves run up onto the beach and get their feet knocked out from under them when the water flows back out. They get

dragged a short distance into the breakers, and aren't strong enough or knowledgeable enough to get back to shore.

To escape a riptide, swim *alongshore* to the left or right, to escape the seaward-flowing jet of water. Riptides can flow much faster than you can swim: if you try to swim directly back to shore against the current, you'll soon become tired and risk drowning. Surfers often use these as "express lanes" to get back into deep water after catching a wave. But don't do this unless you're a strong swimmer, have a surfboard for flotation, and know exactly how far out the riptide will take you.



**The Pacific Green Sea Turtle.** (Many thanks to children's book author and illustrator, Tammy Yee, for giving her permission to use the following story and illustration. Copyright © 2000-2001 Tammy Yee. All rights reserved. Please visit her site at <<<http://www.tammyyee.com/>>> for more of the story on The Pacific Green Sea Turtle and other stories as well as a lot of fun things for the keiki in your life.

Did you know that all the hatchlings in the nest of the Pacific Green Sea Turtle are either male or female? The temperature of the nest determines the sex of the turtles.

Cooler nests produce a clutch of males while warmer nests produce females.

Green sea turtles are agile swimmers, but on land they are cumbersome. Between May and August, female turtles clamber ashore in the Northwestern Hawaiian Islands to lay their eggs. The eggs incubate for 50 to 60 days. On a clear, moonlit night, the hatchlings dig themselves out of their nests and scramble to the water. Only 2 inches long, the tiny turtles must avoid ghost crabs, sea birds, and fish on their way to the open sea.

***Turtle or tortoise?* Turtles live in the water. Tortoises live on land.**

Once, there were tens of millions of green sea turtles around the world. Now there may be fewer than 200,000 mature females. In Hawaiian waters, the Green Sea Turtle is making a comeback from its threatened status. Due to their size and swiftness in the water, they have only two predators, sharks and people. Human impact includes exploitation, poaching, subsistence hunting, incidental catch, and marine debris and habitat destruction.

Hawaii's green sea turtles reach sexual maturity at 10 to 50 years (average 25). They can migrate up to 800 miles from their feeding areas near the coasts of main islands to nesting beaches in the Northwestern Hawaiian Islands. From one to 350 females nest each year, coming to shore several times in one season. It will be two to three years before the same female will nest again. While each nest averages 100 eggs, only a few of the hatchlings will survive to adulthood.

Green Sea Turtles can be colored from dark brown to olive with lighter stripes and spots. Adult shell lengths range in size from 0.9-1.1 meters (36-43

inches) and weights average 90-137 kilograms (200-300 pounds). They are primarily a tropical herbivorous species and are the only turtles with a serrated jaw. Others turtles native to Hawaii include the Hawksbill and Leatherback Turtles, while Loggerheads and Olive and Kemp's Ridley Turtles are infrequent visitors. All of these turtles are endangered.

*We can take you to areas used by Green Sea Turtles. Look for them resting under ledges or swimming freely. Be especially sensitive to a resting turtle and never grab hold of a turtle as you can literally drown them! These creatures have personalities and moods like you and I. If paid the proper respect they can give you a lifetime memory.*

*Wild Side Specialty Tours on the island of Oahu:  
84-664 Upena St , Waianae HI 96792 , TEL (808) 255-5812 / FAX (808) 696-0103  
email: [WildSide@SailHawaii.com](mailto:WildSide@SailHawaii.com)*

## Would you like to help?

**Caribbean Conservation Corporation**—The Caribbean Conservation Corporation was founded for the purpose of conserving Sea Turtles through research, training, advocacy, education and the protection of natural areas. One of the programs run by the CCC allows you to adopt a turtle in return for a small donation. For more information about becoming a Green Turtle Program volunteer or to "adopt" a Tortuguero turtle from Caribbean Conservation's Sea Turtle Survival League, call 1-800-678-7853.

**Mote Marine Laboratory**—Mote Marine Laboratory also runs a program that allows you to adopt a sea turtle or hatchling for a small donation. The cost for adopting a mom turtle is \$100 and for that you, or your loved one, will receive an adoption certificate, nesting data, a beautiful Sea Turtle poster, and sighting reports when she comes back to nest in future years. Hatchlings can be adopted for the low, low price of \$10 each. You'll receive an adoption certificate, the date and location of the nest, and a photograph of the hatchling. For information, call 941-388-4441 or 800-691-MOTE.



**Plumeria**, (*Frangipani*) also known as the Lei flower, is native to warm tropical areas of the Pacific, especially Hawaii. This beautiful flower was named after Charles Plumier, 17C French botanist. The Plumeria is a very hardy plant and grows easily with very little care. After planting it will bloom within 18 months. It does well in containers and will grow to the size of the pot. It can tolerate cold weather but not freezing and can be taken inside for winter. It is easy to grow, even for beginners.



**Palm trees**, lose their branches easily so don't park your cars under them. Although they appear light and wispy, they can be very heavy and have been known to pierce right through the soft top on a jeep. Contractors periodically prune the palms to prevent the hazardous coconuts from growing. *Photo courtesy of Heather Bird.*

**Beware of the "majestic Royal Palms!"**



**Mango and Avocado Trees.** Residents of Military Family Housing are asked not to plant mango or avocado trees. Although they are beautiful trees, they are deep-rooted trees, which can grow to a height of 90 feet and a width of 80 feet. Their root systems can do irreparable damage to building foundations, sewer lines, and drainage systems.



*Photo courtesy  
CL Steenfott*

**Hibiscus.** The Hibiscus is the state flower of Hawaii. It is often worn behind the ear. More than 5,000 hybrids have been developed. Whether they're left on the plant or cut and brought inside (no water necessary), the blooms of most varieties will only last for one day. There are a few whose blooms will look good for 3 or 4 days. When cooler weather slows the plants' processes, blooms may last a bit longer than during the summer months.



**Ginger.** Although more popularly known as a spice, the flower of gingers are one of the more widely used tropical plants. Their bright colors can be seen during festival times in the South Pacific as colorful dresses. Each plant will grow into beautiful flowers right before your eyes. It is a simple way to bring some Hawaiian paradise to your home for you to enjoy. Ginger can be easily grown indoors, growing and blooming by the window.

*Red Ginger—soak stem & flower 1/2 hr every 3 days—will keep 2-3 weeks.*

*Shell Ginger—soak 10 min. remove natural sheath from around the flowers - will keep about 7 days.*



Photo courtesy CL Steenfott

**Taro**, whose scientific name is *Colocasia esculenta* (or *antiquorum*) is cultivated both in the uplands as high as 4,000 feet and in marshy lands irrigated by streams. The plant is a hearty succulent perennial herb, with clusters of long heart or arrowhead-shaped leaves that point earthward. **Taro** grows on erect stems that may be green, red (lehua), black or variegated. The new leaf and stem push out of the innermost stalk, unrolling as they emerge. The stems are usually several feet high. Tiny new plants appear around the base of the roots. The Pua, inflorescence, is an open yellow-white tube, enclosing a spike covered with flowers.

Depending on the variety, all parts of this sturdy and vital plant are eaten. The leaves are cooked as greens, similar to spinach. The tubers are eaten baked, boiled or steamed, or cooked and mashed with water to make **poi**. The fibrous flesh of the tubers is tough and spongy, ranging in color from white, yellow, lilac-purple and pink to reddish. Most important is the starchy root with enough glutinosity to make quality **poi**. The stiffest **poi** is called locally "one finger" and the most liquid "three finger". "Two finger" **poi** is considered the best. The planters know which kind of **taro** makes the best **poi**, which variety has the most tender leaves and which has the necessary medicinal properties.



Photo courtesy CL Steenfott

The 25th Infantry Division shoulder insignia is a taro leaf with lightning. This is indicative of the origin of the 25th Infantry Division in the Hawaiian Islands.

**The Autograph Tree** (*Clusia Rosea*) is an evergreen tree that grows, very slowly, to 24-35 feet. It has a high drought tolerance and is a good shade tree. The simple green leaves are very strong and "leathery," and people enjoy "autographing" the leaves and watching them grow (of course we had to do it too). One that comes to mind is located just outside the entrance to the "Mighty Mo", the



Missouri battleship at Pearl Harbor. I imagine many visitors to the Island stop and autograph a leaf on that particular tree. It's said that at one time the leaves were marked with numbers and designs and used as playing cards. During certain times of the year, the Autograph tree will display attractive, pink and white blossoms followed by sticky, ball-shaped, seed-bearing fruits.



Photo courtesy—CL Steenfott



Photo courtesy—CL Steenfott

**The Bird of Paradise** (*Strelitzia Reginae*) is from South Africa; it has banana like leaves up to 0.5 m long and bright orange flowers with a blue "tongue". If you focus on the flowering portion at the correct angle it can indeed look like a bird. The seedpods are poisonous.

To bring out extra flowers, soak flower heads 20 minutes. Insert thumb through slit on upper edge and gently lift out flower.

The Bird of Paradise will stay lovely for up to 2 weeks if the water is changed and the stem trimmed 1/4" every other day. Dip ends in hot water or singe them with a flame. The heat causes the water in the stems to expand, forcing our extra air, which enables the stems to take in more water. Also, splitting the stem ends can increase exposed surface area for increased water intake.

**Anthuriums**, the "heart of Hawaii", are known for their especially long vase life. You will find these are used a lot by the local hotels and restaurants.



Photo courtesy—CL Steenfott

Cut 1/2" off the stem, being careful not to mash it; immerse the flower and stem in water at room temperature (70 to 80 degrees) for 10-15 minutes. Repeat this procedure every 5 days and the flowers will keep for 2-4 weeks. Do not refrigerate. Avoid storing anthuriums at temperatures lower than their ideal--55 degrees F--for any length of time. This way you'll reduce the likelihood of a chilling injury, which causes the flower to darken. I also found that they last longer in one area of my house than the rest...experiment until you find the best spot in your house.



## Pulelehua (Kamehameha Butterfly).

Scientific name: *Vanessa tameamea*

Many thanks to children's book author and illustrator, Tammy Yee, for giving her permission to use the following story and illustration. Copyright © 2000-2001 Tammy Yee. All rights reserved. Please visit her site at <<<http://www.tammyyee.com/>>> for more stories and fun things for the keiki in your life.

The Kamehameha butterfly is one of only two butterflies that are native to Hawai'i. With its bright red wings, bold black borders, and 2 1/2 inch wingspan, Pulelehua are often seen fluttering near Koa Trees, where adults feed on the sweet sap oozing from broken branches.

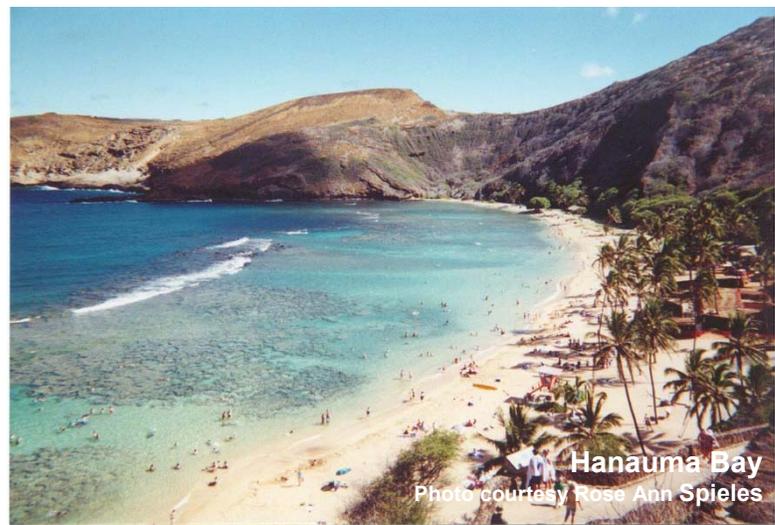
The Kamehameha butterfly lays its eggs on the mamaki plant, a native shrub that was sometimes used by Hawaiians to make a coarse tapa (the leaves are also used to make an herbal tea). Young caterpillars protect themselves by cutting a flap of leaf, pulling it over themselves, and securing it with silk to make a shelter. As they grow older, the caterpillars sit motionless on the branches, waiting for nightfall. Once the sun has set and the forest birds have gone to sleep, it is safe for the caterpillars to venture onto the leaves to eat. Even their chrysalis is well-camouflaged, looking like a withered leaf. In a little over two weeks, the chrysalis splits open, and out pops a beautiful Pulelehua!



**Hanauma Bay**  
Photo courtesy Mary Phelps

## Hanauma Bay

A great place to go snorkeling or just to relax for the day. Parking is limited so go early.



**Hanauma Bay**  
Photo courtesy Rose Ann Spieles



**Underwater life.** Many thanks to Don Burdick, Owner of Flying Fish Express for allowing us to use the pictures in this section. You can visit Don's site at <<<http://ffexpress.com/>>>



Flying Fish Express

**Hawaiian Bicolor Pseudanthias—Endemic to the Hawaiian Islands.** Found most frequently in deeper waters around the Hawaiian Islands. The bright colors are not apparent at depth, but sparkle when illuminated with a dive light. Males are more colorful and larger than females, and males generally maintain large harems of females.

Beneath the rolling surf and bubbling white ocean currents that surround the Hawaiian Islands lies a wonderland of color, and drama. All of the magnificent creatures calling this home are dependent on each other. All



Red Lobster Enoplometapus sp.

**Lobster** is the name of a number of animals that live on the bottom of the ocean. They are *crustaceans*, hard-shelled animals with segmented bodies and jointed legs. People around the world prize lobsters for their tasty white meat. Great quantities of these animals are harvested from the Atlantic Ocean and Pacific Ocean each year.



**Moorish Idol Zanclus canescens.** Moorish Idols get their name from Moslem people who say the fish brings happiness. They feed on sponges and are toxic to most other fish.

are prey and predator. Shown here are just a few of these underwater residents. I didn't go into great detail in the section, partly because I don't know that much about underwater life and partly because I think the pictures speak for themselves. I hope you agree.



Flying Fish Express

**Blue Reef Chromis cyanea** Common above deep outer reefs. Feeds in aggregations of the small zooplankton. Often seen with creole wrasse. Retreats into coral crevices when frightened.

There are three kinds of lobsters in Hawaii—spiny lobsters, slipper lobsters, and reef lobsters. Spiny lobsters. The spiny lobsters have real strong pointy spines that help protect them from a frontal attack. The slipper lob-



**Naso lituratus** which has orange lips and a "Mona Lisa" smile, but the base of its tail sports wicked orange spines that can shred an enemy's flanks.

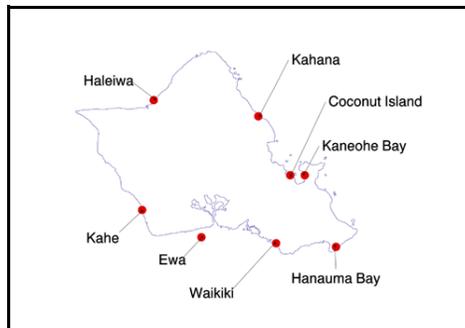
**Reef Fishes.** Hawaii's most colorful fish are reef fish. There are hundreds of kinds of saltwater fish that live in the warm, shallow waters around the coral reefs. The reef's clear, sunlit waters



Flying Fish Express

**Yellow, Hawaii Zebrafish Zebrasoma flavescens** has a geographic range that stretches between Japan and Hawaii. It commonly occurs in shallow reefs (5-10 feet) but also can be found at depths of over 100 feet. The brilliant yellow coloration of its body and distinct white spine on its caudal peduncle makes this species easy to distinguish amongst Hawaii's diverse coral reef fish species.

swarm with fish that dart in and out of the coral, which they use as protection. Many of them are among the most beautiful in the world; some use their vibrant colors to help defend their territory. Reef fish differ greatly



Oahu's Reef locations are indicated on this map... courtesy NOAA at <<<http://www.nodc.noaa.gov/>>>

Sources I used for this information are the Worldbook® Encyclopedia at <http://www.aolsvc.worldbook.aol.com/> and the National Oceanic and Atmospheric Administration at <http://www.noaa.gov>

sters is really quite beautiful and actually looks like it's wearing slippers. The small reef lobsters are the only ones that have claws.

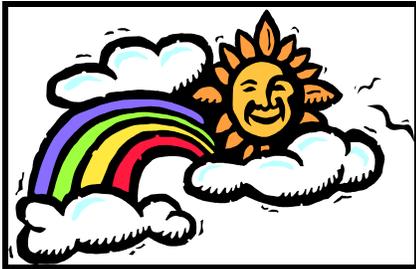


Flying Fish Express

**Dragon - Hawaii Muraena pardalis—**Believe it or not, I understand this is a juvenile Dragon Eel. The dragon goes through some color and pattern changes as it matures, but it's still unmistakable. It is **very** aggressive and has a mouth full of large sharp teeth. The bottom jaw cannot close because as you can see it is curved. As the dragon matures it's mouth and teeth get even bigger and the "horns" on it's head become more pronounced.



**RAINBOWS:** If you've been on "The Island" anytime at all you've probably already noticed the al-



most daily occurrence of rainbows. Well, Hawaii isn't called "The Rainbow State" for nothing. If the conditions are right, you can see rainbows almost anywhere,

and since arriving here on Oahu, I've even had the opportunity to see double-rainbows for the first time in my life.

A rainbow is created when parallel rays of light enter a raindrop. As they enter the droplet, they bend. When they hit the back of the raindrop, they are reflected. White light is made up of different wavelengths, and we see these wavelengths as different colors. Each of the colors present in white light are bent a different amount as they pass through the drop of water. The red bends the least and violet bends the most. The rest of the colors lie somewhere in-between. The result...a **Red Orange, Yellow, Green, Blue, Indigo, and Violet** spectrum, or at least that's what Sir Isaac Newton decided in 1666, and that's what most of us were taught in school. I re-

member learning these "basic" colors using the acronym ROY G. BIV. Actually, scientists today have proven that the rainbow is a whole continuum of colors from red to violet and even beyond the colors that the eye can see, but regardless of the scientific facts...rainbows are just simply beautiful and a wonderful little surprise to see on the skyline.

With the fast moving rainstorms, the Pacific Ocean surrounding the islands, the mountains that help create the storms, and the ever-shining sun, the conditions in Hawaii are perfect for rainbows.

Most people never notice that the sun is always behind them when they face a rainbow, and that the center of the rainbow's arc is opposite to the sun. The rain, of course, is in the direction of the rainbow. If it's late in the afternoon or early morning and conditions are right, you will most likely find a rainbow. The biggest, fattest rainbows are seen when the sun is low in the sky and you can see partial rainbows when the rain and sunlight are not evenly distributed across the sky. The double-rainbow is created when a ray of sunlight enters inside the raindrop, but not all of the energy of the ray escapes the raindrop after it is reflected once. A part of the ray is reflected again and travels along inside the drop to emerge from the drop. For more information visit: <http://www.unidata.ucar.edu/> or <http://www.geom.umn.edu>.



**Rainbow Fun Facts:** (From Humphreys, *Physics of the Air*, p. 478)

- No two people ever see the same rainbow since the rainbow is a special distribution of colors with reference to a definite point - the eye of the observer - and as no single distribution can be the same for two separate points, it follows that two different observers do not, and cannot, see the same rainbow." In fact, each eye sees its own rainbow!! Of course, a camera lens will record an image of a rainbow which can then be seen by many people!
- A rainbow is nearby or far away, according to where the raindrops are, extending from the closest to the farthest illuminated drops along the elements of the rainbow cone.
- Rainbows are seldom seen during winter because they have to have rain and sunshine. In the winter, water droplets freeze into ice particles that do not produce a rainbow but scatter light in other very interesting patterns. Of course, this doesn't necessarily pertain to Hawaii...there's not much freezing rain here.
- Rainbows are not normally seen at noon because the center of the rainbow's circle is opposite the sun so that it is as far below the level of the observer as the sun is above it.



**The Island of Oahu**, pronounced "oh ah' hoo", is the third largest island in Hawaii. It is the home of Honolulu, the 11th largest city in America, but you will also find rain forests, canyons, valleys, waterfalls, mountains, coral reefs, and numerous beaches.

Oahu is generally considered to be the Island with the best year-round climate. Most days the temperatures range in the 80s and most nights are in the 70s, with light trade winds...more so in some areas than in others.

Oahu is defined by two mountain ranges: the Waianae Range in the west and the Koolaus in the east. These ranges divide Oahu into three different environments. The Windward side is lush with greenery, ferns, tropical plants, and waterfalls while the Leeward side is drier with sparse vegetation, little rainfall, and an arid landscape. Between these two ranges is the central Ewa Valley with its moderate temperatures and vibrant tropical plants, agricultural fields, and trees.

### Fun Facts

*Island of Oahu*

Nickname: The Gathering Place

Flower: Ilima

Color: Yellow

State Capital: Honolulu

Length: 44 Miles

Width: 30 Miles

Population: 836,231

Highest Point: Kaala Peak (4,003 ft.)

Coastline: 112 Miles



**The yellow Ilima flower** (Botanical name: *Sida fallax*) is the "Flower of Oahu," popularly used for leis and once reserved for the Hawaiian royalty (the Ali'i or elite.) The Ilima lei is one of the hardest to make, yet only lasts for a few hours. The flowers were also once used as a laxative for children, and the root bark mixed with the flowers was used as an asthma remedy.

### Getting directions...island style!

Maybe it's because the island of Oahu looks kind of tilted, the way it sits on the map, but if you ask for directions from a local, you are not likely to get them in terms that you recognize...at least not at first. You won't be told to head "north" or "south" because the locals don't use these terms...they use landmark directions. For example, you might hear something like this: "Drive two blocks makai, then turn Diamond Head at the stop light. Go one block, and turn mauka. It's on the Ewa side of the street." Translated that means you should drive two blocks toward the sea (or in the general direction of Honolulu), then turn east at the stop light. Go one block, and turn toward the mountains (northerly). It's on the western side of the street. If you're listening to the radio and hear that there's been an accident blocking the traffic going "Ewa bound", it means that traffic going west is probably slow moving. If you're watching the weather on the news and you hear of showers on the "Windward" side, the east coast of the island can expect rain.

DIRECTION	MEANING
Mauka (MOW-kay)	Toward the mountains or North Shore.
Makai (MAH-keye)	Toward the sea or the general direction of Honolulu.
Leeward	Waianae Coast or the western edge of the Island.
Ewa Bound	Going West.
Diamond Head or Koko Head Bound	Going East.
Windward	The Eastern side of the Island.



Photo courtesy  
Rose Ann Spieles

**Waimea Falls Park** is located across the Kam Highway from Oahu's popular Waimea Bay, on the North Shore. It is a huge nature park with beautiful lush tropical plants, waterfalls, and some of the rarest plants in the world.

At Waimea you can experience Hawaiian daily living as it once was at the *Village of Waimea*. There are activities, exhibits, and cultural experiences for the whole family. In addition, the

park also offers fun and adventure for the family like jungle treks, paintball target shooting, Hawaiian Games, and cliff diving. They also occasionally host moonlit walks for the romantic at heart.

Waimea is situated in one of Hawaii's most beautiful valleys and I'm told it has seen it's share of the motion picture world. It has supposedly doubled as a backdrop for South Vietnam and Central America in various movies.

There is a fee to enter the park for age 4 and above...be sure to ask for the military discount. Call 638-8511 for more information.

## The Haiku Ladder. (Written by Sarah Foster-Snell, an Information Officer of the U.S. Coast Guard)

The Haiku Ladder or Haiku Stairs as it is alternately called, is the name given to the locally famous 3,922-step stairway ascending the summit of the Ko'olau mountain range. But the most appropriate name of all is the Stairway to Heaven. Why?

The Haiku Stairs are located off Haiku Road in Haiku Valley on Oahu's Windward side. Prior to this moderate to strenuous hike, look up toward the sky. See the ladder somewhat disappear into the clouds blanketing the razorback peaks. A common after-feeling among climbers at the summit is an inner peace and a truly majestic, unparalleled view of Oahu's two sides, the Windward and Leeward. The trail's rock-strewn jungle entrance will beckon you to explore into the seemingly unknown. The ladder's beginnings were in no way humble. During World War II it served to provide access to the two now-abandoned buildings on the top of the ridge.

The first structure housed the winch (cable and pulley system), which helped bring much-needed supplies to the war-era watch standers who were occupants of the communications building a few hundred yards higher up the ridge. Also, before helicopters were in use, the technicians climbed the ladder to service the six antennas that are also located over the horseshoe ridge.

As a courtesy to the general public, good neighbor Coast Guard Omega station directly based at the valley floor below, allowed public access to the ladder as a hiking trail in the eighties. At the peak of its popularity, an overwhelming 1,000 hikers a month swarmed the ladder in 1982. Later on, vandals tore out vertical sections of the ladder and damaged the antenna anchors, causing \$400,000 worth of damage. Since costs to repair the ladder were unjustified, public access was closed to prevent mishaps.

Public commentary on the stairs was revived when the Coast Guard announced the closure of the station September 30, 1997. The City of Honolulu submitted a proposal outlining the conditions for acquiring the property as an excellent recreational resource to the public.

The ladder remains close to the hearts of locals because it has allowed adventurers to experience a hiking adventure "easier" than conventional trails. Plants growing alongside the ladder's rails were noted to be native flora, another source of appreciation for nature lovers.

This hike is not one for the weak of heart (literally) because of two vertical sections...

*Note: The Haiku Ladder is OFF LIMITS. Members of the U.S. Coast Guard monitor the bottom of the stairs. I only mention it here because it's part of Oahu's history and because amazingly, you can see the stairs (if you look hard enough) while you're driving on H3. After you pass through the larger tunnel and before you get to the smaller tunnel on H3 start looking up on your right and you'll see it.*



Haiku Ladder or "Stairway to Heaven"  
Photo courtesy Rose Ann Spieles



**Pearl Harbor.** At 0600 on Sunday, December 7, 1941, Japan attacked Pearl Harbor, Hawaii, launching an initial strike force of 183 aircraft. At about 0645, an unidentified submarine was depth-charged at the Pearl Harbor entrance. The attacking planes came in two waves; the first hit its target at 0755, the second at 0845. An hour later it was all over. Behind them they left chaos, over 2,403 dead (2,000 of which were sailors), 188 destroyed planes and a crippled Pacific Fleet, including 8 damaged or destroyed battleships. In one bold stroke the actions of the Japanese silenced the debate about entering into WWII that had divided Americans. On the following Monday, FDR signed the declaration of war granted by Congress. *We were going to war!*



For more information or to take a virtual tour go to: <<<http://www.hawaii.navy.mil>>>.

**On Memorial Day, 2001, a new motion picture by the team behind "The Rock" and "Armageddon" hit theaters. The story focuses on two young fighter pilots during the events leading up to the Japanese attack on Pearl Harbor on December 7, 1941.**

## Affleck Goes to Army Boot Camp

'Pearl Harbor' Cast Learns What It Really Takes To Be Soldiers

*By Spec. Lauren Reader*  
*Army News Service*

*Photo: Sailors try to extinguish fires aboard the USS West Virginia after the 1941 Japanese attack on Pearl Harbor. The main characters in the film "Pearl Harbor" are soldiers of the World War II-era Army Air Corps. (Credit: National Archives)*



SCHOFIELD BARRACKS, Hawaii (April 13, 2000) - Ben Affleck, Josh Hartnett and five other actors spent March 28-31 at Schofield Barracks' "lightning boot camp," in search of inspiration for the military characters they will portray in the upcoming film "Pearl Harbor." Now filming on Oahu with 1,000 local extras, "Pearl Harbor" is scheduled for release on Memorial Day 2001.

"My job was to teach them basic soldier skills, such as drill and ceremony, physical training and fire guard," said Sgt. 1st Class Paul Donnelly, who acted as the actors' drill sergeant. "They worked with the M-1903 Springfield rifle, which was the issued weapon in the 1940s. They wore the field and khaki uniform from that era as well."



*"I thought it would be cutesy and we'd learn things like how to salute," he said. "But it was more like a scene from 'Full Metal Jacket,' incredibly grueling ... It gave me a tremendous appreciation for the military and what they endure on a daily basis. It didn't seem like only four days. It went from 5 a.m. to 11 p.m., and I even had to scrub a urinal." - Ben Affleck*

Donnelly, operations sergeant at the Air Assault School, was not unfamiliar with his role in training the actors. He spent three years as a drill sergeant at Fort Jackson, S.C.

"My whole mindset was to treat them no differently as I would fresh troops going to basic training," Donnelly said. "It was exceptionally inspired knowing that they were going through this process to pay tribute to the World War II veterans. They did great. Their cooperation was thorough. Considering the time I got to spend with them, it was remarkable to me how far they came as trainees."

Affleck said boot camp wasn't quite what he expected. "I thought it would be cutesy and we'd learn things like how to salute," he said. "But it was more like a scene from 'Full Metal Jacket,' incredibly grueling ... It gave me a tremendous appreciation for the military and what they endure on a daily basis. It didn't seem like only four days. It went from 5 a.m. to 11 p.m., and I even had to scrub a urinal." "It was a huge character-building experience for me, something I'm positive I'll never forget," Hartnett said.



"This was a really unique opportunity for actors who wouldn't know what it takes to train a soldier without having been to this three-and-a-half-day basic training," said Maj. Gen. William E. Ward, commander of the 25th Infantry Division (Light) and U.S. Army, Hawaii. "There was bonding between the actors and cadre that only occurs when people share tough experiences. These actors became ambassadors for our Army. They will tell others of their experience. As the actors portray those soldiers in the Army Air Corps in the World War II era, they will do so with honesty and respect because they gained knowledge of what it means to be a soldier."

## Oahu's Historic Lighthouses. - by CL Steenfott

We tend to think of a lighthouse as a beacon of safety...a tower of mystique and romantic charm. We envision the watchman of old standing guard in the tower at the foot of storm-tossed waves...waiting to guide us to the safety of the harbor. Well, the days of the traditional lighthouse keepers are gone, but the duty, the symbolism, and even some of the romance continues.

There are two lighthouses on Oah'u that I know are listed on the National Register of Historic Places, Diamond Head and Makapu'u. They're not very far apart so you could easily see them both in the same day, especially since you can only see Diamond Head Lighthouse from afar...is not accessible to the general public.

Diamond Head Lighthouse, Hawaii's second oldest lighthouse was listed on the National Register of Historic Places on October 31st 1980.



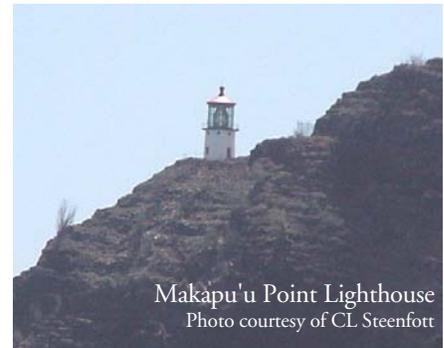
Named for the extinct Diamond Head Volcano it sits on, the lighthouse was originally built in 1899 and stands 147 feet above sea level on Oahu's southern shoreline.

In 1918, it was reconstructed using only the watch-room from the old tower. The newly restructured 57-foot tower was made of reinforced concrete. The lens from the original 1899 tower was installed in the new tower and that lens is still being used today.

Diamond Head Lighthouse has been modernized to some extent over the years. The old "steady light" has been changed to the present day flashing signal light, which reportedly can be seen 18 nautical miles away, an intensity of 60,000 candlepower. Clocks automatically control the light, turning it off at sunrise and on at sunset.

The Makapu'u Point Lighthouse located on Makapu'u Point in Waimanalo has its own claim to fame.

Established in 1909, the Makapu'u Lighthouse is the oldest lighthouse in Hawaii. All the commerce from the west coast of North America bound to Honolulu passes by the Makapu'u Lighthouse and for the past ninety-two years it has guided those ships safely around the rocky shores of Makapu'u Point.



The Makapu'u Lighthouse also houses the largest lens in the United States known as a hyper-radiant lens. The inside diameter is 8'2", large enough for several people to stand in. Although the tower is only 46 feet high the light is 420 feet above the sea. The 115,000 candlepower light can be seen for 28 miles. In 1974 the lighthouse was automated and its effectiveness greatly increased. The lighthouse now contains a radio-beacon. Signals from the radio-beacon can reportedly be heard two hundred or more miles at sea.

The Makapu'u Point Lighthouse was added to the National Register of Historic Places in December of 1977.

Like the hundreds of other "sentinels of the shore," Diamond Head and Makapu'u Lighthouses stand guard to guide the weary mariner safely past Oahu's rocky shore.

To visit Makapu'u Point Lighthouse. Plan about 3 hours. Wear sturdy but comfortable shoes and take sunscreen, water, binoculars and a decent camera.

The hiking trail up to the lighthouse is about a 2-mile narrow one-lane road used by the Coast Guard to drive maintenance vehicles up to the lighthouse. The road is not open to POVs, and so it has become a very popular hiking "trail." The area sits on a state owned conservation district and is recognized as a local state park.

Although the "trail" is not very steep, the hike can be somewhat strenuous for some folks. I hear the view is well worth it though and the hike back down goes much, much faster.



**Radio Station Guide.** The island of Oahu has the biggest population in the State of Hawaii, so naturally it also has the most radio stations, most of which are located in Honolulu. You can receive most of Oahu's radio stations from anywhere on the island, although the various sources of interference can be frustrating to some. Driving from Schofield Barracks to the North Shore or to Honolulu you will often "lose" the station that you are listening to. Generally, this loss of reception happens because the radio frequency is being blocked by mountains, various forms of electromagnetic interference, or is being deflected in the atmosphere by the ever-changing weather. Although they are not listed here, some of the neighbor island stations can also be heard at some locations on Oahu.



*I compiled the following list of radio stations on September 7, 2001 and at that time all of the Internet links were working. If you find a link that is broken please contact me at [Dsfoot@aol.com](mailto:Dsfoot@aol.com). - CL Steenfott*

## FM RADIO STATIONS

*A vast majority of the radio station Internet links listed below also include a link to "listen on-line".*

Freq	Call Letters	Cable CH	Programming Format	(808) Phone Request Line	Internet
88.1	KHPR	841	Hawaii Public Radio/NPR - "Music Through the Night" Classical Music and News: International, National, and local.	955-8821	<a href="http://www.hawaiipublicradio.org/">http://www.hawaiipublicradio.org/</a>
89.3	KIPO	842	Hawaii Public Radio: News, BBC	955-8821	<a href="http://www.hawaiipublicradio.org/">http://www.hawaiipublicradio.org/</a>
90.3	KTUH	843	University of Hawaii - College Radio (North Shore)	956-7261	<a href="http://128.171.65.211/">http://128.171.65.211/</a>
92.3	KSSK	844	Adult Contemporary Music	296-9292	<a href="http://www.ksskradio.com/">http://www.ksskradio.com/</a>
93.1	KQMQ	845	"Jammin' 93.1" "The Q" "Hawaii's New Hit Music Station"	296-9393	<a href="http://www.kmq.net/">http://www.kmq.net/</a>
93.9	KIKI	846	I-94 FM "Hawaii's Real Hits" - Contemporary Music	296-9494	<a href="http://www.i-94.net/main.html">http://www.i-94.net/main.html</a>
94.7	KUMU	847	"Lite 94.7" Easy Listening	947-1500	<a href="http://www.kumu.com/">http://www.kumu.com/</a>
95.5	KAIM	848	Contemporary Christian Music	735-2424	
96.3	KRTR	849	Krater 96 FM - "80s, 90s, and Now"	296-9696	<a href="http://www.krater96.com/">http://www.krater96.com/</a>
97.5	KPOI	850	"The Rock You Live On" Modern Rock Hits	591-9369	<a href="http://www.975kpoi.com/">http://www.975kpoi.com/</a>
98.5	KDNN	851	"Island Rhythm" - Hawaiian Music	296-9850	<a href="http://www.islandrhythm.fm/">http://www.islandrhythm.fm/</a>
99.5	KORL		"Soft Rock Island Style"	591-9396	<a href="http://www.korl995.com/">http://www.korl995.com/</a>
100.3	KCCN	852	FM 100 "All of Today's Hawaiian Hit Music"	296-1003	<a href="http://www.kccnfm100.com/">http://www.kccnfm100.com/</a>
101.9	KUCD	853	"Star 101.9" "Today's Music Alternative"	296-1019	<a href="http://www.star1019fm.com/">http://www.star1019fm.com/</a>
102.7	KDDB	854	"102.7 Da Bomb" - Contemporary Hits	591-9369	<a href="http://www.dabombhawaii.com/">http://www.dabombhawaii.com/</a>
104.3	KXME		"Xtreme Radio at 104.3" - Top 40 Dance	296-1043	<a href="http://www.xtremerradio.net/">http://www.xtremerradio.net/</a>
105.1	KINE	855	FM 105 "The Hawaiian Music Station"	296-1051	<a href="http://www.hawaiian105.com/">http://www.hawaiian105.com/</a>
105.9	KAHA		Lava Rock - Honolulu's Hottest Rock	949-5242	
107.9	KGMZ	856	Oldies Radio	254-3596	<a href="http://www.oldiesradio.net/">http://www.oldiesradio.net/</a>



## AM RADIO STATIONS

Freq	Call Letters	Programming Format	Phone	Internet
590	KSSK	Adult Contemporary Music	296-5959	<a href="http://www.ksskradio.com/">http://www.ksskradio.com/</a>
650	KHNR	"Hawaii's Only News Station"	533-0065	
690	KQMQ	"Hawaii's New Hit Music Station"	296-9393	<a href="http://www.kmq.net/">http://www.kmq.net/</a>
760	KGU-AM	News & Talk - "The Voice of Hawaii" and "Ask the Mayor"	296-7676	
830	KHVH	Talk Radio - news, traffic, weather, politics, lifestyle information, current events	521-8383	<a href="http://www.kvh830am.com/">http://www.kvh830am.com/</a>
940	KJPN	J-94 Japanese Music & Programming	593-1951	<a href="http://www.kjpn.net/">http://www.kjpn.net/</a>
990	KHBZ	Business Talk Radio	550-9200	<a href="http://www.khbz.com/">http://www.khbz.com/</a>
1040	KLHT	Christian Music & Religious Programming	524-1040	
1270	KNDI	Asian Pacific News Program	946-2845	
1420	KCCN	News and Talk Radio	521-8988	<a href="http://www.kccnfm100.com/">http://www.kccnfm100.com/</a>
1460	KUMU	"Lite"	947-1500	
1500	KWAI	On the Air K108	524-1080	
1540	KZOO	Polynesian Broadcasting	593-8670	<a href="http://www.kzohawaii.com/">http://www.kzohawaii.com/</a>

## INTERNET BROADCASTERS

Frequency	Programming Format	Internet
Channel One Hawaii	Hawaiian & Contemporary Music - Live Stream	<a href="http://www.ch1hawaii.com/">http://www.ch1hawaii.com/</a>
Hawaii Public Radio	Public Radio	<a href="http://www.hawaiipublicradio.org/">http://www.hawaiipublicradio.org/</a>
Headrock.Net	Classic Rock Music	<a href="http://www.headrock.net">http://www.headrock.net</a>
I.R.H.	Internet Radio Hawaii (Hawaiian Music)	<a href="http://www.hotspotshawaii.com/irh/">http://www.hotspotshawaii.com/irh/</a>
PH1Hawaii.com.	Hawaii's Internet Entertainment Channel	<a href="http://www.ph1hawaii.com/">http://www.ph1hawaii.com/</a>

## NATIONAL WEATHER RADIO

Freq	Call Letters	Programming Format	Internet
162.4	KBA-99	National Weather Radio - Oahu (Hawaii Kai)	<a href="http://www.crh.noaa.gov/">http://www.crh.noaa.gov/</a>
162.55	KBA-99	National Weather Radio - Oahu (Mt. Kaala)	<a href="http://www.crh.noaa.gov/">http://www.crh.noaa.gov/</a>

**NOAA Weather Radio** is a nationwide network of radio stations broadcasting continuous weather information direct from a nearby National Weather Service office. NOAA Weather Radio broadcasts National Weather Service warnings, watches, forecasts and other hazard information 24 hours a day.

Working with the Federal Communication Commission's (FCC) Emergency Alert System, NOAA Weather Radio is an "all hazards" radio network, making it the single source for the most comprehensive weather and emergency information available to the public. NOAA Weather Radio also broadcasts warning and post-event information for all types of hazards - both natural (such as earthquake and volcano activity) and environmental (such as chemical releases or oil spills).

*I compiled this list of radio stations on September 7, 2001 and at that time I checked all of the Internet links. If you find a link that does not work or other errors please contact me at [Dsfoot@aol.com](mailto:Dsfoot@aol.com). - CL Steenfott*



**FREE AND CHEAP THINGS TO DO ON O'AHU.** (Suggestions from ITR)

WAHIAWA BOTANICAL GARDEN DOLE PLANTATION  
 MOKULEIA BEACH PARK  
 WHALE WATCHING (WINTER)  
 GLIDER SKY DIVER WATCHING (DILLINGHAM FIELD)  
 MATSUMOTO'S STORE (SHAVED ICE)  
 \* WAIMEA BAY (WINTER SURFING)  
 \* PIPELINE BEACH  
 \* SUNSET BEACH (WINTER SURFING)  
 \* SANDY BEACH (BOOGIE BOARDING)  
 \* NOTE: DANGEROUS BREAKERS ON MAKAPU'U AND SANDY!  
 BLOWHOLE (WHALE WATCHING, WINTER)  
 HANAUMA BAY  
 \*\*DIAMOND HEAD CRATER  
 \*\*MANOA FALLS  
 \*\*TANTALUS DRIVE (HIKING TRAILS)  
 WAIKIKI  
 FORT DERUSSY MILITARY MUSEUM  
 HALE KOA SWIMMING POOL  
 WAIKIKI AQUARIUM  
 HONOLULU ZOO  
 HILTON HAWAIIAN VILLAGE FREE SHOW FRIDAY EVENINGS, MUSIC, HULA, FIREWORKS

HULA SHOW ( KAPIOLANI PARK WAIKIKI SHELL TUE THRU THO HOURS 10:00 AM)  
 ROYAL HAWAIIAN SHOPPING CENTER  
 ROYAL HAWAIIAN & SHERATON MOANA SURFRIDER HOTELS  
 PUNCHBOWL NATIONAL MEMORIAL CEMETARY  
 PALI LOOKOUT  
 FOSTER BOTANICAL GARDENS  
 IOLANI PALACE  
 MISSION HOUSES MUSEUM CHINATOWN  
 ALOHA TOWER  
 BISHOP MUSEUM  
 ALOHA STADIUM SWAP MEET (WED, SAT, SUN) AIEA LOOP TRAIL \*\*  
 ARIZONA MEMORIAL, PEARL HARBOR  
 HICKAM AFB BEACH (GOOD FOR SMALL CHILDREN)  
 WHITE PLAINS BEACH/NIMITZ BEACH, BARBERS POINT-NAS  
 HAWAII'S PLANTATION VILLAGE IN WAIPAHU (NEWLY RESTORED)  
 MILITARY BEACH, WAIANAE ARMY RECREATION CENTER  
 \*\*KOLEKOLE PASS



**ACS has a Newcomer's Orientation every Tuesday 0900-1630. A bus tour has been designed to familiarize newly arrived soldiers and family members with the Army and civilian support services. The tour will orient you to the installation, the surrounding civilian community, Hale Koa Hotel, and various points of interest on Oahu. Registration is required. Call 656-1900.**



\* **EXTREMELY** dangerous undercurrent during winter months. Definitely not for small children.  
 Malaekahana State Recreation Area (Makuauia Bird Refuge) and Bellows AF Beach (Good children's beach.)

\*\* Hiking Trails



View from Diamond Head Crater  
Photo courtesy Rose Ann Spieles



## Free Adventures on Oahu

*Check out this list the next time you want to experience the sites, sounds, adventures, or history of the Island!*

1. Listen to the Royal Hawaiian Band at Iolani Palace on Friday and in Kapiolania Park on Sunday.
2. See the Kodak Hula Show at the Waikiki Shell in Kapiolania Park on Tuesdays, Wednesdays, and Thursdays at 10 a.m.
3. Experience Aloha Friday with lunchtime entertainment at Honolulu Airport, or downtown at Bishop Square.
4. Enjoy the 4th of July Spectacular at Schofield Barracks.
5. Head back to the days of King Kalakua during the Hilton Hawaiian Village King's Jubilee celebration on Friday evenings.
6. Go to one of the many arts and crafts fairs held at Thomas Square, Kapiolani Park and Ala Moana Beach Park. 
7. Visit "Hyatt's Hawaii" at the Hyatt Regency Waikiki to see displays of Hawaiian arts and crafts and memorabilia.
8. Close your eyes and relax to the Honolulu Symphony Orchestra during its fall pre-season concerts around the Island.
9. Listen to Hawaii's hottest entertainers poolside at Sheraton Waikiki.
10. Enjoy food, entertainment, a parade of decorated beds and a race down Kalakaua Avenue for the fastest bed at the Annual International Bed Race Festival on April 20th.
11. Learn traditional and contemporary Hawaiian Hula at Royal Hawaiian Shopping Center.
12. Keep a lookout out for humpback whales off Makapu'u on Oahu's South Shore or Kaena Point on the northwest side of the Island from November through April. 
13. Experience "The AT&T Wildest Show in Town", twilight concert series held Wednesday nights, June through August, at the Honolulu Zoo.
14. Listen to the orchestra of ukuleles performed by more than 400 children at the 27th Annual Keiki Ukulele Festival, July 27, at Kapiolani Bandstand.
15. Experience traditional Hawaiian song and dance at Hyatt Regency's "With Aloha" daily performances.
16. See "Hawaii Stars" shine during karaoke contest held on center stage at Ala Moana Center once a month on selected Fridays.
17. See Honolulu City light up the sky from the financial district to downtown Honolulu in December.
18. Hike to the top of Diamond Head, Hawaii's most famous landmark.
19. Sit under a tree at Kakaako Park.
20. Fly a kite in Kapiolani Park in Waikiki.
21. Watch the moon rise at Lanikai Beach on the Windward side. 
22. Pack a picnic lunch and relax inside Diamond Head Crater.
23. Take the scenic drive over the Pali to Kailua and browse through the small charming town.
24. Take your boogie board down to Waimanalo and ride the waves.
25. Visit the Oceanarium Restaurant in Pacific Beach Hotel where an incredible 3-story 280,000 gallon saltwater fish tank holds hundreds of Hawaii's tropical fish.
26. Take a self-guided tour through Manoa, Kapaeha and Kaimuki, some of Honolulu's oldest and most charming neighborhoods.
27. Visit the ancient fishponds in Heeia and Kahaluu on the Windward side.
28. Watch the Friday night sailboat races from Magic Island at Ala Moana Park.
29. Keep your eyes and ears out for Hawaii's colorful birds in Kapiolani Park.
30. Watch world-class surfing competitions at Banzi, Pipeline, Sunset Beach, or Waimea Bay on the North Shore each winter. 
31. Get blown by the wind at the Pali lookout.
32. Watch the windsurfers at Kailua Beach or Diamond Head.
33. Watch the Hilton Hawaiian Village wildlife specialists feed the animals, including the hotels very own penguins.

For even more stuff to do check out Hawaii Events On-line at:  
<http://www.hawaiieventsonline.com/>



### MORE things to do and see on Oahu.

Sea Life Park  
 Hawaiian Waters Adventure Park  
 Waimea Valley Adventure Park  
 Horseback Riding  
 Waikiki Aquarium  
 Honolulu Zoo  
 Polo Match  
 Boat Days at the Aloha Tower  
 World's largest maze (Dole)  
 Dolphin or whale watching  
 Luau  
 The Honolulu Symphony  
 Hawaiian Regional Cuisine  
 Sunset dinner cruise  
 Oahu's Micro-Breweries  
 Don Ho  
 Royal Hawaiian Band  
 "Falls of Clyde" - Hawaii Maritime  
 Polynesian Cultural Center  
 Oahu and Bishop Museums  
 Torch lighting ceremonies  
 Underwater World (w/o getting wet)  
 Learn to drive a race car  
 Tour movie locations

Parasailing  
 Take a ride in a biplane, seaplane  
 Fly an ultra-light  
 Fly a tandem hanglider  
 Cruise in a kayak  
 Jet-skiing  
 Learn to SCUBA or SNUBA  
 Charter a fishing boat  
 Ride in an outrigger canoe  
 Dive WWII wrecks  
 Experience windsurfing  
 Go sailing or snorkeling  
 Enter a run, bike, or swim event  
 Go hiking, camping, or exploring  
 Hike Diamond Head  
 Go golfing or play tennis  
 Go to a beach  
 Go on a picnic  
 The Island Soap & Candle Factory  
 The Farmer's Market  
 The Swap Meet  
 Take a carriage ride  
 Skydive  
 Shopping

Ex-  
 plore  
 the  
 Botani-  
 cal  
 Gar-  
 dens  
 Inter-Island Cruise  
 Visit other islands  
 Bodysurfing or Body boarding  
 Ride in a trolley  
 Battleship Missouri  
 WWII Submarine—U.S.S. Bowfin  
 Arizona Memorial  
 Punchbowl Crater  
 Explore ancient historical sites



Photo courtesy CL Steenfott

*For more information and a huge list of other things to do visit "101 Things to Do" published by 101 Inc., Kailua-Kona, HI available on-line at [www.101things.com](http://www.101things.com) or "Hawaiian Tours On-Line" website at <http://www.hcc.hawaii.edu/tours/index.htm>*

### Children's Attractions...

**Kidsports** (Hickam AFB, 448-6611) - Indoor play/exercise place for small children. They offer classes, but it is also open to the public 12-1 Monday through Friday at \$2.00 per child. Great place to take the children during a hot mid-day, and you can have birthday parties there on the weekends. There is also a very nice playground (wood structure) right outside of *Kidsports*.

**American Box Car Track** (Pearl City, 454-9724/947-3393, [www.boxcarracing.org](http://www.boxcarracing.org)) - Open to the public on weekends. Admission is \$6.00. Fun place for both kids and adults. One track can be reserved for parties.

**Hawaiian Railway Society** (681-5461) - Train ride between Ewa Beach and Ko'Olina through sugar cane fields. 12:30 & 2:30 on Sundays. Adults \$8.00 Children 3 and over \$5.00

**Pearlridge Keiki Fun** (Pearlridge Shopping Center) - Free clown show or arts and crafts for small children every Tuesday morning 10-11:30 am. Sign up for Pearlridge Keiki Club (12 years and under) and you will receive the event calendar in the mail and also some store discounts at the mall.

**Honolulu Zoo** (Kapiolania Park, Waikiki) - African Safari, Petting Zoo, "Elephant Encounter...you can see elephants up close, and even feed them", Tropical birds, etc. Birthday parties can be arranged.

**Waikiki Aquarium** (923-9741, <<[www.waikikiaquarium.com](http://www.waikikiaquarium.com)>>)—"Hawaii's Window on the Sea", There are all kinds of fish, coral, and unique marine animals such as nautilus and sea dragon. Many educational programs

### TIP

**At many places there are 2 or 3 different rates: tourist rate, Kama'aina (residents) rates, and military rates. You should have received a Kama'aina Card when you arrived. Generally speaking, the military rates and the Kama'aina rates are the same, but sometimes one is cheaper.**

**Don't be afraid to ask for the cheaper rate!**



are also offered. You can get a membership for \$45 per year and you can use that same membership card to go to the *Honolulu Zoo* and the *Mission House*.

**Hawaiian Waters Adventure Park** (Kapolei, Exit 1 off H-1, 945-3928, <<[www.HawaiianWaters.com](http://www.HawaiianWaters.com)>>) - 25 acres of rides, slides, and ocean's of excitement! The park is open from 10:30—4:00 pm weekdays and an hour longer on Saturdays and Sundays. Be prepared to get wet. They have giant water guns, all sizes and shapes of water slides, food, music, and lifeguards.

**Hawaii Children's Discovery Center** (Honolulu, <<<http://www.islandscene.com>>>) - 37,000 square feet of hands-on exhibits and stations that ask and answer questions. Play volleyball with a cyber robot. Put on sparkling costumes from India, dress up as a purple octopus or sit on a giant tooth in a giant grin. Write your name with backward letters while looking in a mirror or blow bubbles bigger than you are. Tuesday - Friday 9:00 - 1:00, 10:00 - 3:00 pm on weekends. Admission is \$8 for adults and \$6.75 for children 2 to 17.

**Bishop Museum** (<<[www.bishopmuseum.org](http://www.bishopmuseum.org)>>) - Hawaiian and Polynesian history, science, planetarium, and occasional special exhibit. Annual membership is \$40 per year which also gives you free admission to the Maritime Museum (near Aloha Tower) and 10% discount at Borders bookstore.

**Polynesian Cultural Center** (<<[www.polynesianculturalcenter.com](http://www.polynesianculturalcenter.com)>>) - Featuring the largest Polynesian revue of song and dance in the world. You can see islanders reenact war dances, wedding ceremonies, rub sticks to create fire, carve tiki figures, wield fire knives, and climb four-story trees in bare feet. Annual membership fee is \$15 per person which includes admission, IMAX, and Polynesian show. *"It will enrich you culturally in a really fun way."*

## TIP

Many attractions such as the Atlantis Submarine, Voyager Submarine, Sea Life Park, and Navatek Whale Watch Cruises have military specials. Periodically check with MWR/ITR for the latest information.

Schofield Barracks:  
Kaala Community Activities Center  
Phone—655-9971

Ft. Shafter:  
Post Shopette, Bldg. #550  
Phone—438-1985

**Your Visit Makes a Difference:** *Over the years, more than 11,000 Polynesian students have helped finance their educational dreams while working at the Polynesian Cultural Center. Today, the Center provides jobs and scholarships for nearly 600 Polynesian students, allowing them to attend the adjacent university. After completing their education, many return to their native islands to provide badly needed services and skills. By visiting the Center, you contribute to their dream.*

**Sea Life Park** (<<[www.sealifeparkhawaii.com](http://www.sealifeparkhawaii.com)>>) - Get up close and personal with a fantastic array of marine life and make amazing discoveries about the inhabitants of our aquatic world. You can watch the performances or wade right in with the wildlife, play like a pirate or just kick back and watch the thrilling performances. At Sea Life Park, Hawaii's marine life comes alive in a dazzling display that will entertain and delight. Located just 15 miles from Waikiki on Oahu's beautiful and scenic Makapu'u Point, Sea Life Park is a world-class marine attraction perched between the majestic Koolau Mountain Range and breathtaking Makapu'u Beach. See dolphins dance, sea lions sing, and penguins perform in this magical place by the sea. If you have small children and would go to the park more than once a year the price of membership is worth it at \$15 per person. **A portion of the admission price goes towards marine animal rescue and rehabilitation programs.**

**Want more?** Check out the Oahu **Calendar of Events** at <<<http://www.hawaiieventsonline.com/>>> At this site they show current events for MWR as well as Oahu.



## Other Attractions...



Haleiwa  
Photo courtesy CL Steenfort

**Haleiwa**—A quaint and historic town on the North Shore is the best place to watch the sunset. Most people like to catch the view from the upstairs of *Jameson's By the Sea*. Although not really a formal restaurant it is very nice. Haleiwa also has some spectacular beaches, inviting and unique roadside stands and shops (primarily surfboard shops), beautiful scenery, and roaring surf. Haleiwa is proud of its lack of traffic lights, its quaint buildings, small unique shops and restaurants, and "real Hawaii" ambiance. Here you can find Conchs (which they will teach you how to blow), muumuus (long dresses), and other items too.

**Hanauma Bay**—Once a volcanic crater, Hanauma Bay is now Oahu's most popular snorkeling spot but is also good for sun-bathing and people watching. The water is clear, warm, protected, and has an abundance of marine life. There are two reefs here, an inner reef and an outer reef. The inner reef is good for the novice, the water is calm and fairly shallow (less than 10 ft.); in some places you can simply wade in and put your face in the water. The outer reef is for the more experienced snorkeler. Hanauma Bay is a conservation area (look but don't touch) and it is closed on Tuesdays.

**Ko'Olina**—a.k.a. JW Marriott Ihilani Resort & Spa at Ko'Olina (<<<http://www.koolina.com>>>) - A AAA Five-Diamond hotel with an award winning spa located on the Leeward coast. It has seven "crystal blue" lagoons and a mile and a half of walking paths along the shoreline. It also has a golf course, pro shop, wedding chapel, and marina. Parking is limited at the lagoons, but it's a nice little place to take the family swimming.

**Waimea Falls Park** - (<<[www.go-atlantis.com](http://www.go-atlantis.com)>>) Along the North Shore is a great attraction, Waimea Falls Park. Visitors park under large shade trees and walk on a scenic footpath to a high narrow falls that empties into a serene pond. Divers still dive from the top of the falls like they did so many years ago and once a month the park is opened free for moonlight walks back to the falls.

**Waimea Beach**—One of the most attractive beaches in all of Hawaii; the sand is golden and clean. During the summer this is a good place for the family to swim...as long as the kids are good swimmers. During the winter, the surf pounds on this beach with almost unbelievable force and it is not safe to swim. 35-foot waves are not uncommon. This area of the North Shore is where surfing competitions are staged and where surfers ride waves that curl completely over their heads, and they are in fact inside a water tube. It can be pretty packed so be prepared to park a good distance away and walk in.

**Sharks Cove on the North Shore**—For the more experienced snorkeler. In the summer this is one of the best snorkeling spots on Oahu and is reported to be the best place to see turtles. One of the ladies in the 125th MI BN Coffee group reported that every time she's gone to Shark's Cove she has seen turtles.

### Restaurants and Shops:

#### *Casual Dining:*

- **Hong Kong Harbor View Restaurant** (2F of Aloha Tower Market Place) - Best dim sum lunch with great view. \$\$
- **Capricciosa Italian Restaurant** (across the street from Ilikai Hotel, 1778 Ala Moana Blvd., 942-5250) - Great pasta, good for family style dining, 15% Kama'aina discount. \$\$
- **Ramen Nakamura** (Kalakaua Ave., right next to Burberry's in Waikiki) - Great ramen noodles and pot stickers, 15% Kama'aina discount. \$

### TIP

**The month of MAY is  
National Military  
Appreciation Month  
(NMAM)**

**Check for special pricing at  
your favorite spots.**



- **Gordon Biersch** (Aloha Tower Market Place) - Good beer, good food, free concerts on Sundays. \$\$
- **Duke's** (Outrigger Waikiki Hotel) - Good seafood, dinner includes salad bar, right on the beach. \$\$
- **Hale Ikena** (Fort Shafter, 438-6712) - Sunday brunch from 10:00—1:00 pm. Adults—\$16.95, children age 6-10—\$10, and children age 3-5—\$6. Compared to the Hale Koa Sunday brunch, the price is cheaper, it's not as crowded, and the food is just as good. It's right on the golf course, and they have outside tables as well as in-door dining.

#### Fine Dining:

- **Alan Wong's** (1857 S. King Street, 949-2526) - One of the best in Honolulu. Pacific rim food. \$\$\$
- **Roy's** (Hawaii Kai) - Pacific rim food, as good as Alan Wong's. \$\$\$
- **Kahala Moon** (Kahala Mall) - Great food and atmosphere. Special dinner on full moon night. \$\$\$

#### Best Luau's:

Everyone that I've talked to tended to agree that the best luau's on Oahu are at Germaine's, Paradise Cove, and the Hale Koa. Check them out for yourself.

- **Germaine's Luau** (949-6626 or 941-3338) Featured on ABC's "Good Morning America" and acclaimed "America's Best! Luau" in the book *America's Best 100!*
- **Paradise Cove Luau:** Call 946-1001 or make your reservations on-line at <<<http://www.hawaiiguide.com/restau~1/luas/paradise/parades.htm>>>
- **Hale Koa:** (955-0555) Tickets may be purchased up to four weeks in advance at the Hale Koa Activities Desk. Danny Couch is the host. He performs his award-winning song "These Islands," featured in Hawaii's TV ads worldwide and the theme song for Miss America 2001, *Angela Perez Baraquio* of Honolulu.

#### High Tea:

- **Sheraton Moana Surfrider** (922-3111) - Awesome tea, beautiful view, and wonderful atmosphere. \$\$
- **Halekulani Hotel** (923-2311)—Wonderful tea, secluded and quiet, but no view. \$\$
- **Aston Waikiki Beachside** (931-2100)
- **Hawai'i Prince Hotel** (956-1111)
- **Waioli Tea Room** (988-5800)

#### Bakery and Dessert:

- **Saint-Germain** (Pearlridge Mall or 1930 Dillingham Blvd.) Great cake and pastry.
- **Pan-ya** (McCully SC, Wardware House, or Queen St. near AAA office) - Great cake and pastry.
- **Anna-Millar's** (Pearlridge) - Great pies: strawberry, macadamia nut, or banana cream, etc.
- **Ted's Bakery** (Haleiwa) - Great chocolate Haupia (coconut Jell-O) pie.
- **Leonard's** (Kapahulu Ave. or Aiea-Waimalu SC on Kam Hwy) - Great Malasada (doughnut like pastry).
- **Ice Gardens** (Aiea Shopping Ctr. On Moanalua Rd.) - Best shave ice (better than Matsumoto's in Haleiwa)

#### Shops:

- **Aloha Stadium Flea Market** (Aloha Stadium)— Open on Wednesday, Saturday, and Sunday.—Great place to buy souvenirs, T-Shirts, Aloha shirts, etc.
- **Ross** (various locations) - Discounted clothing, shoes, toys, kitchenware, accessories, etc.

### TIP

Be sure to check with MWR/ITR before you buy your tickets anywhere else. Chances are they can save you money.

### Kodak Hula Show

One of the best hula shows on the Island and it's free.

Tuesday, Wednesday, and Thursday mornings  
10:00 to 11:00 a.m.



- **Costco** (Waipio, Salt Lake, Hawaii Kai) - Need a \$45 annual membership, but many things are cheaper than at the PX (e.g., photo film and development, printer ink cartridges, computer software, books, and music CD's). Disposable contact lenses (*Acuvu*) are \$16.00 box (6 lenses) which is cheaper than mail ordering through someone like Lens Express (\$19.00/box) or *Lenscrafters* (\$25/box). You'll save more than \$45 over a period of a year.
- **Waialeale Premium Outlets** (Sand Island or Red Hill Housing area near AMR) - Not only is the price lower than AAFES, but they will give you \$3 off after you spend \$100 worth of gas. Ask for the "*Frequent Shopper Gas Card*".
- **Art Show** (Outside of Honolulu Zoo) - Open Saturday and Sunday—Local artists selling photos and pictures.
- **Boutiki**—Located at 640 Club Road on Pearl Harbor Naval Station (just past Scott Pool) is run by volunteer military wives. Here you can buy a variety of knickknacks including seasonal items like Christmas ornaments, wall hangings, candle holders, etc. Hours are 9 a.m. to 1 p.m. Monday, Friday, and the 1st and 3rd Saturdays of the month, and 3 p.m. to 7 p.m. the 3rd Wednesday. The Boutiki is a non-profit shop that donates net proceeds to local charities that serve military families. For more information or to volunteer call 422-6662.

## Military Vacation Rentals

Location	Island	Telephone Number	Internet Website
Barbers Point Beach	Oahu	(808) 682-2019	<a href="http://www.mwrph.navy.mil/Services/tickets.html">http://www.mwrph.navy.mil/Services/tickets.html</a>
Barking Sands Pacific Missile Range	Kauai	(808) 471-6752	<a href="http://www.pmr.f.navy.mil">www.pmr.f.navy.mil</a>
Bellows Air Force Station	Oahu	(808) 259-8080	<a href="http://www.bellowsaifs.com">www.bellowsaifs.com</a>
Hale Koa Hotel	Oahu	(808) 955-0555	<a href="http://www.halekoa.com">www.halekoa.com</a>
Kaneohe Marine Corps Base	Oahu	(808) 254-2806	<a href="http://www.mccshawaii.com/cottages.htm">http://www.mccshawaii.com/cottages.htm</a>
Kilauea Military Camp	Big Island	(808) 438-6707	<a href="http://www.kmc-volcano.com">www.kmc-volcano.com</a>
Hickam AFB Services	Oahu	(808) 449-1030 x234	<a href="http://www.hickamservices.com">www.hickamservices.com</a>
Waianae Army Recreation Center	Oahu	(808) 696-4158	

- ❖ **Barbers Point Beach Cottage Rentals** -Cost Guard Point (Kalaeloa, Southside of Oahu). They have beach cottages for rent for short or long term stays.
- ❖ **Barking Sands** (On the Island of Kauai) has cottages equipped with cable TV's, washer/dryer, towels, microwave, linen and outdoor BBQ. Bedrooms are accommodated with one queen and two twin size beds as well as a sofa bed in the living room. They have an on-line rental application at their web-site.
- ❖ **Bellows AF Station** (Waimanalo, east side of Oahu) - *Exclusively for military families*. They have cabins as well as space for camping, and a nice sandy beach. The two-bedroom cabins have microwaves as well as a stove, full size refrigerator and coffee pot. There are dishes and cooking utensils for four people. Each campsite has a BBQ grill and a picnic table, but there are rules about how many tents and people are allowed per camp site...check out their website for more information. There's no electricity at the campsites, but there are bathhouses with warm water nearby. For cabin reservations call 259-8080, for camping reservations 259-4121.

*Directions:* Take H-1 Freeway going East to Pali Highway Exit 21A. Go north on Pali Highway (Hwy 61). Turn right onto Kalaniana'ole Highway (Hwy 72). On the left side is Castle Medical Center. There is a green



Waimanalo sign. It's approximately 4 miles to Bellows AFS. Bellows AFS is on the left side of the road and is marked by a brown sign with small palm trees next to it. If you get to McDonald's, you've gone too far - turn around and go back!

- ❖ **Hickam Lodging (The Royal Alaka'i Inn)** - Lodging at Hickam is not right on the beach, but Hickam Harbor's not too far away and it's still a great place for swimming, sunbathing, sailing, kayaking, water skiing, and picnicking. The beach area is small, but it does have a lifeguard and is equipped with bathhouse facilities. Reservations can be made for picnic cabanas, Foster Point picnic area, and Honeymoon Beach by calling the Outdoor Recreation Office at 449-5215
- ❖ **Kaneohe Marine Corps Base Hawaii** (Kaneohe Bay, 254-7667) All of the cottages at Kaneohe have a full kitchen, two bedrooms, living and dining areas, cable TV, lanai, BBQ grill and daily maid service. Kaneohe Bay Cottages are the perfect getaway for the whole family and out-of-town guests. Call for reservations or go to <<<http://www.mccshawaii.com/cottages.htm>>> and send them an e-mail.

*Directions:* Stay on H3 until it ends at the Marine Corps Base at Kaneohe Bay. Building #3038.

- ❖ **Kilauea Military Camp** (Kilauea National Park on the Big Island) is a get-away resort on top of Kilauea summit. It has 68 cabins and cozy apartments with fireplaces. They have a golf course, a Bowling Center, a Cafeteria, a Lounge, Banquet facilities, a General Store, a Recreation Lodge, and other comforts. Reservations are based on a first-come first-serve basis regardless of rank. To e-mail reservations go to: <<[reservations@kmc-volcano.com](mailto:reservations@kmc-volcano.com)>>
- ❖ **Pacific Missile Range Barking Sands** (Kauai, DSN: 471-6752, COMM: 335-4752) (Toll free, no need to dial area code) Reservations must be made by filling out an application, there's one on-line at: <<<http://www.pmrf.navy.mil/>>>
- ❖ **Waianae Army Recreation Center** (85-010 Army Street, Pokai Bay, west side of Oahu) - *Exclusively for military families.* They offer two and three-bedroom cabins for rent based on cabin location and the military member's rank. The cabins are air-conditioned and are equipped with cable TV, telephones, and fully equipped kitchens. They also feature BBQ grills and lanai's or decks.

*Directions:* Take H-1 West to Waianae. This will eventually turn into Highway 93. Stay in the LEFT lane and watch for these LANDMARKS: Pizza Hut on the right will place you in Waianae town. On your LEFT you should pass a 7-11 and the FIRST of TWO Aloha Gas stations. One block from that will be Waianae Police Station. After the next light, you will see Old Government Road. ARMY STREET is the second left after the light, immediately after the SECOND Aloha Gas station. Go all the way down to the Security Gate.

### TIP

Pick up a free copy of "Hawaii Military Guide" at the PX or ACS. It has maps of military bases, phone numbers, and other useful information.

## Arts and Craft Shops



The Schofield Barracks Arts and Crafts Center, located in Building # 572 on Trimble Road offers a variety of classes including ceramics, framing, laser engraving, woodcrafts, and photography. In addition to classes they will also do custom framing and engraving for you. Keep them in mind for your special group projects. The 125th MI BN held one of it's Coffees there and we all painted ceramic tiles. Even though I didn't have much of a knack for this particular project it was still a lot of fun. For more information on available classes stop by the Center or call 655-4202.

The Fort Shafter Arts and Crafts Center is located in Building # 339 on Fort Shafter. In addition to ceramics and woodcrafts they also offer some unique classes in stained glass, quilting, and pottery. For more information call 438-1315/1071.



**Hale Koa**, or *House of the Warrior* is an 817 room, world-class resort hotel and favorite R&R destination for our country's military personnel. The Hale Koa is located on Fort DeRussy, right on Waikiki beach.

There is a significant savings for the military family spending a night at the ocean-side Hale Koa vs. other resorts on Waikiki. **You don't have to be staying there to enjoy the amenities**, but bring your own towel if you plan to swim in one of the hotels three pools...hotel towels are for guests only.

*At the Hale Koa Hotel, being in Paradise doesn't just refer to the spectacular surroundings, but the total Hale Koa experience. Enjoy amazing shows and incredible dining in a setting that'll have you pinching yourself to make sure you're not dreaming.*



Hale Koa Open Air Lobby  
Photo courtesy of Steve Ryder, JSR Systems

The Hale Koa offers a traditional Hawaiian luau with full table service, something

other luau's don't offer. They also offer a lot of other entertainment. You can visit the Warriors Lounge to sing karaoke on stage or dance the night away to live bands. Warriors offers live entertainment nightly, no cover charge and great drink prices.

More great entertainment can be found at the ocean-side Barefoot Bar, home of "*Hawaii's Best Mai Tai*." You can watch the sunset while listening to the island songs of Lopaka Brown. He performs nightly, except Monday and Thursday, from 5-9 p.m.



Waikiki Boardwalk  
Photo courtesy - C L. Steenfott

Reservations for all dinner shows are accepted up to four weeks in advance and can be charged by phone to major credit cards.

Room rates are based on pay grade and duty status as well as room location, but generally run from \$66 to \$169.

Hale Koa Hotel at Fort DeRussy  
2055 Kalia Road  
Honolulu , HI 96815-1998  
Phone 1-808-955-0555

**Reservations:**  
CONUS: 1-800-367-6027  
Local: 955-0555  
E-mail: [reservations@halekoa.com](mailto:reservations@halekoa.com)  
General Information E-mail: [information@halekoa.com](mailto:information@halekoa.com)

For more information visit their website at: <http://www.halekoa.com/> .

### More Information:

#### Restaurants & Lounges

- Hale Koa Room
- Bibas
- Koko Cafe
- Happy's Snack Bar
- Snack Shack
- Warriors' Lounge
- Pool Snack Bar
- Barefoot Bar
- Sunday Brunch
- Coffee Cart

#### Fitness Center

- 3 Swimming Pools - including one adults-only and kiddie pool
- Tennis Courts
- Racquetball & Handball Courts
- Outdoor Walking/Running

- Track
- Video Game Room
- Covered Parking (for a fee)

#### Dinner Shows

- Tuesday Night Magic
- Tama's Polynesian Revue
- Hale Koa Luau

#### Guest Services

- DeRussy Caboozie
- Post Exchange
- Safety Deposit Boxes
- Self-Service Laundry
- Tour & Travel Desk
- Video Rental
- U.S. Post Office (two within walking distance)
- Banking - ATM
- Barber Shop/Beauty Salon
- Car Rental

- Church Services
- Dining Reservations
- Early Maid Services
- Fax Service
- Florist
- Jewelry Shop
- Laundry & Dry Cleaning Service
- Logo Shop
- Lost & Found
- Massage Therapy
- Messaging/Voice Mail

#### Location

The Hale Koa is located near the beginning of Waikiki, within walking distance or a short bus ride from major shopping areas, including Ala Moana Mall, the largest outdoor shopping center in the

world, and the International Marketplace.

#### Airport Transportation

Is available at airline baggage claim. Taxis, airport buses and car rentals are readily available. The Hale Koa Hotel does not offer airport service. If you are driving from the airport or elsewhere on-island, a map is provided for your convenience.

#### Things To Do

- Aloha Fridays
- Hula Lessons
- Garden Tour
- Ft. DeRussy Army Museum

<http://www.halekoa.com/>



**On the Beach...** There are so many beaches on Oahu that sometimes it's difficult to know where to go, and no matter who you talk to it seems that everyone has a different opinion on which is the best. The beaches here in Hawaii come in all different shapes, sizes, colors, and atmospheres or activities. It would be almost impossible to address the merits of each beach, but we have included some here to get you started.

Waikiki Beach: Probably the most widely known beach on Oahu is Waikiki Beach in Honolulu. It's only a narrow 1 1/2 mile long expanse of imported sand (from Molokai) at the base of a string of high-rise hotels, but it still attracts some five million visitors a year. Waikiki is great for swimming, surfing, canoeing, diving, sailing, snorkeling, and fishing. You can rent just about anything you need right there on the beach, and there are showers, restrooms, life-guards, grills, and picnics tables available. There are other sites to

see occasionally on Waikiki too. When our family first got here, we took a stroll on the beach at sundown and came across a film crew shooting some scenes for *Baywatch Hawaii*, and just recently an episode of *Wheel of Fortune* was filmed there. A soldier from the local area was chosen to be a contestant.

Ala Moana Beach Park: A mile long stretch of golden sand on Mamala Bay (very close to Waikiki) is one of the Island's most popular playgrounds. It has a man-made beach that was created in the 1930s by filling a coral reef with sand from the Waianae Coast. It has it's own lagoon, yacht harbor, tennis courts, music pavilion, bathhouses, picnic tables, and open green spaces suitable for the many picnics hosted on its grounds. The water is calm almost year-round and is protected by black lava rocks set offshore. We think the shallow calm waters make it a nice place to take the kids.

*Frommer's 2000: "Lanikai Beach on O'ahu is "Too gorgeous to be real, this stretch along the Windward Coast is one of Hawaii's postcard-perfect beaches—a mile of golden sand as soft as powdered sugar, bordering translucent turquoise waters. The year-round swimming-pool-calm waters are excellent for swimming, snorkeling, and kayaking. To complete the picture are two tiny offshore islands that function not only as scenic backdrops, but also as bird sanctuaries."*

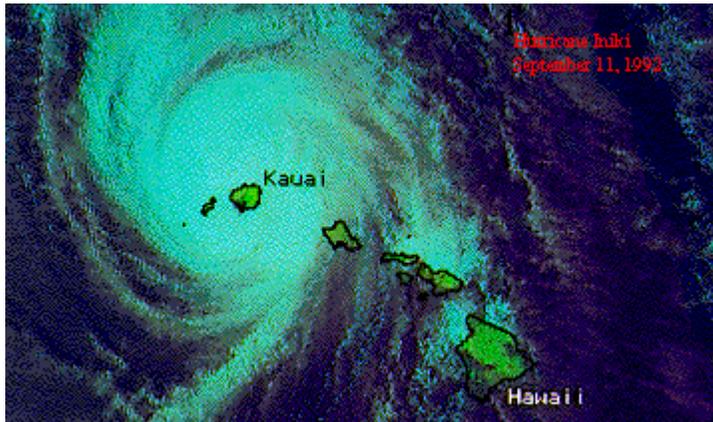
Hanauma Bay: Is a popular snorkeling spot. It is actually a volcanic crater with a broken sea wall and has an abundance of marine life. Hanauma Bay is a conservation district, you may look, but not touch, and you should never take any of the marine life.



**Check with MWR/ITR for a Trolley Map Guide and Bus information.**

## Personal Enrichment

**Joint Women's Conference (Annual)**—Held in October at Hickam AFB. Pre-registration is required. "A forum for military wives that will enrich, empower, uplift, enlighten, motivate, and strengthen them in their roles as women, wives, mothers, professionals, and community leaders." It offers a wide variety of workshops such as hobbies, Hawaiian, cooking, philosophy, military life, etc. Watch for announcements.



**Hurricanes.** Since 1959, three hurricanes have hit Hawaii, with *Iniki* in 1992 becoming Hawaii's worst natural disaster.

Hurricanes personally impact everyone throughout Hawaii. We all need to be aware and prepare for Hurricane Season which generally runs from June 1 - November 30 when the Islands are most at risk. Keep in mind though, statistics show that a storm can occur at any time of the year. Just one storm striking the Islands could be devastating. In addition to high winds, we also need to remember that inland flooding and storm surge can also wreak havoc.

Everyone should have an action plan in the event that a hurricane strikes the islands. Every home should have a survival kit which should be checked before the start of the hurricane season, and everyone should take action when advised. On post, the Quads are designated as Emergency Shelters for the housing areas.

### WATCH

*When conditions are favorable for severe weather, a WATCH is issued.*



Siren on Schofield Barracks  
Photo courtesy CL Steenfott

### WARNING

*When severe weather is imminent or occurring, a WARNING is issued.*

<b>Weather "Watch" vs. Weather "Warning"</b>		
	<b>"WATCH"</b>	<b>"WARNING"</b>
SEVERE THUNDERSTORM	Severe thunderstorms are possible in your area.	A severe thunderstorm is imminent or has been indicated by Doppler radar or reported by storm spotters.
FLASH FLOOD OR FLOOD	Flash flood or flooding is possible in your area.	Flash flooding or flooding is occurring or imminent. Take necessary precautions immediately!
TORNADO	Tornadoes are possible in your area. Remain alert for approaching storms.	A tornado is imminent or has been indicated by Doppler radar or reported by storm spotters. Move to your pre-designated place of safety immediately!
HURRICANE/TYPHOON	Hurricane/Typhoon conditions are possible in the specified area of the Watch.	Hurricane/Typhoon conditions are expected in the specified area of the Warning, usually within 24 hours. Complete storm preparations and evacuate if directed by officials immediately. Take your emergency kit with you.



## Tsunamis.

Information in this section is used with permission from the Pacific Tsunami Museum, Inc., Hilo, HI. Please visit their website for more fascinating information on tsunamis at <<<http://www.tsunami.org/index.htm>>> or visit them in person...they have a variety of photos, artifacts, and information on tsunamis, including those that have hit Hawaii. All materials on their website are Copyright © 1996-2001 Pacific Tsunami Museum, Inc. Last revised: June 2001.

Tsunami'...there's that word again... now, what is it? Growing up in the Midwest, I was used to hail storms,

### April is Tsunami Awareness Month

A lot of the local libraries have special programs in April on Tsunami Awareness.

**Check them out!**

blizzards, floods, and tornados (well as used to them as anyone could get). As part of a military family living in many different locations over the past 20 years, I also got used to preparing for hurricanes, monsoons, and other assorted weather phenomenon, but Hawaii is the only place that I've lived where I've had to be concerned about tsunamis. So, the experience is new to me. Well, after talking to other members of the 125th MI BN, I've discovered that I'm not alone. Many of you may not know what a tsunami is or how to react in an emergency. So, I set out to rectify this and I discovered a wealth of information out there. I've included a lot of information here for your benefit and I hope you find it useful, but at the very least please try to read the bold print. You'll be seeing the word tsunami (and hearing it) all over the islands, particularly during the month of April. Hawaii is one of five states

that proclaim April as the month to remind the public to be prepared for natural disasters. Washington, Oregon, California, and Idaho join Hawaii in sponsoring public activities that focus on tsunamis, earthquakes, and other potentially devastating events.

**What is a tsunami?** A tsunami is a series of destructive ocean waves that can affect shoreline areas with little or no warning. It's the same thing as 'tidal wave', but 'tsunami' is the preferred term used these days in an effort to avoid confusion regarding normal tides. The term 'tidal wave' is normally found in old movies and textbooks.

**Unlike hurricanes or tornadoes, tsunamis have no season. They can strike anywhere along the coast, any time of day, any season of the year.** They are not heralded by a drastic change in the weather. It could be a gorgeous sunny day or a starlit night.

Tsunamis have nothing to do with tides or storms. They are generated by violent water displacement on the ocean floor. There could be an underwater landslide, a major earthquake, or a freak cosmic strike from Space.

Even if you know a lot about tsunamis and read tsunami scientific data, unless you take those statistics seriously, when that next tsunami wave

train arrives on the horizon, you could become another one of those statistics. There is definitely another tsunami out there. When is it coming? George Curtis, tsunami scientist at UH-Hilo, says, "*Any time now!*"

**Unlike hurricanes or tornadoes, tsunamis have no season. They can strike anywhere along the coast, any time of day, any season of the year.**

**Have you designed an evacuation plan for your family?** Do you live around Ewa Beach? Do you like to go snorkeling at Hanauma Bay? Do you ever shop in Waikiki? Well, if you do you might want to think ahead about your escape route should you hear the sirens. **Review the evacuation maps in front of the telephone book for these areas BEFORE you need them.** If one hit today would you know how to evacuate from work? From home? What about your children's schools? Find out what roads will be closed when there is a tsunami alert.

\* When evacuation boundaries are drawn along streets and roadways, they are considered to be safe from wave action.

Tsunami Watch vs. Warning	
Watch:	If a "watch" has been issued, tsunamis are possible; get ready. <b>Check out the tsunami evacuation map in the front of your telephone book BEFORE you need to use it.</b>
Warning:	If a "warning" has been issued, you should leave coastal areas immediately! Go to higher ground! If you are in a safe place, stay there and wait for the all-clear announcement.
Sirens:	If the Civil Defense sirens sound at any time other than during the test period on the first working day of the month, turn your radio to one of the local radio or TV stations for more information.



- \* Steel and/or concrete buildings of six or more stories in height should provide adequate protection if you move to the third floor or above.

### What to Do When a Tsunami WATCH Is Issued

- **Listen to a NOAA Weather Radio, Coast Guard emergency frequency station, or other reliable source for updated emergency information.** As the energy of a tsunami is transferred through open water, it is not detectable. Seismic action may be the only advance warning before the tsunami approaches the coastline.
- **Check your Disaster Supplies Kit.** Some supplies may need to be replaced or restocked.
- **Locate family members and review evacuation plans.** Make sure everyone knows there is a potential threat and the best way to safer ground.
- **If you have special evacuation needs (small children, elderly people, or persons with disabilities), consider early evacuation.** Evacuation may take longer, allow extra time.
- **If time permits, secure unanchored objects around your home or business.** Tsunami waves can sweep away loose objects. Securing these items or moving them inside will reduce potential loss or damage.
- **Be ready to evacuate.** Being prepared will help you to move more quickly if a tsunami warning is issued.

### What to Do When a Tsunami WARNING Is Issued

- **Listen to a NOAA Weather Radio, Coast Guard emergency frequency station, or other reliable source for updated emergency information.** Authorities will issue a warning only if they believe there is a real threat from tsunami.

- **Follow instructions issued by local authorities.** Recommended evacuation routes may be different from the one you use, or you may be advised to climb higher.
- If you are in a tsunami risk area, do the following:
  - \* **If you hear an official tsunami warning or detect signs of a tsunami, evacuate at once.** A tsunami warning is issued when authorities are certain that a tsunami threat exists, and there may be little time to get out.
  - \* **Take your Disaster Supplies Kit.** Having supplies will make you more comfortable during the evacuation.
  - \* **Get to higher ground as far inland as possible.** Officials cannot reliably predict either the height or local effects of tsunamis. Watching a tsunami from the beach or cliffs could put you in grave danger. If you can see the wave, you are too close to escape it.

### What to Do After a Tsunami

- **Continue listening to a NOAA Weather Radio, Coast Guard emergency frequency station, or other reliable source for emergency information.** The tsunami may have damaged roads, bridges, or other places that may be unsafe.
- **Help injured or trapped persons. Give first aid where appropriate.** Call for help. Do not move seriously injured persons unless they are in immediate danger of further injury.
- **Help a neighbor who may require special assistance--infants, elderly people, and people with disabilities.** Elderly people and people with disabilities may require additional assistance.

tance. People who care for them or who have large families may need additional assistance in emergency situations.

- **Use the telephone only for emergency calls.** Telephone lines are frequently overwhelmed in disaster situations. They need to be clear for emergency calls to get through.
- **Stay out of the building if waters remain around it.** Tsunami waters, like flood waters, can undermine foundations, causing buildings to sink, floors to crack, or walls to collapse.
- **When re-entering buildings or homes, use extreme caution.** Tsunami-driven flood waters may have damaged buildings where you least expect it. Carefully watch every step you take.
  - \* **Wear sturdy shoes.** The most common injury following a disaster is cut feet.
  - \* **Use battery-powered lanterns or flashlights when examining buildings.** Battery-powered lighting is the safest and easiest, preventing fire hazard for the user, occupants, and building.
  - \* **Examine walls, floors, doors, staircases, and windows to make sure that the building is not in danger of collapsing.**
  - \* **Inspect foundations for cracks or other damage.** Cracks and damage to a foundation can render a building uninhabitable.
  - \* **Look for fire hazards.** There may be broken or leaking gas lines, flooded electrical circuits, or submerged furnaces or electrical appliances. Flammable or explosive materials may come from upstream. Fire is the most frequent hazard following floods.

- \* **Check for gas leaks.** If you smell gas or hear a blowing or hissing noise, open a window and quickly leave the building. Turn off

*Return home only after local officials tell you it is safe. A tsunami is a series of waves that may continue for hours. Do not assume that after one wave the danger is over. The next wave may be larger than the first one.*



the gas using the outside main valve if you can, and call the gas company from a neighbor's home. If you turn off the gas for any reason, it must be turned back on by a professional.

- \* **Look for electrical system damage.** If you see sparks or broken or frayed wires, or if you smell burning insulation, turn off the electricity at the main fuse box or circuit breaker. If you have to step in water to get to the fuse box or circuit breaker, call an electrician first for advice. Electrical equipment should be checked and dried before being returned to service.
- \* **Check for sewage and water line damage.** If you suspect sewage lines are damaged, avoid using the toilets and call a plumber. If water pipes are damaged, contact the water company and avoid using water from the tap. You can obtain safe water from undamaged water heaters or by melting ice cubes.
- \* **Use tap water if local health officials advise it is safe.**
- \* **Watch out for animals, especially poisonous snakes, that may have come into buildings with the water. Use a stick to poke through debris.** Tsunami flood waters flush snakes and animals out of their homes.
- \* **Watch for loose plaster, drywall, and ceilings that could fall.**
- \* **Take pictures of the damage, both of the building and its contents, for insurance claims.**
- **Open the windows and doors to help dry the building.**
- **Shovel mud while it is still moist to give walls and floors an opportunity to dry.**
- **Check food supplies.** Any food that has come in contact with flood waters may be contaminated and should be thrown out.

**A Bit of Tsunami History:** Many thanks to the Pacific Tsunami Museum for allowing us to use the following information. Please visit them on-line at [www.tsunami.org](http://www.tsunami.org).

In Hilo during the 1994 tsunami warning, an 8.2 earthquake off the coast of Japan resulted in a tsunami evacuation throughout the state.

It was reported that 400 surfers were in the water around Oahu before the tsunami warning was canceled. Although the tsunami was considered by many to be a 'false alarm', it was not. As of yet, scientists are unable to determine what the height will be of approaching tsunami waves. Never hang around to watch tsunami waves!

April 1, 1946, a 7.3 earthquake in the Aleutian Islands generated a tsunami which struck the Hawaiian Islands. The tsunami claimed the lives of 159 people in the state of Hawai'i (122 from the Big Island) and caused \$26 million in damages.

November 5, 1952, an 8.2 earthquake occurred off the Southeastern coast of the Kamchatka Peninsula of the Russian Far East. Tsunami waves were generated and spread across the North Pacific at more than 500 miles per hour.

March 9, 1957, an earthquake measuring 8.3 occurred in the Aleutian Islands generating a tsunami. Waves up to 75 feet high were reported on Umnak Island. The tsunami traveled 2,440 miles across the Pacific, at a speed of just under 500 miles per hour, and first



This automobile was abandoned by its driver on Kamehameha Highway at Waialua Bay, O'ahu during the tsunami. ~ 1957  
Photo: Courtesy of the International Tsunami Information Center.

reached Kauai at 9 a.m.

May 23, 1960, the tsunami that struck was generated from a 8.3 earthquake in Chile. Much of the damage occurred in Hilo, Hawai'i, where 61 people were killed, 537 buildings destroyed and damages totaled over \$23 million.

*"Suddenly I heard a shout, 'Big wave!' The streetlights around us exploded almost in the same instant. I looked up and saw a locally well known fishing boat coming up over the Wailoa Bridge."*

-- Susan Maeda Veriato on the 1960 tsunami in Hilo, as told to her son Travis

November 29, 1975, a 7.2 earthquake occurred in the area of Kalapana, Hawai'i. The earthquake generated a tsunami with a maximum height of over 47 feet. The earthquake and tsunami took the lives of two campers and caused property damage estimated at \$4.1 million.



July 17, 1998, an earthquake occurred at the western end of the Bismarck Sea and measured 7.0 on the Richter Scale. About 20 minutes later, a tsunami wave crashed ashore and inundated a 20-mile stretch of beach from west of Aitape to the village of Serai. There was a total of three devastating waves. Villagers were crushed in their huts, buried under sand and debris, and many drowned. In all, 2,202 people lost their lives and 1,000 more were injured. A total of 10,000 survivors lost their homes and personal possessions.

The last major Pacific wide tsunami occurred in 1964. The rare occurrence of a Pacific wide tsunami in recent times makes them increasingly important to understand as more and more people live and play in coastal areas. Many people are not aware of the actual threat tsunamis pose to coastal areas throughout the Pacific. This section has been designed to answer many of the common questions concerning the nature of tsunamis, their occurrence here in Hawaii and the Pacific region, and what scientists and civil authorities have done to improve our understanding and prevent loss of life from this destructive natural phenomenon.

**What does the word tsunami mean?** A tsunami is a Japanese word which translates as "harbor wave," now used internationally to refer to a series of waves traveling across the ocean with extremely long wavelengths (up to hundreds of miles between wave crests in the deep ocean). When these waves approach shore, the speed of the wave decreases as they begin to "feel" the bottom. It is at this time that the height of the wave drastically increases. As the waves strike shore they may inundate low-lying

coastal areas resulting in mass destruction and in many instances loss of life. Often a tsunami is incorrectly referred to as a tidal wave. Tidal waves are simply the periodic movement of water associated with the



**How fast does a tsunami travel?**

*Average of 99 m per second*

- In 1000 m of water—356 km/hour
- In 5039 m of water—800 km/hour.
- In 6000 m of water—873 km/hour.

rise and fall of the tides produced by the gravitational attraction of the sun and moon. Tsunamis have no connection with the weather nor with tides.

**What causes a tsunami?** Oceanographers often refer to tsunamis as seismic sea waves as they are usually the result of a sudden rise or fall of a section of the earth's crust under or near the ocean. A seismic disturbance can displace the water column, creating a rise or fall in the level of the ocean above. This rise or fall in sea level is the initial formation of a tsunami wave. Tsunami waves can also be created by volcanic activity and landslides occurring above or below the sea surface. These types of activity produce tsunamis with much less energy than those produced by submarine faulting. The size and energy of these tsunamis dissipates rapidly with increasing distance from the source, thus resulting in more local

devastation.

**How is a tsunami wave different from a normal wave?** The waves you see at the beach are generated by wind blowing over the sea surface. The size of these waves depends on the strength of the wind creating them and the distance over which it blows. Generally the distance between these waves, known as the wavelength, ranges from a couple of feet to perhaps a thousand feet. The speed of these waves as they travel across the ocean ranges from a few miles an hour up to sixty miles an hour in some instances.

Tsunami waves resulting from physical mechanisms behave much differently than wind generated waves. The magnitude of the disturbance causing the tsunami is the primary factor influencing the size and strength of the waves. The height of the wave when it is generated is very small, usually less than a few feet. The distance between successive wave crests or the wavelength however, is much larger than that of a normal wave and may be hundreds of miles apart. Depending on the depth of the water in which the tsunami is traveling, it may attain speeds of up to 500 miles an hour.

**What is run-up?** When a tsunami approaches a coastline, the wave begins to slow down and increase in height, depending on the topography of the sea floor. Often the first signs of a tsunami are a receding water level caused by the trough of the wave. In some instances though, a small rise in the water level just before the recession has been observed. Regardless, the incoming wave approaches much like the incoming tide though on a much faster scale. The maximum vertical height to which the water is observed with

*April 1, 1946. Tsunami waves crossed the ocean from the north. Twenty-five miles north of Hilo on the Laupahoehoe peninsula, children were just arriving for school. They were delighted by the fish flopping on the bare ocean floor as the water was sucked out by the tsunami waves looming on the horizon (a run-up). Children scampered down to the shore to get a closer look. The waves came in with a vengeance...*

*...wrapped around the peninsula and boiled across the meadow where children were frantically running to escape. Friends and family watched helplessly from the pali above as children and adults were sucked out to sea.*



reference to sea level is referred to as run-up. The maximum horizontal distance that is reached by a tsunami is referred to as inundation.

#### ***Do all oceans have tsunamis?***

Yes. Tsunamis have been recorded to occur in all the major oceans of the world. However, this phenomenon is mainly restricted to the Pacific basin, an area surrounded by volcanic island arcs, mountain chains and subduction zones earning the nickname the "ring of fire," as it is the most geologically active area on the planet. The amount of activity in this region makes it much more susceptible to submarine faulting and subsequent tsunami events; whereas the Indian and Atlantic oceans are far less geologically active, with some exceptions, and therefore the occurrence of tsunamis is rare.

***How are tsunami wave heights measured?*** The wave height of a tsunami can be highly variable in a local area depending on the under-



The highest, reliably measured tsunami on record occurred in Lituya Bay, Alaska. This unusual event was caused by a massive landslide that fell into the bay on July 9, 1958. The resulting wave surged up the slope on the opposite side of the narrow bay to a height of 518 m (1,700 ft)!

water topography, orientation to the oncoming wave, the tidal level, and the magnitude of the tsunami. Because direct physical measurement of a tsunami wave would be a life threatening event, the most common method for determining tsunami wave height is by measuring the run-up, the highest vertical point reached by the wave. Run-up heights are measured by looking at the distance and extent of salt-killed

vegetation, and the debris left once the wave has receded. This distance is referenced to a datum level, usually being the mean sea level or mean lower low water level. The reference to mean lower low water is more significant in areas with greater tidal ranges such as in Alaska, where a smaller tsunami wave can be more devastating during a high tide than a larger wave at low tide.

***How long does it take a tsunami to reach land?*** Once generated, a tsunami wave in the open ocean can travel with speeds greater than 500 miles an hour. These waves can travel across the Pacific Ocean in less than one day. Locally generated tsunamis can reach coastlines in just minutes.

***What is the Tsunami Warning System?*** The lack of a warning during the 1946 tsunami that devastated many coastal areas in Hawaii, led scientists and governmental agencies to establish the Pacific Tsunami Warning System (PTWS), for the Hawaiian Islands and United States territories in the Pacific by 1948. The main objectives of this system are: to detect and locate the existence all possible tsunami causing earthquakes by the use of properly monitored seismographs, to ensure that a tsunami actually exists by measuring water level changes at tide-gauging stations located throughout the Pacific, and finally, to determine the time of arrival of the tsunami and to provide an adequate warning for evacuation procedures.

***What is the difference between a Tsunami Watch and a Tsunami Warning?*** A Tsunami Watch is automatically declared by the warning center for any earthquake having a magnitude of 7.5 or larger on the Richter scale (7.0 or larger in the Aleutian Islands) and located in an area where a tsunami can be generated. Notification of and Civil Defense agencies begins, followed by

limited public announcements by the local media. Data from tidal gauge stations is awaited for confirmation of the actual existence of a tsunami.

Reports on wave activity from the tide-gauging stations nearest to the earthquake epicenter is requested by the warning center. If the stations report that there is no observed tsunami activity, the Tsunami Watch is canceled. If these stations report that a tsunami has been generated, a Tsunami Warning is issued for areas which may be impacted in the next hour. At this time, the public is informed of the ensuing danger by the emergency broadcast system. Evacuation procedures are implemented, and sea going vessels are advised to head out to sea, where in deep waters they will not be affected by the tsunami.

***How many warnings have been issued by the Pacific Tsunami Warning Center since it was established?*** The Pacific Tsunami Warning Center has issued a total of 20 warnings since it was first established in 1948. Of these 20, 5 resulted in significant Pacific-wide tsunamis. Even though all significant Pacific-wide tsunami events have been detected since 1948, 61 people perished when they failed to heed the warning for the 1960 tsunami that struck Hilo. Since 1964, there have been no significant Pacific-wide tsunami events.

***What should I do or not do in a tsunami warning?*** Because a tsunami can strike at any time, being adequately prepared and knowing what to do beforehand could save your life. Hawaii State and County Civil Defense agencies provide maps of evacuation zones and information on how to be prepared for this type of natural disaster in the front pages of the telephone book. If you are at the beach and you feel an earthquake or observe a rapid withdrawal of the sea and think a tsunami may be coming, head for



higher ground immediately. When a tsunami warning has been issued do not attempt to use the telephone or head to low-lying areas to view the oncoming waves. Remember, tsunamis travel at very fast speeds across the ocean; therefore once a warning has been issued you should evacuate immediately.

**Can the arrival time of a tsunami be accurately predicted?** When a tsunami is generated offshore the wave will behave as a shallow water wave. A shallow water wave is one that travels through water having a depth less than 1/20 of its wavelength. Knowing that the average ocean depth is roughly three miles, oceanographers can determine the speed of the tsunami, and calculate the time it will take to travel between any two points. This information has led to the development of travel-time charts that make it possible to predict the arrival time of a tsunami

wherever it is generated. Due to the high speeds of these waves, a tsunami can travel across the Pacific Ocean in less than one day! Areas near the epicenter of earthquakes, landslides or volcanic activity are most vulnerable to the effects of a tsunami as they cannot be properly warned by the Tsunami Warning Center of the coming danger.

**What has been the most destructive tsunami to strike the Hawaiian Islands in recent history?**

Early in the morning on April 1, 1946, an earthquake with a reported magnitude of 7.1 occurred in the Aleutian Islands off of Alaska. Almost five hours later the largest and most destructive tsunami waves in reported history struck the Hawaiian Islands. Maximum run-ups were reported to be 54 feet in Molokai, and 55 feet in Pololu Valley on the Big Island. Waves in some areas penetrated more than half a mile inland. Between wave crests, the draw-down is reported to have exposed some areas of the seafloor 500 feet

in the seaward direction. A total of 159 tsunami-related fatalities resulted from this destructive event. Many were curious school children who ventured into the exposed reef area, not knowing the receding water to be a sign of an approaching tsunami. No warning was possible nor given for this tsunami.

**How many Pacific-wide tsunamis have struck the Hawaiian Islands in recent history?** This century, there have been 13 significant tsunamis impacting Hawaii. These tsunamis were generated by earthquakes occurring along the geologically active margins of the Pacific basin. Maximum recorded runups were 55 feet on the Big Island and 54 feet on Molokai (see above) dur-

**Would you know what to do if you heard the sirens indicating a tsunami strike?**

ing the 1946 tsunami, and 53 feet in Kauai during the 1957 tsunami. The last Pacific-wide tsunami occurred in 1964.

**How many locally generated tsunamis have occurred in the Hawaiian Islands in recent history?**

On the Big Island there have been several significant tsunamis resulting from local earthquakes or submarine landslides. The most recent and devastating of these tsunamis occurred in the early morning hours on November 29, 1975. Within a little over an hour, two earthquakes jolted the island. The first, located three miles inland of Kamoamoa village in Volcanoes National Park, had a Richter magnitude of 5.7. The second, centered two miles offshore of the Wahaula heiau also in the park area was much more violent having a Richter magnitude later to be determined as 7.2. The result of this earthquake was a 10 foot subsidence of the shoreline and the second most destructive local tsunami ever to be recorded in Ha-

waii.

Campers in the remote Volcanoes National Park coast at Halape were awakened by the violent shaking of the first quake unknowing that a second and more severe quake would follow in just over an hour later. Some of them had barely gotten back to sleep when the second quake shook so violently that standing was nearly impossible. Within 30 seconds, the first of five tsunami waves struck Halape. Two campers, one an adult with a group of Boy Scouts, the other a fisherman, did not survive. Nineteen others were injured. The maximum runup height was 47 feet at Keauhou Landing and 26 feet at Halape, 1.9 miles to the southwest.

**What is the "wrap-around" effect?** Whether a tsunami is generated in the North or South Pacific, it has the potential to affect all shores of the Hawaiian Is-

lands. As large tsunami waves approach the islands, they may refract or bend around the islands and diffract through the channels between the islands as well. The ability of a tsunami wave to bend around and through the islands is called the wrap-around effect. During the wrap-around effect, the energy of the tsunami often decreases resulting in smaller wave heights. Sometimes tsunami waves will reflect off of a land mass instead or bending around, thereby increasing wave height of the approaching wave. Therefore, when a tsunami warning is issued from an earthquake in Chile, Alaska, or Japan, inhabitants along all shores of the Islands should take the necessary precautions.

**How many waves are there in a tsunami?** A tsunami generally consists of a series of waves, often referred to as the tsunami wave train. The amount of time between successive waves, known as the wave period, is only a few minutes, in



some instances, waves are over an hour apart. Many people have lost their lives after returning home in between the waves of a tsunami, thinking that the waves had stopped coming.

**How does a tsunami behave as it approaches land?**

When the waves of a tsunami approach land, their appearance and behavior become dependent on several local factors. Two of the most important factors are the topography of the seafloor and the actual shape of the shoreline. As a tsunami encounters shallow waters surrounding the shoreline, its height can increase from a meter or less to over 20 meters. Wave heights can also be increased when concentrated on headlands or when traveling into bays having wide entrances that become progressively more narrow. The presence of an offshore coral reef can dissipate the energy of a tsunami, decreasing the impact on the shoreline. Normal wind swell may ride atop of a tsunami wave thereby increasing wave height.

The image most people have of a tsunami is a large, steep wave breaking on the shore. This image is hardly, if ever, the case. Most tsunamis appear as an advancing tide without having a developed wave face, resulting in rapid flooding of low-lying coastal areas. Sometimes, a bore can form during which an abrupt front of whitewater will rapidly advance inland much similar to the tidal bore formed at the mouth of large rivers.

Another rare event that may result from a tsunami is a standing wave or seiche. A seiche occurs in bodies of water that are partially or completely enclosed, such as Hilo Bay, creating a standing wave that continually sloshes back and forth. The appearance of a seiche would be very similar to

what happens when you place a glass of water on the table; the water rocks back and forth before settling. When a seiche is generated by a tsunami, subsequent tsunami waves may arrive in unison with a seiche resulting in an increase in the draw-down in sea level and a dramatic increase in wave height. Seiche waves may continue several days after a tsunami.

**How are inundation/evacuation areas determined?**

In Hawaii, methodology was developed at the University for determining the maximum expectable inundation of our shores for worst-case tsunamis, drawing on the records compiled by the Joint Institute for Marine and Atmospheric Research for many years. These historical data are used in mathematical analyses to predict maximum wave heights along the coast; these heights are then used in numerical models involving the topography (land contours) to map the inundation in each location.

In coordination with the Civil Defense officers on each island, a final map is prepared showing the actual evacuation zones. The zones extend inland from the inundation limit to the nearest landmark such as a road, which can be used by public and police to identify the areas which must be evacuated to ensure safety. When the sirens sound, people are routed to safety until officials determine that hazardous wave action has ceased. The zones are published in the front of the telephone

directories for each Hawaiian island.

It is interesting that for Hilo itself, there are such complete (block-by-block) records of inundation (1946-1964) that they have been used to determine evacuation zones with only minor analysis. In fact, these records have been extensively used to test the computer models developed to predict tsunami wave heights and inundation. If the model can adequately re-create a previous event, there is more assurance it can be used to predict future events elsewhere.

**Since I don't live in an inundation area why should I be concerned?**

The shoreline areas of the Hawaiian Islands are no doubt the main attraction for visitors and residents alike. Much of the state's commerce and recreation involves the surrounding ocean and therefore it is very important for all of us to acknowledge the threat a tsunami would impose on our lives. Even though you may live in an area that is not threatened by a tsunami directly, you would most definitely be impacted by its effects. The last Pacific-wide tsunami to impact Hawaii occurred over 30 years ago. During this period of tsunami quiescence, beach usage especially among children and teenagers has increased. It remains essential that this age group, having never experienced the destructive and deadly forced of tsunamis, be properly informed and aware of what to do and where to go in such an event.

<<<http://www.pmel.noaa.gov/tsunami>>>

	<u>Pacific Tsunami Museum</u> , P.O. Box 806, Hilo, HI 96721, (808) 935-0926, Fax # (808) 935-0842
	<u>Pacific Tsunami Warning Center</u> , 91-270 Fort Weaver Rd., Ewa beach, HI 96706, (808) 689-8207 Ext. 301, Fax # (808) 689-4543
	<u>International Tsunami Information Center</u> , 737 Bishop St. Suite 2200, Honolulu, HI 96813, (808) 532-6422, Fax # (808) 532-5576, email: <a href="mailto:ITIC@moana.itc.noaa.gov">ITIC@moana.itc.noaa.gov</a> or <a href="http://www.pmel.noaa.gov/tsunami">http://www.pmel.noaa.gov/tsunami</a>
	<u>Pacific Disaster Center</u> , 590 Lipoa Pkwy, Suite #259, Kihei Hawaii 96753, (808) 891-0525



## Weather Radio.

National Oceanic and Atmospheric Administration (NOAA) Weather Radio broadcasts National Weather Service warnings, watches, forecasts, and other hazard information 24 hours a day. NOAA Weather Radio now broadcasts warning and post-event information for all types of hazards—both natural (such as earthquakes and volcano activity) and technological (such as chemical releases or oil spills).



some of the nations' experts, especially the National Weather Service and the National Hurricane Center.

If the FEMA website is down <<<http://www.fema.gov/fema/weathr.htm>>>, check with The Central Pacific Hurricane Center (CPHC), co-located in the National Weather Service Honolulu Forecast Office <<<http://www.news.noaa.gov/pr/hnl/cphc/pages/cphc.shtml>>>.

**Check before the storms knock out your power!**

NOAA Weather Radio is not just for emergencies. It is a round-the-clock source of weather reports and information to help you prepare for the day ahead. Information including river stages and climatic data is also provided.

National Weather Radio (NWR) service depends on reliable signal reception, which typically extends in about a 40-mile radius from the transmitter, assuming level terrain.

To see if hurricanes or tropical storms may threaten your travel plans or those of your visitors check with

TRANSMITTER	FREQUENCY	CALL SIGN
Oahu-Mt. Ka'ala	162.550	KBA 99
Oahu-Hawaii Kai	162.400	WWF 39
Kaneohe	162.400	WWH 21

## Oahu's Emergency Alert System (EAS).

The mission of the EAS is to provide reliable communications on short notice to enable the President to address the nation during periods of national emergency.

Voluntary participation is provided by Broadcast TV, Radio, and Cable Providers.

EAS may be activated at State and local levels. EAS operations

must be conducted as specified in State and local EAS plans. Immediately upon receipt of an EAS message, State and local relays must forward the message in accordance with the State and local EAS plans.



EAS alerts are rehearsed on the first day of each month. The sirens sound simultaneously with alert signals on television and radio.

**Oahu Civil Defense Emergency Information Line:** 527-5372

**Oahu Civil Defense Agency:** 523-4121

**Hawaiian Electric Company**  
Troubleline: 584-7961

**Board of Water Supply**  
Troubleline: 527-5200

**Verizon Hawaii**  
Troubleline: 611

**Make Plans for Your Pets.** *Pets are not allowed inside the emergency shelters.* In planning for the hurricane season, do not forget your pets. If you evacuate your home, do not leave pets behind. The Humane Society of the US urges pet owners to make arrangements to evacuate their animals. Be sure you have up-to-date identification tags, a pet carrier and a leash for them.



If you must leave your home because it's considered unsafe, it's unsafe for your pet as well. In the event of evacuation, make alternative arrangements for pets, such as with a veterinarian or kennel in a safe location. Send medicine, food, feeding information, and other supplies with them. Keep your pet's vaccinations up-to-date. Many boarding facilities will require proof of current vaccinations.

Contact the Hawaii Island Human Society for suggestions about what to do with your pets during evacuations: 946-2187.



**Some things to remember:**

**Leaving:** Assemble the family, leave a note with the time and destination for family members who are not home at the time the emergency is called, wedge the sliding glass doors, secure your home...doors and windows, and turn off the electricity and gas. Be sure to take an emergency kit with you. No pets are allowed in the shelters.



**Returning:** Exercise caution upon returning home. Check for structural damage, electrical short circuits, gas leaks, broken water lines, and contaminated water or food.

**Do NOT evacuate until directed to do so.**

*Specific instructions for transportation, routes, and other information will be broadcast on HACN, Channel 2.*

**SHELTER PLAN for Schofield Barracks.** The emergency shelters for Schofield Barracks, Wheeler AAF, Helemano Military Reservation, and the Alimanu Military Reservation are listed on the tables below. The "Handicap Accessible Shelter" for both Schofield Barracks and Wheeler AAF is the SGT Smith Theater.

The theater can better accommodate the needs of individuals who are physically challenged. The overflow from the Schofield Inn and the other emergency shelters will also be directed to the theater.

Since every member of the 25th ID(L) does not live on Schofield Barracks, included on the next few pages are Hurricane Shelters for various locations throughout Oahu. Also included are some suggestions for things to include in the Emergency Kit.

I extracted the following information from the HQ 25th ID(L) and U.S. Army Hawaii Disaster Preparedness Operations Plan dated 8 May 2001. **If your quarters are not listed on any of the tables below, call the Oahu Base Support Battalion office at 655-8985.**

SCHOFIELD BARRACKS EMERGENCY SHELTERS			
#	SHELTER	SPONSOR UNIT	QUARTERS #
1	A-Quad—Buildings 130-131	115th MI Group	30-38, 49-86
2	B-Quad—Buildings 155-158	125th MI BN and 45th CSG(F)	100-212, 225-229, 300-322, 400-448, 501-560, 701-744, 1800-1896, 1900-1988, 9200-9246
3	C-Quad—Buildings 355-358	2nd BDE	600-639, 1521-1526, 1052-1055, 1180, 3150-3170, 4000-4232, 4701-4721, 4900-5027, 7007-7057
4	D-Quad—Buildings 449-452	3rd BDE	692, 1251-1265, 2133-2200, 1705-1794, 3401-3524, 7000-7006, 9000-9100, 9417
5	E-Quad—Buildings 549-552	DISCOM	3600-3945, 4232-4254, 4466-4559, 9101-9176, 4300-4465, 4600-4637, 4500-4516
6	Building 1492	65th ENG BN	1536-1566
7	Building 3004	SB MP CO	4800-4900

***The "Handicap Accessible Shelter" for Schofield Barracks and Wheeler AAF is the SGT Smith Theater.***



**The "Handicap Accessible Shelter" for Schofield Barracks and Wheeler AAF is the SGT Smith Theater.**

**WHEELER ARMY AIRFIELD EMERGENCY SHELTERS**

#	SHELTER	SPONSOR UNIT	QUARTERS #
13	WAAF Building # 102	AVN BDE	WAAF - 1330-1391, 736-758, 1427-1441, Camp Stover
14	WAAF Building # 100	AVN BDE	WAAF - 601-735
15	WAAF Building # 679	AVN BDE	WAAF - 400-560

**HELEMANO EMERGENCY SHELTERS**

#	SHELTER	SPONSOR UNIT	QUARTERS #
10	HMR Building P-1	125th SIG BN	HMR - 2166-2172
11	HMR Building #300	125th SIG BN	HMR - 2034-2071
12	HMR Community Center, Building 25A	125th SIG BN	HMR - 2100-2165, 2180-2249

**FORT SHAFTER EMERGENCY SHELTERS**

#	SHELTER	SPONSOR UNIT	QUARTERS #
	Emergency Relocation Center (Tunnel) - Building # 1292	29th ENG BN (TOPO)	AMR
	Richardson Theater—Building # 300	205th MI BN	Fort Shafter

**TRIPLER ARMY MEDICAL CENTER (TAMC) EMERGENCY SHELTERS**

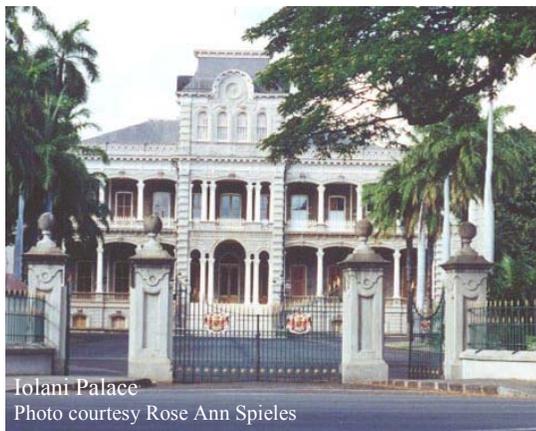
#	SHELTER	SPONSOR UNIT	QUARTERS #
	TAMC Gym, Tripler AMC—Building # 300	516th SIG BDE	Rainbow Village (TAMC)

**The Iolani Palace** was the official residence of King Kalakaua and his Queen, Kapi`olani, from 1882 until the King's death in 1891. The Palace also served as official residence for Kalakaua's sister and successor, Queen Lili`uokalani, until the Hawaiian monarchy was overthrown in 1893. This National Historic Landmark is the only state residence of royalty in the United States. Source: The Friends of `Iolani Palace.

Visit the Friends of `Iolani Palace website at <http://alaike.lcc.hawaii.edu/OpenStudio/Iolani/> for infor-

mation on tickets and tour times.

They have a Kama'aina day once a month at the Palace, which is usually the first Sunday of the month, but you should check before you go. On this day both the Palace Galleries and docent-guided tours of the first and second floors of the Palace are free of charge for Hawai'i residents (identification required). Military families are issued Kama'aina Cards when they arrive at Schofield Barracks and therefore qualify as locals for these type of events.



Iolani Palace  
Photo courtesy Rose Ann Spieles



**Oahu Emergency Shelters.** If you do not see a shelter listed for your off-post area on any of the tables below, check the Oahu Civil Defense Agency (OCDA) Website: <<<http://www.co.honolulu.hi.us/ocda/shelter2.htm>>> or call OCDA at 523-4121 or 523-4122.



Hurricanes are very dangerous! **Don't wait until the last minute to prepare.** Knowing what to do ahead of time can make the difference between life and death. There is a multitude of information available on disaster preparedness. Refer to your GTE Telephone Directory for information on civil defense warnings and procedures.

**Shelters will be opened selectively depending on storm severity.  
Listen to radio and television for shelter designations and opening schedule.**

*Information provided by City and County of Honolulu Building Department and the Oahu Civil Defense Agency.*

#### **HAWAII KAI - KAIMUKI - WAKIKI**

Aliiolani Elementary	Anuenue Complex
Hahaione Elementary	Jefferson Elementary
Kaimuki High	Kaimuki Middle
Kaiser High	Kalani High
Kamiloiki Elementary	Liholiho Elementary
Niu Valley Middle	Palolo Elementary
Waialae Elementary	Waikiki Elementary
Wilson Elementary	

#### **MANOA - MAKIKI - NUUANU**

Hokulani Elementary	Kaahumanu Elementary
Kaiulani Elementary	Kapalama Elementary
Kauluwela Elementary	Kawananakoa Middle
Kuhio Elementary	Lanakila Elementary
Lanakila District Park	Likelike Elementary
Liliuokalani Elementary	Lunalilo Elementary
Maemae Elementary	Makiki District Park
Manoa Elementary	McKinley High
Neal Blaisedell Center	Noelani Elementary
Nuuanu Elementary	Pauoa Elementary
Roosevelt High	Royal Elementary
Stevenson Middle	Washington Middle

#### **KALIHI - PALAMA - MOANALUA - PEARL HARBOR**

Aliamanu Intermediate	Dole Middle
Farrington High	Kaewai Elementary
Kalakaua Middle	Kalihi Kai Elementary
Kalihi Uka Elementary	Kalihi Valley District Park
Kalihi Waena Elementary	Linapuni Elementary
Makalapa Elementary	Moanalua High
Moanalua Middle	Pearl Harbor Kai Elementary
Puuahale Elementary	Radford High
Red Hill Elementary	Salt Lake Elementary

**HALAWA - AIEA - PEARL CITY**

Aiea District Park	Aiea Elementary
Aiea High	Aiea Intermediate
Halawa District Park	Kaleiopuu Intermediate
Kanoelani Elementary	Lehua Elementary
Momilani Elementary	Palisades Elementary
Pearl City High	Pearl City Highlands Elementary
Highlands Intermediate	Pearl Ridge Elementary
Waiau Elementary	Waimalu Elementary
Webbing Intermediate	

**WAIPAHU - EWA BEACH**

August Ahrens Elementary	Campbell High
Ewa Elementary	Honowai Elementary
Ilima Intermediate	Kaimiloa Elementary
Pohakea Elementary	Waipahu Elementary
Waipahu High	Waipahu Intermediate

**MAKAKILO - KAPLEI - MAKAHA**

Kamaile Elementary	Kapolei Elementary
Leihoku Elementary	Maili Elementary
Makaha Elementary	Makakilo Elementary
Mauka Lani Elementary	Nanakuli Elementary
Nanakuli High and Intermediate	Waianae Elementary
Waianae Intermediate	

**WAIALUA - SUNSET BEACH**

Waialua High and Intermediate	
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**KAHUKU - KANEOHE - WAIMANALO**

Ahuimanu Elementary	Benjamin Parker Elementary
Castle High	Enchanted Lake Elementary
Heeia Elementary	Kahaluu Elementary
Kahuku High and Intermediate	Kailua Elementary
Kailua High	Kailua Intermediate
Kainalu Elementary	Kalaheo High
Kaneohe Elementary	Kapunahala Elementary
King Intermediate	Lanikai Elementary
Maunawili Elementary	Pope Elementary
Puohala Elementary	Waihole Elementary
Waimanalo Elementary and Intermediate	

**CENTRAL OAHU**

Hanalani Schools	Helemano Elementary
Iliahi Elementary	Kipapa Elementary
Leilehua High	Mililani High
Mililani Uka Elementary	Mililani Waena Elementary
Wahiawa Elementary	Wahiawa Intermediate



**Emergency Kit.** (A recommended guideline by Oahu Base Support Battalion (OBSB))

**Food Items:**

- Food (sack lunch type) for two family meals
- A 72 hours supply of baby food/formula if required
- One gallon vacuum-type water jug, or canteen per person, per day

**Toilet Kit:**

- Soap and hand towels
- One roll of toilet tissue or large box of facial tissue
- Sanitary napkins
- Disposable diapers, if required
- Bottle of baby oil, if required
- Can of baby powder, if required

**Clothing (per person):**

- Two pair of socks
- One change of underwear
- One serviceable jacket or outer coat (water repellent)

**General Items:**

- One wool blanket per person
- One utility knife, with miscellaneous attachments (e.g., spoon, fork, can opener)
- Flashlights with extra batteries

- Battery lamp with extra batteries
- Plastic eating utensils, to include cups
- Pocket knife

**First aid kit containing:**

- One bottle of disinfectant
- Pair of scissors
- Roll of 1" adhesive tape
- Two rolls of 1" gauze



**Miscellaneous Items:**

- Sewing kit
- Currency—\$50
- Cigarette lighter with flints and fluid or matches
- Battery operated radio with extra batteries
- Extra glasses, if required

**Personal Papers:**

- Insurance Policies
- Immunization/shot records
- Special prescriptions, if required

***This list shows some suggested items. Put your kit together based on your individual family needs.***

**Some suggested food items (unopened) Food (Shelf Life in months)**

Non-fat dry milk (6)  
Canned Meat (12-18)

- Tuna
- Beef Stew
- Chili w/beans
- Salmon
- Vienna Sausage
- Spam
- Corned Beef Hash
- Deviled Ham
- Chunked Chicken
- Assorted Soups

Canned Fruit/Vegetables (12-18)

- Peaches, pears, pineapple, fruit cocktail, seedless raisins, peas, corn, beans, etc.

Cereals/Baked Goods (12-18)

- Instant hot cereal
- Cold cereal
- Rice
- Cookies

Sugar/Sweets (18-24)

Miscellaneous (8-24)

- Instant drinks
- Instant coffee/tea
- Salt/pepper
- Mustard/catsup
- Peanut butter

**Additional Food Items:**

In addition to items in the packaged "ready kit", a minimum of three days supply of nonperishable food (preferably canned, ready-to-eat) should be maintained in your quarters for emergencies.

**POVs:**

A car should be kept in good running condition, with the gas tank 1/2 full at all times. Gasoline pumps are generated by electricity and power could be out for a long time.

**Pet food:**

Keep in mind that pets are not allowed in the shelters, but they do need to be taken care of. Be sure to leave a good supply of food and water out for them. If you have questions about what to do with your pet during an evacuation, contact the Hawaii Island Humane Society at 946-2187.

**Think long term!**



### Petroglyphs and Pictographs.

Written by CL Steenfott

*Petroglyph images and descriptions are used with permission from John Flynn, a metalsmith and jewelry designer. You can visit his site at <http://www.kahiko.com/>. Thanks John!*

Petroglyphs are designs or figures scratched or carved into cliffs, boulders, stones, or other hard surfaces using stone tools.

Pictographs are generally understood to be designs painted or drawn on a rock or other surfaces by using natural substances from the earth such as clay (ochre). In Hawaii, figures were also drawn on *kapa* (tapa cloth).

Petroglyphs and pictographs have been discovered in many places throughout the United States to include AZ, CA, CO, HI, KS, MO, MT, NM, OH, SC, TX, UT, and WY just to name a few. They have also been discovered in other parts of the world like Canada, Central America, Europe, Asia, Africa, Australia.

**Red Ochre:** A natural mineral consisting of silica and clay owing its color to iron oxide. It is found throughout the world, in many shades. The pigment has good hiding power, is quick drying, and is permanent in all media.

The pictures or drawings depicted are often of humans and animals and are generally considered to be forerunners of our written language. They were used to communicate a thought or idea and only details necessary to communicate the idea are included in the drawings.

Some researchers also believe that they may have been used as memory aids, religious, ritualistic, or historical recordings, story telling and even map making.



**Honu - Sea Turtle**—The Hawaiians respect the sea turtle for its ability to return home after roaming hundreds of miles. The turtle represents the navigator in Hawaiian culture.

There is little more than speculation and “ascribed meaning” to go on when it comes to deciphering the meaning of some of these etchings or paintings, but in some cases there is good reason to attribute a specific meaning to them. There are Native American legends, which have been passed down through the generations that point to meanings for some images, many of which are similar from tribe to tribe. “Kokopelli” for example, (the hunchbacked flute player shown here) is identified by many different tribes and nationalities. Kokopelli is widely believed to be a fertility symbol, roving minstrel or trader, rain priest, hunting magician, trickster, and seducer of maidens.



In some cases historical fact and relative dating have offered clues. For example, the *Supernova Pictograph* at Chaco Canyon is reported to depict a cosmic explosion, which gave rise to what is now the Crab Nebula in 1054 AD. This same pictograph appears to allude to Halley’s Comet. To read more about it go to: [http://www.hao.ucar.edu/public/education/archeoslides/slide\\_20.html](http://www.hao.ucar.edu/public/education/archeoslides/slide_20.html)



**Rainbow Man.** Rainbow man and rainbow woman might represent kahuna. Kahuna is a priest, sorcerer, magician, minister, wizard

Still other figures can be better identified by using known information based on location. For example, in Hawaii you will find drawings or etchings of the *Rainbow Man* (or Woman), *Honu* (sea turtle), *He’e nalu* (Surfer), or others that are indicative of the life and lifestyle in Hawaii. Some examples are included here for your enjoyment.

The Big Island is known to have the largest concentration of petroglyphs in Hawaii, but there are some on the other Islands as well.

Representatives from the *Bishop Museum* state that there are petroglyphs on O’ahu, located along the Waialua trail near the shupua’a boundary of Wahiawa and Waipio.

When visiting one of these historic sites remember that these works are a part of our history and are held sa-

cred by the locals. Treat them with respect. Some of the most spectacular images have been closed off from public access because of their frailty and the tendency of some to destroy what they do not understand, either through malice or stupidity.

**Family, birth, children and family related figures** predominate in many petroglyph fields, especially at Puu Loa. There’s a cave at Puu Loa with thousands of piko’s. (Piko - belly button, a hole in stone where a child’s umbilicus is placed.)



#### Some other places to look for information on this topic:

*The Bradshaw Foundation* - A non-profit making organization dedicated to the study, recording and protection of rock art. <http://www.bradshawfoundation.com/>

*Trust for African Rock Art (TARA)* - Aims at creating public awareness about the wide distribution and variety of rock paintings and engravings throughout Africa. <http://www.tara.org.uk/Homepage.htm>

*The Upper Midwest Rock Art Research Association*—Dedicated to publicizing the petroglyph and pictograph research being conducted in the Upper Midwest of the United States. <http://www.tcinternet.net/users/cbailey/>



**Kukini - Runner, a swift messenger**—The Hawaiian system of trails and roads is still in use today. Kukini often carried important news. Sometimes they even carried snow from the top of Mauna Kea to the shore to cool the ali’i.



**I’a - Fish, any marine animal.** Fish and seaweed were critical sources of food. They are the only source of calcium, iodine and other minerals on these volcanic islands.



## Ancient Hawaiian Culture and Legend

Written by Paul Waters of Kauai, HI and used with permission.  
Thank you Paul. <<<http://www.paulwaters.com/>>>

When one speaks of ancient Hawaiian culture, one of the first things to come to mind may be the "Kapu" system. The social order of old Hawaii was defined by very strict societal rules, do's and don'ts, and the transgressor paid with his or her life. Every crime was a capital offense, stepping onto the chief's shadow, fishing out of season, were indeed paid for with one's life. Acquittal was possible if he or she could reach a pu'uhonua (place of refuge) and be cleansed as well as exonerated by a kahuna (priest). The pu'uhonua was especially important in times of war as a refuge for women and children as well as warriors from the defeated side.



The focal point of Hawaiian social order and kapu was the ali'i, or royal class. From this high born group came the ruler-caretakers of the isles. Some ruled well, some did not. Some would only venture out at night so as to lessen the possibility of their subjects unintentionally breaking various kapu against them. Others did just the opposite, inflicting the kapu system upon the people for no reason.

Kamehameha the Great (1758-1819) is remembered as a very wise and powerful ruler. He was responsible for uniting all of the islands into one great kingdom under his leadership. He was also the last to rule under the ancient kapu system. Just months after death, his wife Ka'ahumanu and son Liholiho abolished the old laws forever.



The kahuna were both spiritual counselors as well as political advisors to chiefs such as Kamehameha. Hawaiian tradition speaks of Pa'ao a light-skinned kahuna who came from either Kahiki (Tahiti) or some say Upolo, Samoa. He engineered the overthrow of a very harsh chief named Kamaiole. Pa'ao brought Pili Ka'ai'ea from his homeland to renew the Hawaiian royal class. Pili Ka'ai'ea became the new high chief, it is from him that Kamehameha descended.

Along with introducing the new line of ali'i, Pa'ao also strengthened the awareness of the war god Ku, and probably initiated the practice of human sacrifice, as well created more elaborate heiau's than were previously known. A kahuna might also be a doctor, craftsman, artist or even a farmer. Specialists in a great many fields were kahuna, as long and disciplined training were required to be kahuna kalai (master carver), kahuna niho (dentist), kahuna 'upena hana (master fishnet maker).

No books or charts were used to teach the haku mele ula (master of chants & music) but thousands of lines of verse could be chanted. No sextant, compass nor radar were available to kahuna ho'okele, yet by reading flying birds, shape, color and size of clouds, the stars and wave movements guided his canoe or fleet through thousands of miles of open ocean.

Kahuna attributed their creative skills as an inheritance from the

'amakua (ancestral spirits) and the higher gods. Along with the ali'i and commoners they showed their gratitude by presenting offerings at shrines and heiau (temple) as well as worshipping before sacred pohaku (stones), and wooden ki'i (images).



Many striking rock formations on Oahu are ancient sites. A number of these are the subject of legends. According to tradition, they represent individuals who were turned to stone, or serve as the dwelling place for a spirit or god.

Pohaku whether the tiny 'ili'ili or the megalith pali (cliff) boulder was a very large part of ancient Hawaiian religion. Offerings for the local deity were left at pohaku sites. Some stones were used by kahuna in conjunction with spiritual or religious practices, others served as border markers for land division. The pohaku stood in the landscape as a physical reminder of the spiritual threshold.

Some pohaku were known as ko'a (fishing shrines), having been used to locate special fishing grounds. A ku'ula was a smaller stone said to hold a spirit that helped the fisherman. The ku'ula was said to speak to the fisherman in his dreams, directing him to finding the location of the stone itself, and then if well cared for the fisherman would then be rewarded with good fishing and a healthy life. Jagged or porous stones were considered female, smooth finer grained stones, male. Usually dark stones were male, lighter were female.



*"The surf rises at Koolau  
Blowing the waves into mist,  
Into little drops,  
Spray falling along the hidden harbor.  
There is my dear husband Ouha,  
There is the shaking sea, the running sea of Kou,  
The crab-like moving sea of Kou.  
Prepare the awa to drink, the crab to eat.  
The small konane board is at Hono-kau-pu.  
My friend on the highest point of the surf.  
This is a good surf for us.  
My love has gone away.  
Smooth is the floor of Kou,  
Fine is the breeze from the mountains.  
I wait for you to return,  
The games are prepared,  
Pa-poko, pa-loa, pa-lele,  
Leap away to Tahiti  
By the path to Nuumealani (home of the gods)  
Will my lover (Ouha) return?  
I belong to Hono-kau-pu,  
From the top of the tossing surf waves.  
The eyes of the day and night are forgotten.  
Kou has a large konane board.  
This is the day, and to-night  
The eyes meet at Kou."*

This chant about the surfrider Mamala was translated from Hawai-

(Continued on page 122)



(Continued from page 121)

ian. This is the story...

Kou was a noted place for sports and games of chiefs long ago. East of Kou was a pond with a beautiful grove of coconut trees belonging to the chief, Hono-kau-pu. In this area was the finest surf waves of old Honolulu, this surf bore the name of Ke-kai-o-Mamala (The sea of Mamala) When the waves were high, it was known as Ka-nuku-o-Mamala (The nose of Mamala).

Mamala was a chiefess of kupua character, meaning that she was a mo-o, or gigantic lizard, as well as a beautiful woman. She was able to assume whichever shape she desired, one of the legends says that she was a shark and a woman, and had for her husband a shark-god, Ouha.

Mamala and Ouha played konane on the large smooth stone at Kou,

and drank awa together. Mamala was known as a very skillful wave rider, the people on the beach would respond with applause over her athletic feats.

The chief of Hono-kaupu chose Mamala as his wife, so she left Ouha to live with her husband. Angry, Ouha tried to injure both of them, but was driven away. He fled to Ka-ihi-Kapu where he appeared as a man offering shrimp and fish to the women of the area. The shrimp and fish escaped his basket, and the women ridiculed the god-man. Ouha could not endure the shame of this, and cast off his human form becoming the great shark god of Waikiki.

I would like to note that if a chant was said wrong or sung off key, this too was a capital offense.



### Diamond Head Crater. By CL Steenfott.

One of Hawaii's most famous landmarks is an extinct volcano located off of Diamond Head Road Between Makapu'u Avenue and 18th Avenue in Honolulu.



Diamond Head  
Photo courtesy Rose Ann Spieles

Diamond Head was formed by a short series of explosive eruptions thousands of years ago. Originally given the name Mt.

Leahi by the Hawaiians it was dubbed Kaimana-Hila or Diamond Hill after some explorers discovered what they thought were diamonds. These were later found to be calcite crystals. Over the years the name has been changed to Diamond Head; a name recognized around the world.

In 1904, Diamond Head was purchased by the Federal Government and designated for military use. Considered the ideal site for military defense, gun emplacements were constructed in 1908 and an entry tunnel was built through the north wall of the crater from Fort Ruger. Over the years other military features were added and Diamond Head was ready to defend O'ahu against attack, but no artillery was ever fired from Diamond Head during war.

These fortified emplacements have become a popular tourist attraction and are well worth the short hike to most visitors.

Paths for the hike are well defined, but in addition to the meandering path up the side of the crater, there are three sets of steps and one set of spiral stairs as well as narrow

dark tunnels through old war bunkers before you reach the observation station at the top. The trek is about (0.7) 7 tenths of a mile uphill and so the length of time you'll need to set aside depends on your pace, but for most it takes about 45 minutes to an hour to traverse the hill.

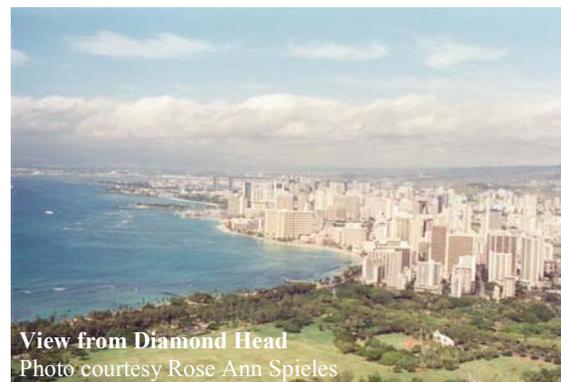
Rest a spell when you reach the top and take in the amazing view. You can see Waikiki and Honolulu and I'm told on a good day you can see the Island of Molokai.

After you come back down consider having a picnic on the lawn in the center of the crater.

Restrooms and water fountain are located near the parking lot. Be sure to take water, a flashlight, and camera with you.

Park gates open 6 a.m. to 6 PM Get there early to beat the rush and the heat. Cost is \$1 per person.

Sources: Department of Land & Natural Resources Division of State Parks and the State of Hawaii Website at <http://www.state.hi.us/>



View from Diamond Head  
Photo courtesy Rose Ann Spieles



## Cemeteries on Oahu.

Nanette Purnell is the founder of "The Cemetery Research Project" (1985) and Hawaii's foremost authority on graveyards, documents unrecorded records of burials on Oahu. She says, "Cemeteries are full of stories. I try to find out as much as possible about who's buried where in Hawai'i, and the story behind their death."

Using this knowledge she gives walking tours and lectures in the community on the following cemeteries day or night: Oahu Cemetery, Manoa Chinese Cemetery, Moiliili Japanese Cemetery and Makiki Cemetery. For the tours that take place during the day, she focuses more on the historical information. For the night tours, she talks more about how the people died.

Normally Ms. Purnell doesn't tell spooky stories during her tours because she does not want to make people afraid of gravesites, but, just for the sake of Halloween, she makes an exception.

"My whole mission in life is to encourage people to visit gravesites and not to be afraid of them," she said. "I don't want to spook them out. I try to show them the beautiful and interesting side of graveyards."

If you are interested in taking a tour with Nanette Purnell, contact her at 261-0708.

## Oahu Cemetery

2162 Nuuanu Ave **Location:** (north of Judd St.)  
**Phone 808/538-1538**  
 Free admission—**Hours:** Daily 7am-6pm

There are approximately 73 graveyards on Oahu, but by far the most historic is the Oahu Cemetery. Founded in 1844, it is the oldest public cemetery in Hawaii.

Frommer's ©1999 IDG Books Worldwide, Inc. states that it's... "not Hawaii's oldest, or even its biggest Cemetery, but this 150-year-old, 35-acre cemetery is a burying place in America's rural, monumental tradition. It holds the earthly remains of Honolulu's "Who's Who"—advisors to kings, sugar barons and sea captains, musicians and missionaries, were all buried in a reclaimed taro patch on the outskirts of the mud-and-grass-thatch village that they helped transform into the city of Honolulu. Under shade trees beside old carriage trails are Damons, Judds, and Thurstons, the missionaries who stayed on in the islands; and patriarchs of Hawaii's first foreign families, whose names now appear on buildings and street signs: Blaisdell, Dudoit, Farrington, Magoon, Stangewald, Wilder. . . A few grave markers give sketchy details of death: A British sea captain spilled from his horse; a 9-year-old girl drowned off Kauai; a Boston missionary, the victim of consumption; an Army private killed while looking for a leper in Kalalau. It's all there, carved in stone, obituaries and grim reminders of mortality.

Other notable people buried there:

- Ellison S. Onizuka (Lt. Colonel, USAF) (1946-1986)
- Alexander Joy Cartwright, Jr. (1820-1892)
- Lucy Parrish (1842-1930)

The gravesite of world famous aviator Charles Lindbergh is located near the town of Hana on the Island of Maui.

For information on other cemeteries do a search at: *Find-A-Grave:* [www.findagrave.com](http://www.findagrave.com)

For information on famous, infamous, and political people go to: *The Political Graveyard:* <http://politicalgraveyard.com/geo/HI/HO.html>



National Aeronautics and  
 Space Administration  
**Lyndon B. Johnson Space Center**  
 Houston, Texas 77058

**Ellison S. Onizuka** (Lieutenant Colonel, USAF)  
 NASA Astronaut (1946-1986)

**NASA EXPERIENCE:** He first flew as a mission specialist on STS 51-C, the first Space Shuttle Department of Defense mission, which launched from Kennedy Space Center, Florida on January 24, 1985. During

the mission Onizuka was responsible for the primary payload activities. Discovery completed 48 orbits of the Earth before landing at Kennedy Space Center, Florida, on January 27, 1985. With the completion of this flight he logged a total of 74 hours in space.

LTC Onizuka was also a mission specialist on STS 51-L, which was launched from the Kennedy Space Center, Florida, at 11:38:00 EST on January 28, 1986. The died on January 28, 1986 when Challenger exploded 1 min. 13 sec. after launch.

**Alexander Joy Cartwright, Jr. (1820-1892)**

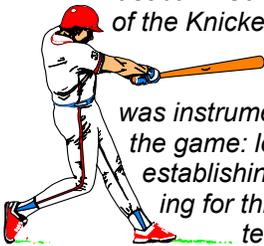
*"The father of Modern Baseball"*

- Developed game's system of rules.
- Elected to Hall of Fame in 1938.

*Information in the following section has been used with permission from Alexander Cartwright, IV, the 2nd great-grandson of Alexander Joy Cartwright, Jr. Please visit "Mr. Baseball's" website at <<<http://www.mrbaseball.com>>>. Information on this website is Copyright © 1998 Mr. Baseball. All rights reserved. Last updated June 17, 2001.*

The Office Site of the *Baseball Hall of Fame* has the following to say:

*Alexander Cartwright is called "The Father of Modern Baseball." Cartwright was a founding member of the Knickerbockers Base Ball Club of New York, the very first baseball club, organized in 1845. Cartwright was instrumental in forming the early rules of the game: locating the bases 90 feet apart, establishing nine players as a team, providing for three outs per side, setting an unalterable batting order, and eliminating throwing the ball at a runner to retire him.*



According to legend, Abner Doubleday invented baseball in 1839 at Cooperstown, New York, but this story has since been thoroughly disproved. Baseball was never really "invented"; it evolved. Young Americans had played the old English game of Rounders and several similar games since the 1700s. Those games gradually metamorphosed into baseball as we know it today, and Cartwright had an important role in that evolution.

In the radical new game that Alexander Cartwright and his friends devised in 1845, there were several noticeable differences from today's game... for instance, they caught the ball barehanded, fortunately the ball was a lot lighter (and slightly larger) than the one we use today and it contained a large core of India rubber which made it very bouncy... there were no called balls or strikes, the batter could just stand at home plate and wait, all day if he had to, until he got a pitch he wanted to swing at... and a ball caught on the first bounce was considered an out.

It was called the Knickerbocker game or the New York game, and yes, it differed in several respects from what we now know as baseball...but nevertheless it was definitely the basis for the game we play today.

**THE DAY BASEBALL WAS BORN**

On June 19, 1846, just across the river from Manhattan, at Elysian Fields in Hoboken, New Jersey, the first baseball game ever played between two organized teams took place. Alexander Cartwright's Knickerbocker club took on a team called the New York Nine... the game, which was played under Cartwright's rules, lasted four innings and Cartwright's team lost by the score of 23 to 1... with Cartwright umpiring the game!

**CARTWRIGHT GOES HAWAIIAN**

Within the span of a mere two and a half decades after Alexander Cartwright Jr. introduced baseball to the world, at Elysian Fields in Hoboken New Jersey, on June 19, 1846, the new game had spread like wildfire all across the North American continent... people had begun playing it in small towns and large cities everywhere, and the first professional league had even been formed in 1871... exactly 25 years later.

Yet Alexander Cartwright was not around to witness how popular this little game of his would become. On March 1st 1849, after bidding goodbye to his wife Eliza and their four children, and promising to send for them, he joined up with a group of friends and set out on a journey to the California goldfields.

He took a few balls and bats along with him on the excursion, and became kind of a baseball Johnny Appleseed, planting the seeds of the game across the land. At many of their rest stops Cartwright and his party spent their leisure time playing baseball. He is said to have taught the game to miners, storekeepers, Indians and white settlers at frontier towns and Army posts all along the way.

After spending only five days in San Francisco, Alexander decided to go even further westward and he jumped aboard the Peruvian sailing ship, *Pacifico* that was heading for the Sandwich Islands (later known as Hawaii). And that's where Alexander Cartwright spent the rest of his life... in the tropical paradise of the Hawaiian Islands.

Alexander Cartwright died in Honolulu in 1892, at the age of 72. He is well remembered in Hawaii, as the man who brought baseball to the islands... In Honolulu there is a Cartwright Street and a small ballpark called Cartwright Field, both named in his honor, and a bronze plaque dedicated to him hangs at City Hall.

**It is said that in 1939, when Babe Ruth was visiting Honolulu, he placed a flower lei on Cartwright's grave.**



**Lucy Parrish** (Mrs. L. Davis Parrish) (1842-1930) was a Titanic Survivor.

The British luxury passenger liner Titanic sank on April 14-15, 1912, en route to New York City from Southampton, Eng., during its maiden voyage. The vessel sank with a loss of about 1,500 lives at a point about 400 miles (640 km) south of Newfoundland (Halifax, Nova Scotia).

The great ship, at that time the largest and most luxurious afloat, was designed and built by William Pirrie's Belfast firm Harland and Wolff to service the highly competitive Atlantic Ferry route. It had a double-bottomed hull that was divided into 16 presumably watertight compartments. Because four of these could be flooded without endangering the liner's buoyancy, it was considered unsinkable.

Shortly before midnight on April 14, the ship collided with an iceberg; five of its watertight compartments

were ruptured, causing the ship to sink at 2:20 AM April 15.

(Source: *Encyclopædia Britannica*)

Lucy Parrish, of Deer Lodge, Montana was one of the Titanic's Second-Class Passengers rescued by the Steamship Carpathia

when the Titanic sank and in 1930, died at her home in Haole, Ewa, Hawai'i. She is reportedly buried in the Oahu Cemetery in Honolulu.

For more information visit: <http://titanic.gov.ns.ca/>  
This web site was produced in cooperation with Economic Development and Tourism, Halifax Regional Municipality and Maritime Museum of the Atlantic.



Photograph of a lifeboat carrying TITANIC survivors - National Archives and Records Administration

## Hawaiian Fun Facts.

- The tallest mountain in the world from base to summit is located on the island of Hawaii. The dormant volcano Mauna Kea measures over 30,000 feet tall when measured from its ocean base to summit, several hundred feet higher than Mt. Everest in the Himalayas.
- Hawaii was originally called the Sandwich isles. The great English navigator Capt. James Cook so named the islands in 1778 in honor of his patron the Earl of Sandwich (who is also credited with creating the edible sandwiches).
- Kamehameha the Great is the only Hawaiian monarch whose final resting place is still a mystery. After his death his loyal retainers hid his remains and never revealed their whereabouts to another living soul.
- Writer Herman Melville worked as a pin boy in a Honolulu bowling alley during the mid-1840's. It was during the height of the whaling years for Hawaii that a young Melville came to Honolulu to collect experiences for his future literary masterpieces.
- The only Royal Palace on American soil is located in Honolulu. The Iolani Palace was built by King David Kalakaua in 1882 at a cost of just under \$ 360,000 dollars.
- The world's first revolving restaurant was the La Ronde Restaurant atop the Ala Moana building fronting the Ala Moana shopping center. (The restaurant has since closed down.)
- The world's tallest ceramic mural is located on the side of the Hilton Hawaiian Village Rainbow Tower in Waikiki. The mural is 30 stories high.
- Hawaii is the largest consumer of Spam in the United States. Last estimates site over 10,000 cans of Spam are consumed everyday in Hawaii.
- The only reported wild Kangaroos in the US are found in Hawaii. Descendants of an escaped pair of wallabies continue to flourish in the mountains behind Honolulu.





## DEPARTMENT OF THE ARMY

### *Lineage and Honors*

## HEADQUARTERS AND HEADQUARTERS COMPANY 25th INFANTRY DIVISION (TROPIC LIGHTNING)

Constituted 26 August 1941 in the Army of the United States as Headquarters, 25th Infantry Division  
 Activated 1 October 1941 at Schofield Barracks, Hawaii  
 Allotted 27 June 1949 to the Regular Army  
 Reorganized and redesignated 1 April 1960 as Headquarters and Headquarters Company, 25th Infantry Division

### CAMPAIGN PARTICIPATION CREDIT

#### **World War II**

Central Pacific  
 Guadalcanal  
 Northern Solomons  
 Luzon

#### **Korean War**

UN Defensive  
 UN Offensive  
 CCF Intervention  
 First UN Counteroffensive  
 CCF Spring Offensive  
 UN Summer-Fall Offensive  
 Second Korean Winter  
 Korea, Summer-Fall 1952  
 Third Korean Winter  
 Korea, Summer 1953

#### **Vietnam**

Counteroffensive  
 Counteroffensive, Phase II  
 Counteroffensive, Phase III  
 Tet Counteroffensive  
 Counteroffensive, Phase IV  
 Counteroffensive, Phase V  
 Counteroffensive, Phase VI  
 Tet 69/Counteroffensive  
 Summer-Fall 1969  
 Winter-Spring 1970  
 Sanctuary Counteroffensive  
 Counteroffensive, Phase VII

### DECORATIONS

Meritorious Unit Commendation (Army), Streamer embroidered VIETNAM 1969  
 Philippine Presidential Unit Citation, Streamer embroidered 17 OCTOBER 1944 TO 4 JULY 1945  
 Republic of Korea Presidential Unit Citation, Streamer embroidered MASAN-CHINJU  
 Republic of Korea Presidential Unit Citation, Streamer embroidered MUNSAN-NI  
 Republic of Vietnam Cross of Gallantry with Palm, Streamer embroidered VIETNAM 1966-1968  
 Republic of Vietnam Cross of Gallantry with Palm, Streamer embroidered VIETNAM 1968-1970  
 Republic of Vietnam Civil Action Honor Medal, First Class, Streamer embroidered VIETNAM 1966-1970



**Schofield Barracks.** (The source for most of the following information is the *Schofield Barracks Historic Guide* from the *Tropic Lightning Museum* and has been used with permission.)

Schofield Barracks, home of the 25th Infantry Division (Light) is situated at the foot of the Waianae mountain range in Central Oahu. The 25th ID(L) was made famous after relieving the Marines at Guadalcanal in 1942, and earned the nickname "*Tropic Lightning*" for its quick mission readiness. The 25th ID(L) Division Headquarters is located in building #580 which was constructed in 1939 and is currently being remodeled. Prior to its current occupants this building housed many different organizations, starting in 1939 with a signal company, ordinance company, and quartermaster, and just after WW II it was the home of the cook and baker's school.

If you're interested in history check out the post library or the *Tropic Lightning Museum* located on Waianae Avenue.



The Museum itself was built in 1915 and used to be the post library. The "then" library was named Carter Hall after MG William J. Carter who saw the need for a library on Schofield and personally sent out thousands of letters to friends around the world asking for donations. Schofield received over 5,000 books in response to his request.

**The Architecture.** Most of the buildings on Schofield were built between 1914 and 1933 and are a mix of art-deco and wood Craftsman design. A significant element of design on Schofield Barracks is the open spaces. The entire base is organized around discrete areas of open space: The Quads border central courts, the housing areas have large yards, and recreational fields serve as boundaries between housing areas. (*Schofield Barracks Military Reservation HABS No. HI-307.*)

**Officers Quarters.** In the early 1900's, the areas, which we now know informally as "*The Woods*" and "*The Stucco's*", were known collectively as Canby Neighborhood. "*The Woods*", areas D & E were adjacent to Quads D & E while "*The Stucco's*" was the F area across from F Quad. Canby Neighborhood is known today as *Waianae Terrace*. There is a third area of field grade housing on Schofield Barracks. This area is cinderblock construction on Millett, Sudut, and General's Loop.

❖ "*The Woods*". The houses in this area were built between 1919 and 1923 to house the officers of the regiments assigned to the neighboring quads. The houses combine some refined Craftsman-style details with the single-wall, board-and-batten construction typical in Hawaii. The pitched roofs, open courtyard, and large screened areas allow the quarters to benefit from the tropical climate. These "Hawaiian Bungalows" can only be found in Hawaii. There are two distinct styles; the more common being the "Corner-Entry" house. There are only two "Central Entry" houses on each street and they are both located centrally on the street, one on each side. The "Central Entry" houses are the largest in the neighborhood with approximately 2,809 square feet and the only ones to boast a fireplace on an exterior wall, but all of the houses boast mahogany beams, plate racks, and leaded windows.

*It is generally known that one of "The Woods" house on McAndrew Street was used during filming of the movie "From Here to Eternity," but the actual house location and number were not documented.*

❖ "*The Stucco Houses*," built to accompany the last infantry quad, were constructed using plans originally designed for Fort Huachuca, Arizona. The flat roofs, in the original design, were later changed to pitched roofs to deal with the Hawaiian rains. The area now known as "General's Loop" was originally designated to house the artillery units. When the artillery role was enlarged, however, their barracks were moved and the generals' quarters were built. Brigadier General John W. Heard first occupied the center bungalow, designated for the senior officer, in 1918.

❖ **Barracks:** The first barracks built was "B" Quad; it was completed in 1914 and was soon followed by "C" Quad in 1915-1916 and so on until the final infantry quad ("F" Quad) was completed in 1931. The area now called "A" Quad was planned to be just like the others, but it wasn't built until



"B" Quad...home of the 125th MI BN.  
Photo: Tropic Lightning Museum — Ca. 1930



*The Haunted House of Canby Road: (Written by Celia Dahl)* Legend has it that Canby Field is haunted. This is the way the story goes: In 1931, the builders broke ground for what was to be a full street of houses. They discovered, to their horror that Canby Field was the site of an ancient burial ground.



Now, anyone familiar with the passionate battles over the building of H1, H2, and most recently, H3, know full well how Hawaiians feel about their burial grounds. Their regard for the dead, their remains and their spirits made it necessary to elevate the highways over anything close to burial grounds. This occurred at no small cost. Whenever you see one of the highways elevated on pillars, rather than lying on the natural contours of the terrain, you can bet there is a burial ground below.

When the Canby Field burial ground was unearthed, Hawaiian workers walked off the job, refusing to take part in such desecration. The Army Corps of Engineers was called in to finish the job. Only one house was built, the rest of the plan was scrapped in deference to the wishes of the local community.

Residents over the years have described inexplicable occurrences such as watercolors, tightly gripped in bulldog clips, drilled and screwed to the walls, coming down with a crash on the stone floor, but not breaking. Strange voices. A heavy potted plant, somehow lifted up and over a railed wall unit, over 5 feet off the ground, and dropped on the ground.

One woman said, "Anyone walking in on me then, sweeping up the mess and babbling to the ghost, would've had me locked up." But she made her peace with the "being", that she was sorry for whatever had disturbed the spirit, but her family *had* to live there. Her family was never bothered again. Apparently, the previous three families living in that house all had a disabling illness strike one member while living in the house. The family described above did not suffer a similar experience.

Coincidence? Or not?

1986. The barracks were built using Second Renaissance Revival Style, high ceilings and deep porches on the courtyard side to take full advantage of Hawaii's trade-winds to help keep the rooms cool. Each barracks had eight squad bays, which have since been converted to semi-private two, and four man rooms. "C" Quad was the area hit by the Japanese bombers at the onset of WWII and is central to the story line in the movie *"From Here to Eternity"*.

used for services today.

**Stockade:** The Post Stockade, located on Lyman Road, was constructed in 1918, but did not become operational until 1921. The facility was designed to hold 76 prisoners and 450 individuals were imprisoned there during WW II. During this time there were several escape attempts, some who actually succeeded. The last person to die by capital punishment in Hawaii was



Photo—Tropic Lightning Museum Historic Guide

executed at this stockade. Army Private Garlon Mickles was charged with beating and raping a woman and sentenced to hang on April 22, 1947. His last request was that they inform his mother that "he died like a man." The stockade was closed in 1977 and used as a Correctional Custody Facility from 1977 until November 1990. It was added to the National Register of Historic Places on August 24, 1998.



Photo courtesy CL Steenfott

**The Chapel:** The first chapel on Schofield Barracks was built in 1913 in Castner Village and the second, and larger "Soldiers Chapel" was built in 1920. Soldiers Chapel was moved to its current location, by "D" Quad, in 1925. The Soldier's Chapel is a National Historic Landmark and boasts a rare 1931 vintage pipe organ. Soldier's Chapel inherited a bell from the older chapel which was donated in 1912 by the 5th U.S. Cavalry Regiment. This little chapel is still



Photo—Tropic Lightning Museum Historic Guide

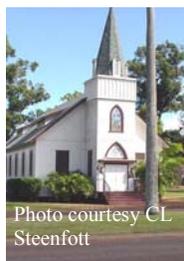


Photo courtesy CL Steenfott



**Conroy Bowl a.k.a. the boxing bowl**, was built in 1923 to provide entertainment for the troops. When it was built only the center (the actual boxing area) was covered, you'll notice this if you watch the movie *"From Here to Eternity"*. In 1932 a roof was added to protect spectators from the frequent rains on Oa-h'u. Today the Conroy Bowl is



Photo courtesy CL Steenfott

used as a staging area for troop deployments as well as some sporting events and other entertainment.

**Post Office:** The Schofield Barracks post office was constructed in 1939 reflecting a Spanish-American



Photo—Tropic Lightning Museum Historic Guide

style with thick columns, red tile roof, and walk-up windows outside the building. It is still used as the post office for Schofield Barracks residents today and

in fact, when I took the picture to the right (yes, the building is pink) you could see a line of people waiting there in the portico for their turn at one of the windows. It's a very busy place. The building is still pretty much the same, but there's no longer a railroad track going through this area.



Photo courtesy CL Steenfott

**Kemoo Farms**, has gone through many changes over the years. It started in 1909 as a pig farm north of Schofield Barracks, and later moved to its present location



Photo—Tropic Lightning Museum Historic Guide

across from Macomb Gate. Properly pronounced "kay-moe-o" in Hawaiian, "Kemoo" means lizard or reptile. The farm expanded in 1919 to include a milk

depot, and an ice cream parlor, coffee shop and market were added on. In 1920, a young soldier by the name of Leo B. Rodby took a part time job at the farm and in 1930 he bought controlling interest in the corporation. The farm was discontinued in 1934 and a dining room added in 1935 overlooking the lake. The famous bar scene in *"From Here to Eternity"* was filmed at Kemoo Farm.

**Macomb Gate**, named for MG Montgomery Macomb, was the main gate for Schofield Barracks until the late 1980's. Built in 1932, Macomb and Funston gates, both named for District of Hawaii Commanders, as well as Carter gate, first reflected the "art decor" style of construction seen throughout Schofield Barracks.



Photo—Tropic Lightning Museum Historic Guide

**Wheeler Army Air Field**, (just across the street from Schofield Barracks) has a lot of aviation history. Probably the two most significant events that occurred on Wheeler AAF were two trans-pacific flights. The first flight by Lieutenants Lester Maitland and Albert Hegenber and the second by Amelia Earhart.

Lester and Hegenber flew from California to Oah'u on June 28, 1927 in a Fokker C-2 trimotor dubbed the *"Bird of Paradise"* by the two lieutenants. For their feat, they were awarded the Distinguished Flying Cross by President Calvin Coolidge.

In 1935 Amelia Earhart became the first woman to make the non-stop trans-pacific flight. She departed Wheeler on January 11, 1935 and landed in Oakland, California to a cheering crowd of thousands. President Roosevelt sent his congratulations...*"You have scored again...(and) shown even the "doubting Thomases" that aviation is a science which cannot be limited to men only."*



Amelia Earhart  
1897-1937

*In 1929, Earhart helped found the Ninety-Nines, an international organization of women pilots that provides professional opportunities to women in aviation.*

Roger E. Bilstein, "Earhart, Amelia," *World Book Online Americas Edition*, September 10, 2001.

Wheeler AAF was acquired by the Army in 1991, and is now used by the 25th ID(L). "Wheeler Field," described as the area around Wright Avenue and the flight line, was added to the National Register of Historic Places on May 28, 1987.

**Kolekole Pass** was built in 1937, by the 3rd Engineers to connect Lualualei Naval Magazine on the Waianae Coast through the Waianae Mountains to Schofield Barracks. Contrary to popular belief, Japanese planes did not approach through Kolekole pass, but flew along the inside of the mountain range making it appear as



though they came through the pass on December 7, 1941.

A path into the woods and up the mountain leads to a large stone with a unique natural bowl and drainage through it. It has attracted considerable attention over the years. Hawaiian folklore says that the pass is named Kolekole after the old woman who watched people pass the stone that served as the territorial marker (*Kolekole Pass Rock*). Some speak of the rock being used for sacrificial beheadings of defeated warrior chiefs. Another path up the mountain leads to a cross that overlooks the Leilehua Plain. When the Hawaiian Division occupied Schofield Barracks, they started a tradition of having Easter sunrise services around a wooden cross (*Kolekole Cross*). After World War II, the first steel cross was erected and replaced in the mid 1960's because of corrosion. In 1997, members of the Hawaii Chapter of American Atheists and Hawaii Citizens for the Separation of Church and State filed a lawsuit against the Army, claiming that the Kolekole Cross violated the 1st Amendment, which cites the necessary separation of Church and State. Then MG James T. Hill, Commanding General of the 25th ID(L) announced the decision to dismantle the cross, citing the costs of fighting the lawsuit and cost of maintaining the cross.

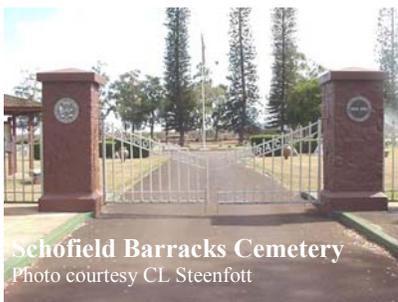


**Just outside the gates of Schofield Barracks are Wheeler AAF and the towns of Mililani and Wahiawa.**

**Mililani** is primarily a residential community with several large shopping centers, movie theaters, and restaurants. There's a Mililani Interactive website at <<<http://home.oceanic.com/mililani/>>> that has a good deal of information that concern residents of the Mililani Community...check it out.

**Wahiawa** (meaning place of noise), is the community support for Schofield Barracks and the home of the Wahiawa Botanical Gardens, featuring trees from Asia, New Guinea, Africa, and Australia. Just north of town is the Kukaniloko Birthing Stones, arranged amid a palm tree grove with a pineapple field. Kukaniloko is a sacred site to all Hawaiians. It was here, some 800 years ago that all of Hawaii's royalty were born. Standing at the sacred site of Kukaniloko you can see Kolekole Pass and also the shape of "the pregnant woman" on the peak of Mt. Ka'ala. Mt. Ka'ala, the product of volcanic eruptions nearly four million years ago is the highest peak on Oahu rising to 4,025 feet.

**The Post Cemetery.** The Schofield Post Cemetery is one of eleven Army post cemeteries in the United States. Unlike a national cemetery, a post cemetery is solely for interment of active and retired military members and their dependents. Among those buried at Schofield are 19 unidentified World War II remains and in the back left corner are four Italian prisoners-of-war. Additionally, behind the hedge on the left side and buried facing away from the flag are the remains of seven soldiers executed for capital crimes. The cemetery has been considerably reduced in size since the end of World War II as the result of the removal of many veterans to other locations. *Source: Historic Guide—Schofield Barracks, Hawaii.*



Schofield Barracks Cemetery  
Photo courtesy CL Steenfott

**The Sergeant E.R. Smith Theater** was built in 1933 and during that time it was the largest building on Oahu, seating 1,400 people. "Talking pictures" were fairly new then and the theater proved to be tremendously popular.

In February 1967, the theater was named in honor of Platoon Sergeant Elmelindo R. Smith, a resident of Wahiawa who was posthumously awarded the Medal of Honor for heroism in Vietnam. Read his citation on the next page.



E.R. Smith Theater  
Photo courtesy CL Steenfott



### ELMELINDO R. SMITH

Rank and organization: Platoon Sergeant (then S/Sgt.), U.S. Army, 1st Platoon, Company C, 2d Battalion, 8th Infantry, 4th Infantry Division. Place and date: Republic of Vietnam, 16 February 1967. Entered service at: Honolulu, Hawaii. Born: 27 July 1935, Honolulu, Hawaii. Citation: For conspicuous gallantry and intrepidity at the risk of his life above and beyond the call of duty. During a reconnaissance patrol, his platoon was suddenly engaged by intense machinegun fire hemming in the platoon on 3 sides. A defensive perimeter was hastily established, but the enemy added mortar and rocket fire to the deadly fusillade and assaulted the position from several directions. With complete disregard for his safety, P/Sgt. Smith moved through the deadly fire along the defensive line, positioning soldiers, distributing ammunition and encouraging his men to repeal the enemy attack. Struck to the ground by enemy fire which caused a severe shoulder wound, he regained his feet, killed the enemy soldier and continued to move about the perimeter. He was again wounded in the shoulder and stomach but continued moving on his knees to assist in the defense. Noting the enemy massing at a weakened point on the perimeter, he crawled into the open and poured deadly fire into the enemy ranks. As he crawled on, he was struck by a rocket. Moments later, he regained consciousness, and drawing on his fast dwindling strength, continued to crawl from man to man. When he could move no farther, he chose to remain in the open where he could alert the perimeter to the approaching enemy. P/Sgt. Smith perished, never relenting in his determined effort against the enemy. The valorous acts and heroic leadership of this outstanding soldier inspired those remaining members of his platoon to beat back the enemy assaults. P/Sgt. Smith's gallant actions were in keeping with the highest traditions of the U.S. Army and they reflect great credit upon him and the Armed Forces of his country .



### Medal of Honor Winners.

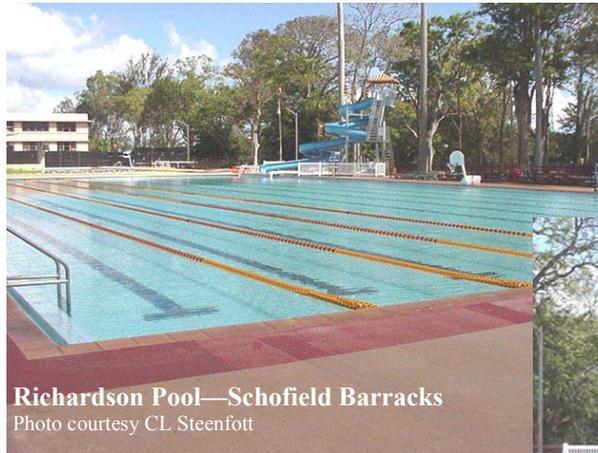
The President, in the name of Congress, has awarded more than 3,400 Medals of Honor to our nation's bravest Soldiers, Sailors, Airmen, Marines, and Coast Guardsmen since the decoration's creation in 1861.

For years, the citations highlighting these acts of bravery and heroism resided in dusty archives and only sporadically were printed. In 1973, the U.S. Senate ordered the citations compiled and printed as Committee on Veterans' Affairs, U.S. Senate, Medal of Honor Recipients: 1863-1973 (Washington, D.C.: Government Printing Office, 1973). This book was later updated and reprinted in 1979. Now, thanks in part to the [U.S. Army Center of Military History](http://www.army.mil/cmh-pg/moh1.htm) you can search for individuals in the database and read the full text of all of these citations on-line at <<<http://www.army.mil/cmh-pg/moh1.htm>>>



**Richardson Pool** on Schofield Barracks was completed in 1944 and is one of the largest swimming pools in the world. It holds 1.25 million gallons of water and is 103 meters long and 25 meters wide! The pool is named for Lt. Gen. Robert Richardson, Jr. who, at that time, commanded the Central Pacific Area. Richardson directed that the pool be built during a time when there was very little construction. He believed every soldier should be a swimmer. The 1972 U.S. Olympic Diving Team used the diving boards here to practice for the 1972 Olympic Games. Today, the pool is used for training soldiers as well as for recreation.

In the picture shown here it's hard to grasp just how huge this pool really is...or even see the diving boards, but they are there...way down at the end of the pool. There is a 1 meter and a 3 meter spring board and a 5 meter platform for diving.



**Richardson Pool—Schofield Barracks**  
Photo courtesy CL Steenfott

*Note: The building in the background is the 25th Infantry Division (Light) Headquarters Building #580, which is currently being renovated that's why you see the black construction barrier in the background.*

Richardson Pool has undergone some renovations this year and in April 2001 we were introduced to the slide "Tropical Twist", which is a big hit with the kids.

Along with the slide is the new "Aqua Tramp," a trampoline encircled in a floating raft, and two floating playgrounds, the "Magic Island" and the "Hound Dog."

The pool also offers a variety of classes and training. There is a two-week learn-to-swim class scheduled every month that is open to anyone ages three and up. For military members, the class is free and is held from 6:30–7:30 AM.

If you are interested in learning to swim, dive from a spring board,



**Tropical Twist**  
Photo courtesy CL Steenfott

surf, snorkel, kayak or even scuba dive call the friendly folks

Pool hours are 10 AM – 6 PM daily. **The pool is closed the first Tuesday of every month for chlorination.**

Cost of admission: Free for military members, \$1 for family members and \$2 for civilians. A monthly family pass is available for \$20. The price to ride the "Tropical Twist" is \$2 for each person. For more information call 655-9698.

at Richardson Pool (655-9698) for more information.

Written by—CL Steenfott  
Sources: Tropic Lightning Museum Historic Guide and the staff members at Richardson Pool.

**The Resource Center** currently located in Building # 648 on the corner of Foote Avenue and Lewis Street is a place you should get familiar with, especially if you are, or want to become, an active member of your unit's Family Readiness Group. This "one-stop resource center" offers a wealth of information and materials.

**Training:** They have classes available for FRG Leaders, FRG POCs, and they also offer Army Family Team Building (AFTB) classes.

**Resources:** They have a lot of information available for families and FRGs like *Operation Ready* videos, books, pamphlets, fliers, and Pre-Deployment Books and Packets, which are distributed through the units.

**Logistics:** They have a conference/meeting room that is available for FRGs to use...to reserve the room drop by the FRRC. They also have a dining/living area and a kitchen with appliances and dishes...also available for sign-out. There is no charge

to use the facilities, but you MUST clean up after yourself and follow the rules outlined by the FRRC.



**Resource Center**  
Photo courtesy CL Steenfott

FRGs are also welcome to use the copier. There is a limit on the number of copies you can make, but the only other rules are that you supply your own paper and clean up after yourself.

They also have a computer with Office and Publisher software available.

For more information call: 655-6460 or just drop by the center.

**FRRC Moving**

*There are plans in the works to move ACS and the FRRC to building # 2091 around March of 2002. The facility and equipment will be upgraded and this will be the hub for Task Force Eagle.*



### Commissary.

The cost of living in Hawaii is considerably more expensive than that on the mainland so if you're headed to Schofield Barracks you'll probably be doing most of your grocery shopping at the Commissary on Trimble Road shown here.



Photo courtesy CL Steenfott

#### Normal Commissary Hours:

Monday through Friday 1000-2000  
Saturday and Sunday 0900-1900

#### Early Bird Shopping Hours (Limited Service)

Monday through Friday 0800-1000  
Saturday and Sunday 0700-0900

*Early Bird Shopping is limited to hand-baskets with 15 items or less.*

For more information including specials, a shopping list, and contact information go to <http://www.commissaries.com>.

**AAFES** on Schofield is located in the same general area as the Commissary, in fact there are many concessions in this area as well.



Photo courtesy CL Steenfott

The PX at Schofield is split into different stores, but all are in the same general area. The layout of the stores is currently undergoing some changes to make it more efficient and easier to shop. The content of the stores is also changing allowing for a larger selection of items in several different sections like Health & Beauty, electronics, and music. The new AAFES Manager states that they hope to have all of the changes completed by November 24, 2001...just in time for your Holiday shopping.

The Main Exchange will carry items like clothing, jewelry, Aloha items, cosmetics, office supplies, entertainment and electronics items, photo supplies, and luggage. The Home Center will carry furniture and household items like pictures, lamps, bedding, large carpets, area rugs, small appliances, kitchenware, tableware, floor care items, and other household items like towels. The PXtra will carry plants and garden supplies, toys, pet supplies, and sports equipment.

If you don't find what you're looking for here there are Exchanges located on each of the local bases and to some extent they all seem to carry different items and styles.

For more information or to order on-line go to: <http://www.aafes.com>. You can order items from the Military Clothing on this site as well.



#### Did You Know?

If a statue in the park of a person on a horse has both front legs in the air, the person died in battle; if the horse has one front leg in the air, the person died as a result of wounds received in battle; if the horse has all four legs on the ground, the person died of natural causes.



***It is said that this sacrificial stone has twice been removed by bulldozer, only to reappear at the same location the next day."***

***--From the Tropic Lightning Museum archives, Waianae Avenue, Schofield Barracks***

## **KOLEKOLE PASS ROCK.**

(Written By Celia Dahl)

Would you like to see something spooky? Take a trip up to Kolekole Pass Rock. ON Schofield Barracks, drive down Lyman Road or Trimble Road, all the way to the back gate at Kolekole Pass. Park your car in the small lot off to the left of the road.

There's a sign there at the lot that says:

**"KOLEKOLE PASS  
ROCK  
aaaaa**

*The path on the right leads to a large stone with a unique natural bowl and drainage trough that has attracted considerable attention over the years. After the old woman who watched people pass the stone that served as a territorial marker, some speak of the rock being used for sacrificial beheadings of defeated warrior chiefs."*

You need to wear good walking shoes and loose-fitting clothing, as the climb from the parking lot is exceedingly steep and sometimes slippery, despite the

wooden steps here and there. One tempting trail off to the side, in fact, is barred with a sign that says, "WARNING: FOR YOUR SAFETY, DO NOT PROCEED". Stay away from that path, and continue up to the right.

The fabled stone looks very much as though it could have been used for beheading. The deep cuts that flow from the bowl look as though they would have done an efficient job of draining human blood. The platform on the front of the stone is just the right height for the person being beheaded.

While the sign in the parking lot is poorly phrased, the legend of Kolekole pass rock is well documented in "Sites of Oahu", by E. Sterling and C. Summers: "This sacrificial stone story was started as a jest by a part-Hawaiian woman...this stone is said to represent the guardian of the pass, a woman by the name of Kolekole, from which the gap takes its name."

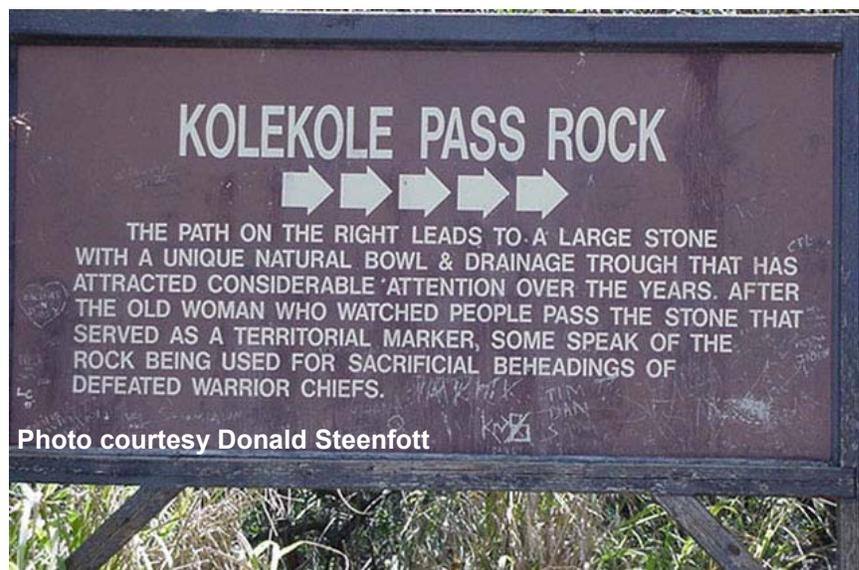
Other archaeological notes in "Sites of Oahu" note that Kolekole Pass Stone was "the place where the young students (in Leilehua

Plains), who were studying the art of war, would go and wait for people and practice the Lua on them; the lua was the art of dislocating joints and replacing them; all along the plains of Leilehua, students would lay in wait for travelers to practice on." The Lua was taught for fighting when one had no weapon. Travelers going from Honolulu to Waialua were often thus "disjointed (by the students) and often put to death. One had to be wary in those days of traveling.

Not all local history is so gory, but much of it is just as fascinating. Take some time to learn a little about the interesting region in which we are now living, and you'll enjoy your stay all the more.

Judging from the eerier winds that whistled through the trees this morning when I climbed to view the stone, Kolekole Pass might be a great place to visit on Halloween!

***Be sure to visit during the day, as it is off limits between 1900 and 0500.***





25th Aviation Battalion Headquarters—Vietnam  
 Motto: "We fly for the troops"  
 (Used with permission...thanks Ron!)

25th AVN BN was touted as the "best flying unit in the Army."

This picture is the personal property of Ron Leonard  
 <<<http://members.tripod.com/ronleonard/index.htm>>>

**TROPIC LIGHTNING NEWS**

Ready To Strike.... Anywhere, Anytime

The TROPIC LIGHTNING NEWS is an authorized publication of the 25th Infantry Division. It is published weekly for all division units in the Republic of Vietnam by the Information Office, 25th Infantry Division, APO U.S. Forces 96225. Army News Features, Army Photo Features, Armed Forces Press Service and Armed Forces News Bureau material are used. Views and opinions expressed are not necessarily those of the Department of the Army. Printed in Tokyo, Japan by Pacific Stars and Stripes.

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 MAJ Andrew J. Sullivan                      Information Officer  
 2LT Don A. Eriksson                          Officer-in-Charge  
 SP4 Stephen Lochen                              Editor  
 SP4 Bill Berger                                      Editorial Assistant

"Tropic Lightning News" - Vietnam (Used with permission.)  
 This news sample, shown here is the personal property of Ron Leonard for a lot of great information and more news clippings on the 25th Aviation Battalion go to his website at:  
 <<<http://members.tripod.com/ronleonard/index.htm>>>

DAILY STAFF JOURNAL OR DUTY OFFICER'S LOG				PAGE NO.	NO. OF PAGES
ORGANIZATION OR INSTALLATION		LOCATION	PERIOD COVERED		
25 INF DIV 1-5600		895 702	FROM	TO	
ITEM NO.	TIME	INCIDENTS, MESSAGES, ORDERS, ETC.	HOUR	DATE	HOUR
	IN		0001	17 MAY 70	0400
	OUT				
1	0001	LOG <del>closed</del> OPEN			
2	0100	ALL LIMITS NORMAL SITREP			BDE
3	0200	ALL LIMITS NORMAL SITREP			BDE
4	0300	ALL LIMITS NORMAL SITREP			BDE
5	0400	ALL LIMITS NORMAL SITREP			BDE
6	0500	ALL LIMITS NORMAL SITREP Requested Shuttle ship			BDE
7	0530	C/S - taking incoming sniper fire, mortar fire and RPG's. 2 APC's on fire. 4 APC knocked out by RPG's. At least 10 WIA. Request Gunships and 2 distoffs			S-3/BDE
8	0531	Requested Gunships and 2 distoffs from Bde			Bde
9	0600	Contour 41 light fire team on station Dist OFF 14 and 155 on station			S-3/BDE
10	0605	B/S will react to C/S. B/S departing NB.			S-3
11	0620	B/S is at C/S location			S-3
12	0636	B/S receiving fire from W to N and W to SE			S-3
13	0640	C/S reports that 2 APC are on fire			S-3
TYPED NAME AND GRADE OF OFFICER OR OFFICIAL ON DUTY			SIGNATURE		
DA FORM 1594			PREVIOUS EDITION OF THIS FORM IS OBSOLETE.		

Vietnam Veterans Memorial War Records Pages  
<http://www.war-records.com/War-Records.index.htm>  
 Another great site to check out if you're interested in military history.



**WOMEN IN MILITARY SERVICE  
FOR AMERICA MEMORIAL**  
(Washington, DC)  
<http://www.womensmemorial.org/>

The Women In Military Service For America Memorial is a unique, living memorial honoring all military women - past, present & future.

Situated on 4.2 acres of land at the ceremonial entrance to Arlington National Cemetery, the Women's Memorial is the nation's first major national memorial honoring women who have served in our nation's armed forces during all eras and in all services.

The history of women serving in defense of our nation began more than 220 years ago with women who served in the American Revolution and continues with those who serve today.

Membership eligibility includes living or deceased women veterans, Active Duty, Reserve, Guard and US Public Health Service Uniformed Women, Coast Guard Auxiliary and the Civil Air Patrol.

Eligibility in the "We Also Served" Category includes women who served overseas in the Red Cross, USO and Special Services during

conflicts, as well as the USPHS Cadet Nurse Corps.

Membership forms are available on-line at <http://www.womensmemorial.org/>. Just print it, fill in the appropriate information and send it in.



Photo courtesy CL Steenfott

*Women In Military Service for America  
Memorial Foundation, Inc.  
Dept. 560  
Washington, DC 20042-0560  
800-222-2294 or 703-533-1155 or  
FAX 703-931-4208*

**Thrift Shops.** There is a thrift shop on Schofield Barracks and one on Helemano Military Reservation. The shops are staffed by volunteers and offer some great bargains.

The items in the thrift shops are all reasonably priced and they frequently run specials like 1/2 price sales and "Bag Sale Day". Bag Sale Day for those of you unfamiliar with the term is where you "buy a bag" for a very reasonable price, usually about \$3.00 and then you fill up the bag with clothing you choose yourself. It's a great deal for young families with growing children.



The thrift shops fall under the auspices of the "Hui O Na Wahine" (Club of the Women) and all proceeds from the shops

revert back to the military community in the form of scholarships and welfare grants, which are distributed through the Hui.

The thrift shops contribute clothing and household items to the local homeless shelters and abuse centers and help families in emergency situations (such as fires) by providing necessary replacement clothing and household items. In addition, the thrift shops offer

FREE military uniforms and boots to all soldiers E-4 and below. This is limited; however, to two sets a year and based on availability.

If you would like to volunteer or get more information on the thrift shops please call Penny Reece, Manager at 624-3254 or Gaby Keppler, Thrift Shop Liaison at 624-2066.

Consignments of your "gently use" clothing, household goods, and furniture are accepted Tuesday, Thursday, and Friday during normal store hours. **Donations are also gratefully accepted.**

**Thrift Shop at Schofield Barracks**  
Building # 2107, Ulrich Way

Hours: Mon., Tues., Wed., and Fri. 0900-1300  
Thurs. 1630-2000  
1st Sat. of each month 0900-1300

**Thriftique at Helemano Military Reservation**  
Building # P1

Hours: Wed. 0900-1300  
Saturday following mid-month payday

**Fort Shafter Thrift Shop** is located on Fort Shafter near the Aloha Center.

Hours: Tuesday and Friday—0900-1300  
1st Saturday of the month 0900-1300

Consignments are accepted during regular hours on Tuesday and Friday only.

**Army Emergency Relief (AER)  
College Assistance Program***"Helping the Army take care of its own"***Did you know....**

...AER has a college scholarship program for soldiers with college-age children?

AER is a private non-profit organization. It's primary mission is to provide financial assistance to Army Soldiers and their dependents in time of valid emergency need, but it's secondary mission is to help Army families by disbursing funds from the *MG James Ursano Scholarship Fund* to eligible military families.

Dependent children, stepchildren, or legally adopted children of an Army soldier on active duty, retired, or deceased while on active duty or after retirement can receive scholarships between \$700 and \$1,800 per year. To be eligible, students must be 22 years of age or younger, unmarried for the entire academic year, and enrolled in DEERS.

Students must be studying at the undergraduate level or be enrolled in technical or vocational schools accredited by the U.S. Department of Education. Students enrolled in a preparatory school for the service academies also qualify.

Scholarships are awarded based on financial need, academic achievement, and individual accomplishments. As part of the application students must submit a family financial analysis and an essay describing their goals and accomplishments. Scholarship applicants must maintain at least a cumulative 2.0 grade point average (GPA) and AER will monitor the student's progress by requiring them to reapply each year.

The scholarship funds may be used to assist with tuition, fees, books and supplies, and school room and board either on or off campus.

Scholarship applications will be available by mail from HQ AER from November 1, 2001 through February 22, 2002 for the 2002-2003 academic year. You can request a form by mail, go to their website and print one out, or just apply online at <<[www.aerhq.org](http://www.aerhq.org)>> .

Applications and supporting documents must be mailed to HQ AER and postmarked not later than March 1, 2002. New this year, students may apply on line at our website, <<[www.aerhq.org](http://www.aerhq.org)>> New applications must be submitted for each academic year.

For more information go to <<[www.aerhq.org](http://www.aerhq.org)>>.

**Applications will be accepted...****Between November 1, 2001 and March 1, 2002  
for academic school year 2002-2003****Other web sites of interest to college students and their families as listed on the AER website:****Other Aid Society sites:**Air Force Aid Society [www.afas.org](http://www.afas.org)Navy Marine Corps Relief Society [www.nmcrs.org](http://www.nmcrs.org)Coast Guard Mutual Aid [www.cgmahq.org](http://www.cgmahq.org)**ROTC information**Army [www-rotc.monroe.army.mil](http://www-rotc.monroe.army.mil)Air Force [www.afoats.af.mil/rotc.htm](http://www.afoats.af.mil/rotc.htm)Navy / Marine Corps [www.cnet.navy.mil/nrotc](http://www.cnet.navy.mil/nrotc)**Military academies**Army [www.usma.edu](http://www.usma.edu)Air Force [www.usafa.af.mil](http://www.usafa.af.mil)Navy [www.nadn.navy.mil](http://www.nadn.navy.mil)Coast Guard [www.cga.edu](http://www.cga.edu)**Scholarship and financial aid search sites:**[www.troa.org](http://www.troa.org)[search.cashe.com](http://search.cashe.com)[www.fastweb.com](http://www.fastweb.com)[www.finaid.com](http://www.finaid.com)[www.afcea.org](http://www.afcea.org)[www.ed.gov/DirectLoan](http://www.ed.gov/DirectLoan)[www.fafsa.ed.gov](http://www.fafsa.ed.gov)[www.ed.gov/offices/OPE/Students](http://www.ed.gov/offices/OPE/Students)[easi.ed.gov](http://easi.ed.gov)[www.srnexpress.com](http://www.srnexpress.com)[thecoca-colacompany.com](http://thecoca-colacompany.com)[www.aasa.org/discover.htm](http://www.aasa.org/discover.htm)**General college information sites:**[www.collegeview.com](http://www.collegeview.com)[www.collegenet.com](http://www.collegenet.com)[www.mapping-your-future.org](http://www.mapping-your-future.org)[www.CollegelsPossible.org](http://www.CollegelsPossible.org)[www.campustours.com](http://www.campustours.com)[www.collegiatechoice.com](http://www.collegiatechoice.com)[www.collegeboard.org](http://www.collegeboard.org)[www.embarck.com](http://www.embarck.com)[www.gocollege.com](http://www.gocollege.com)[www.collegebid.com](http://www.collegebid.com) This is very interesting!![www.collegeboard.org/clep](http://www.collegeboard.org/clep)

Applications and supporting documents can be mailed to:

HQ AER  
200 Stovall Street Rm 5N13  
Alexandria VA 22332-0600

**MUST be postmarked no later than March 1, 2002 or  
apply on-line at <<[www.aerhq.org](http://www.aerhq.org)>>.**



## Kolekole Pass Cross

CL Steenfott

Sometime between 1921 and 1941, when the Hawaiian Division occupied Schofield Barracks, the troops started a tradition of holding Easter Sunrise Services around a wooden cross up on Kolekole Pass. The cross was situated in an area overlooking the Leilehua Plains. To get to it you had to take one of the paths up the mountain.



After World War II, a larger 25-foot wooden cross was erected at Kolekole Pass, but eventually that had to be replaced and in 1962 a new white steel cross was erected in its place. This new steel cross stood 37 feet tall and weighed approximately 35 tons. The area around the cross eventually became too small to accommodate the number of people attending Easter Sunrise Services and so the service was moved to a field on Schofield Barracks.

In 1997 the Hawaii Chapter of American Atheists demanded that the U.S. Army remove the cross, claiming that its presence violated the Constitutional separation of church and state and in September of that year a lawsuit was filed by Hawaii Citizens for the Separation of Church and State.

Initially refusing to remove the cross, MG James T. Hill, 25th Infantry Division and U.S. Army Hawaii commander, finally conceded and ordered the cross removed citing the cost in maintaining the cross and the cost and impracticality of fighting the lawsuit as the reasons.

The U.S. Army dismantled the Cross in October 1997.



*Together, we can save a life*

The American Red Cross Service Center for Schofield Barracks is located in Building # 690, Room 3F (Aloha Center).

Office Hours are Monday through Friday 0800-1200/1300-1600

For more information phone 655-4927.

In addition to providing emergency and disaster assistance and operating blood drives, the American Red Cross also offers the following classes:

- Community First Aid and Safety
- Community CPR
- Automated External Defibrillator Essentials
- Disaster Services Training
- Basic Aid Training
- Home Alone
- First Aid for Children Today

**Active duty military members and their spouses can call the toll-free number **1-877-272-7337** to check on, initiate, or verify Red Cross messages.**

**Directions to some familiar places...**Wal-Mart in Mililani

Go out Macomb Gate to the right onto Wilikina

Take Wilikina (it will turn into H2 South)

Take Mililani exit (Exit # 5)  
(Approximately 3.2 miles)

Take right off exit (Meheula) towards the town of Mililani. Drive straight. Go through the first set of lights. At 2nd set of lights, turn left onto Lanikuhana Drive straight approximately 3 blocks, Wal-Mart will be on your right.

Wal-Mart on Kunia. Take a right out of Foote Gate and stay on Kunia Road until you see Wal-Mart. You'll go past the Club House (golf course) and through some pineapple fields.

Kmart, Eagle Hardware, Borders Books, Outlet Stores in Waikale

Go out Macomb Gate to the right onto Wilikina

Take Wilikina (it will turn into H2 South)

Stay on H2 South until Ka Uka exit.

Take a right off exit.

Drive straight through approximately 3.5 miles and 3 lights until the road ends.

This "T" is Kamehameha Highway (Hwy. 99)

Turn left.

Turn right at the 2nd light onto Lumiaina.

Stay on this road until you see Kmart on your left. Turn left into the mall parking lot.

Office Max, Lowe's, Kmart (Waikale Shopping Center)

Take H2 South to H1 West

From H1 West take first exit which will be Exit # 7

Turn right onto Paiwa. The shopping center will be on your right hand side. Or, You go down Kamehameha Highway towards Mililani. After about 5-7 miles and you've passed Mililani, you will make a right at a light.

The street is named Lumiana. You go down that street for maybe a 1/4 mile. On your right will be all the outlets. On your left will be the shopping center.

Sam's Club (on Kamehameha 99)

Take H2 South to H1 East

Take Exit 1B South towards Pearl City

Take KAM Hwy (99)

**Famous Hawaiians.**

**George Ariyoshi** - 1st Japanese-American Governor

**Salevaa Atisanoe (Konishiki)** - Sumo Wrestler

**Hiram Bingham** - Missionary, *Honolulu*

**Charles R. Bishop** - Banker, Philanthropist

**Tia Carrere** - Singer, Actress

**Samuel N. Castle** - Missionary

**Amos S. Cooke** - Missionary, Educator

**Father Damien** - Leper-Colony Worker

**Sanford B. Dole** - Territorial Governor, *Honolulu*

**Jean Erdman** - Dancer, Choreographer

**Hiram L. Fong** - 1st Chinese-American Senator

**Don Ho** - Entertainer

**Daniel K. Inouye** - Senator

**Gerrit P. Judd** - Advisor

**Kaahumanu** - Hawaiian Queen

**Duke Paoa Kahanamoku** - Olympic Swimmer

**Kamehameha I** - 1st Hawaiian King

**Kamehameha V** - Last of the Dynasty

**George Parsons Lathrop** - Journalist, Poet

**Liliuokalani** - Queen, Last Hawaiian Monarch

**Ellison Onizuka** - Astronaut

**Kawaipuna Prejean** - Hawaiian Activist

**Chad Rowan Yokozuna** - Sumo Wrestler

**Harold Sakata** - Actor

**James Shigeta** - Actor

**Claus Spreckels** - Developer

**Don Stroud** - Actor

**Merlin Tuttle** - Mammalogist, *Honolulu*



**GEORGE STRAIT** was stationed at the Schofield Barracks in Hawaii in 1973 as part of his military service. While here he auditioned for an Army-sponsored country and western band and was made lead singer. The band entertained at Army functions, presenting hours of Jones and Haggard songs, and gradually Strait's style began to echo his favorite country stars. When he was discharged from the Army, Strait formed his own band in Texas and continued to perform.

*Contemporary Musicians, June 1991, Volume: 5, by Anne Janette Johnson*



**Helpful Tips.** You can just about bet that if you're in Hawaii you will experience at least a few of the following annoying little problems such as mold, mildew, rats, red dirt, termites, etc. I've compiled a variety of what I hope will be helpful tips for you in dealing with these problems. Some of these tips were handed down by previous residents here in Hawaii while others were provided by various members of the 125th MI BN Coffee Group and on-line sources.

### How To Prevent Mildew Growth

During the warm summer months in Hawaii...when the humidity is high or even during warm winter months when moisture is present, you may find mildew growing in your home.

Mildew is a thin, black, or sometimes greenish white, growth produced by mold that can attach itself to your furniture, your clothing, your carpet, cupboards, and yes, even the back of your favorite painting.

If you've seen a spot, on your counter or cupboard for example, but you're unsure if it is mildew, put a few drops of household bleach solution on the discolored surface. Mildew will bleach out in a minute or two but most dirt will not.

Mildew can grow on pretty much any surface of your home, but it's particularly fond of anything containing natural fibers and develops quite easily on cotton, linen, rayon, silk, wool, leather, wood and paper. Many synthetic fibers are resistant to mildew UNLESS the fabric is soiled, which gives the mold a source of food.

If left untreated mold will continue to grow and in addition to the unpleasant odor it brings into your home it will also leave stains on your furniture, discolor and eventually eat into your fabrics until they rot and fall to pieces.

#### So what do you do?

Well, mildew requires three major ingredients to grow—moisture, darkness and warmth. So, consequently, it would seem that the best way to stop or prevent mildew is to do just the opposite.

#### Keep everything clean.

- Clean your closets, dresser drawers, cupboards, walls (especially the bathrooms and the kitchen walls), and anywhere else that mildew is likely to grow. Don't forget the backs of your pictures.
- Launder frequently and treat all stains quickly. Clean clothing is much less likely to develop mildew than soiled clothes.
- Vacuum furniture and carpets and immediately treat any stains.

- Scrub cement or tiled floors and walls in your home with a diluted solution of chlorine bleach. Use 1/2 to 1 cup of liquid bleach to 1 gallon of water. Rinse the area with clear water and wipe it dry. *Remember to keep your windows and doors open when you do this.*)
- Clean the shower flower frequently...especially if you use a shower mat. Mold can grow very quickly under there.
- Clean the refrigerator...inside, outside, and underneath. Don't forget to clean the drip pan if your fridge is equipped with one and remember to pull out those vegetable bins and clean under there and around the rubber gasket of the doors.
- Take your non-washables to the dry cleaners as soon as possible...point out any stains to ensure they are treated.

#### Keeping everything dry.

- Don't leave laundry in the washer. The clothes will develop a musty sour smell pretty quickly, a sure sign of mold growth.
- Dry garments quickly and thoroughly. Don't put clothing away while it's warm from the dryer...you're creating the ultimate environment for the mold to grow if you do.
- Don't leave wet things like towels and swimming suits lying around...get them washed and dried as soon as possible.
- Spread out your shower curtain after use. The folds in the curtain are another sure place for mold to grow.
- Use an air-conditioner if possible. Air-conditioning systems remove moisture from the air by taking up warm air and cooling it, which removes the moisture and then the cool, dry air is circulated back into the room.
- Use a dehumidifier to take moisture out of the air.
- If the source of dampness is due to a water leak of some sort call in a work order and get it fixed.

#### Ventilate.

- Hang clothing loosely in the closet to allow for air circulation.
- Put a small rubber stopper or something similar on the back of favorite artwork so air can circulate be-



tween the painting and the wall.

- Use your exhaust fans. Cooking, laundering, and bathing can add about 3 gallons of water a day to the house. Make sure that your clothes dryer exhaust goes to the outside of the house and if you don't have an exhaust in the bathroom...crack a window.

**Use an inhibitor.**

- If you have small closets keep a 40-60 watt light bulb on in your closet all the time. The heat from the bulb may be enough to keep the air dry.
- Pick up some DampRid or Damp Check at the Commissary and use them in your closets. Be sure to check these frequently for "overflow".

### How to Remove Mildew

Treatment varies depending on the type of item or surface you need to clean.

To remove mildew from clothing or other fabrics begin by brushing the mildewed area. It's best to do this outside so mildew spores do not scatter in the house. Dry the item in the sun if possible, the combination of the air and sun will help dry and ventilate the item. If the stain remains try pre-treating the items by rubbing detergent into the. If the colorfast items or items that cannot be put in to the washer can be sponged with a diluted chlorine bleach solution. This is 2 T. bleach to 1 quart warm water. Test the fabric first before treating the entire item. White clothing can be soaked in the chlorine bleach solution, then washed, rinsed and dried as usual. If any stain remains try rubbing a mix of lemon juice and salt into the site of the stain, spread the items in the sun to dry. Once it's dry rinse thoroughly and wash as usually. *(Note: chlorine is very effective in killing mildew growth, but it cannot be used on everything...especially items made of silk, wool, or nylon.)*



If papers or books are mildewed, begin by drying them in a well-ventilated area. Then take them outside and brush off any loose mildew. Damp wallpaper can be

dried either by heating or air conditioning the area. Then rinse the area with a cloth soaked in soap suds and rinse with clear water. For stubborn stains, use the chlorine bleach solution mentioned earlier. Be sure to test in an inconspicuous area first. Painted areas can be scrubbed with a solution of 3/4 c. bleach and 1 gallon water. Rinse and dry thoroughly.

Painted areas, according to Iowa State University chemists, "painted areas can be scrubbed with a solution of 1 quart chlorine bleach, 1 T. liquid detergent and 9 quarts water. Use a brush to scrub grout lines. Ordinarily we suggest not mixing chlorine bleach with any other cleaning products. So... be sure that when you're working in the bathroom with this solution that it's well ventilated and that you avoid being directly in the line of the fumes. Rinse areas with plenty of water. Dry thoroughly. **Never mix ammonia products with bleach.**"

The average temperatures on Oahu range from 68° to 81° F.

The optimal temperature range for mildew to grow is 77° to 86° F (20° to 30° C).

The optimal temperature range for mold to grow is 70° to 93° percent relative humidity (RH).

### Volunteer Programs

The Hawaii Army Volunteer Program Opportunities:

- Alcohol and Drug Abuse
- Army Community Service
- American Red Cross
- Armed Services YMCA
- Army Family Team Building
- Youth Services
- Schools

- Religious Programs
- Thrift Shops
- Mayoral Program
- Museums
- Medical Clinic
- Family Readiness Groups
- Special Programs

*Learn new skills...meet new people...  
**YOU CAN MAKE A DIFFERENCE!***





**Formosan Termite** (*Coptotermes formosanus*): The Formosan Termite now infests 11 states, including Hawaii. This underground termite is renowned for its ability to cause extensive damage in a short period of time. The termite is transported by infected wood or soil. The Formosan can be difficult to detect and infestations can be extremely difficult to eliminate.



Although the presence of termites is more serious in townhouses and single family residences of wood construction, it is important to understand that they can also do damage in brick, block, or concrete buildings with wooden features. In addition, while a concrete hollow tile may itself be impervious to the termites it can provide a conduit for the safe and *undetected* passage of termites through its hollow core.

Here are some recommendations from the Agricultural Research Service. Termites need three things to thrive: food, moisture and shelter. Don't give them what they need!

Don't feed them.

- Keep your gutters clean. Wet leaves provide moisture and food for the pests, and since the gutters are attached to your home, it's an easy point of entry. Clogged gutters can also contribute to moisture problems by soaking wood off the roof and fascia boards. Wood piles and construction debris, boards left touching the ground or fences without proper ground clearance can all be food sources. Cardboard is also a favorite food of termites and damp cardboard around or under a house could provide an ideal opportunity for termites.

Don't give them moisture.

- Dryers should vent away from the house--the warm air is moisture-saturated from dried clothes.
- Washers should drain away from the house, too.
- Check for leaky faucets. Make fixing them a priority.
- Summer sprinkler play is fun for kids, but make sure the faucet is turned off--tightly--after the water games are finished.

Don't give them easy access to shelter.

- Keep vines, flower gardens and storage containers away from your house. Make a garden path if you must have them close by. Their roots feed the termites, and the leaves give the termites the moisture and shade they crave. Also, you won't be able to see the clay tubes the termites make to sneak into your home.
- Check your house for stains, holes and other infestation signs. Wings on your window sill, particularly inside the house, are a sign that you need to have your home checked; don't just hope the problem will go away.

When it's time for treatment

- It's best to call a professional pest control company when you have an infestation. They have the equipment and expertise necessary to do the job thoroughly. They can also check your home for potential access points. The same is true for treating infested trees in your yard.
- After treatment, check your home for termites regularly.

[<<http://www.ars.usda.gov/is/fullstop/>>](http://www.ars.usda.gov/is/fullstop/)

**What to look for:** Fortunately the signs of termite infestation are easy to detect. The most common sign is mud tunneling, which is usually seen in dark, moist areas, such as under the kitchen or bathroom sinks. Another indication of termites is loose, sandy droppings, which are commonly found in windowsills, doors, and frames. Burrowing from dry-wood termites causes this. If you lightly press a section of wood and it caves in look beneath it...chances are you may have termites.



**RED DIRT.** Anyone who has lived in or been to Hawaii will never forget the red dirt and the trade winds that blow this fine powder everywhere staining everything, from cars to houses to clothing. It must've been this Red Dirt that was partly responsible for the Hawaiian custom of removing your shoes before entering an Island home.

You know that saying, "When life gives you lemons, make lemonade?" Well, the Hawaiians have managed to do this to some degree by using the red dirt to purposely stain clothing, such as the *Red Dirt Shirt* complete with various logos, which you can find most anywhere.

However, having a Red Dirt Shirt and red dirt PT socks are two very different things. I'm going to provide some possible solutions here, some that I haven't personally tried so please exercise caution.



Red Dirt  
Photo courtesy CL Steenfott

***The unique red dirt in Hawai'i is said to have been blessed and is believed to bring good luck to the wearer.***

**Coast Detail Supplies**, Laguna Hills, CA Phone: 949-855-8342 is a company that sells professional cleaners. I mention them by name because they actually state on their website that they have a product that can get "Hawaiian red dirt" out. It is a biodegradable, multi-purpose cleaner. It ..."*cleans wheels, tires, vinyl tops, & carpets. Removes road oils, volcanic ash, Hawaiian red dirt, black sealant stains on RV's, & film & tar from painted surfaces.*" I can't recommend it since I haven't used it myself, but it might be worth a try.

**The Durable Shop** and **Compact Appliance** (<<<http://www.durableshop.com/wmgloss.asp>>> and <<<http://www.compactappliance.com/compactappliance/laundrytips.html>>>) both have the following suggestion for treating "red mud".

*"Allow the mud to dry, then brush or vacuum off excess. Pre-treat stain with stain remover and launder. If*

*stain remains, sponge with rubbing alcohol. Red dirt stains may be treated with rust remover. Follow package directions."*

**The Texas Agricultural Extension Service**, Texas A&M (Vol. 2, Fall 1999, *Textile Clothes Line*). This on-line document suggests that we double check to make sure what appears to be red dirt is not a "rust" stain caused from excessive iron in the water. If that is the case then **DO NOT USE BLEACH**. Of course, here in Hawaii the

**Stain Removal Guide** (Allan Campbell): *Although it doesn't include red dirt it has a pretty extensive list of stains and the proper removal methods for them.*  
[http://www.chemistry.co.nz/stain\\_frame.htm](http://www.chemistry.co.nz/stain_frame.htm)

**What is a set stain?**  
If an article of clothing with a stain on it has been washed in hot water or dried on high heat...the stain will be "set". It won't come out.



**FabriLink**—Has a list of the top 21 “Holiday” stains and how to get rid of them. This list includes red clay, but not red dirt.

It also offers tips for removing “dye stains”.  
<http://www.fabriclink.com/holidaystain.html>

if stain remains.

*For non-bleachable fabrics:* Take to dry cleaners. (This may not be a solution if we’re talking about a load of kids white socks.)

- 2) If the stain appears to be a rust deposit, then bleach should not be used at all in the wash. The use of a rust remover is recommended in this situation.

**The Test:** One of the ladies here on Schofield said that she followed some advice given to her by Kathy Swantko at *FabriLink*, under two different circumstances. She stated that the steps were time-



chances are more likely that it’s red dirt.

- 1) To remove mud (red clay)

*From bleachable fabrics:* Make a paste of vinegar and table salt. Rub into stain and leave for at least 30 minutes. Launder using hot water and bleach. (BE CERTAIN THAT THE STAIN IS NOT RUST!) Repeat

consuming and of course the additional supplies cost money, but if an item of clothing that you value comes home full of red dirt you might try saving it with this routine.



- 1) The first test was *set stains* in a PT uniform and socks: She said after she washed these items using the steps provided, the PT uniform was only marginally better. The stained socks were much improved, but not completely stain free.
- 2) The second test was some socks and shorts that didn’t have the stains set yet: She said they came out completely clean!

### Red Wine Spills

To remove red wine from your tablecloth, pour table salt on it and leave it for awhile, rinse in cold water, and then wash as normal.

For red wine on your carpet use Club Soda.



The steps suggested by Kathy Swantko at *FabriLink*:

- 1) Soak in 1 qt. Warm water with 1 tablespoon of white vinegar for 30 minutes.
- 2) Pre-treat stain with heavy-duty liquid detergent (try Surf with bleach); rinse.
- 3) Soak entire garment in diluted solution of all-fabric bleach. Test first for color-fastness.
- 4) If the stain remains and garment is colorfast, soak in diluted solution of liquid chlorine bleach and water.

**Teen Center 2000** is in Building # 647 right in between the Family Readiness and Resource Center and the SGT E.R. Smith Theater on Lewis Road. The Teen 2000 Program is designed for teens age 15 to 18. The program provides recreational, career development, and leadership activities. Activities include work force preparation, Youth Volunteer Program, Youth Sponsorship, Greeters Club, special interest clubs, Teen Council, College Bound Center, leaderships training, DJ Club and Teen Fashion Awareness Board. For more information call Schofield Barracks Teen Center, 655-0451, Fort Shafter Youth Center, 438-1159, or Aliamanu Youth Center, 833-5393.



Photo courtesy—CL Steenfott

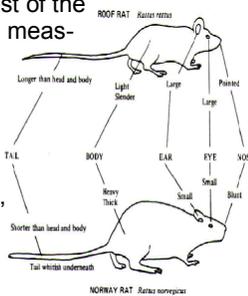


**Rats.** There are four rodents of economic importance in Hawaii: the roof or black rat, the Norway or brown rat, the Polynesian (Hawaiian rat), and the house or field mouse.

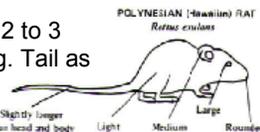
### IDENTIFICATION OF RODENTS

**Roof Rat (*Rattus rattus*)**-Medium to large rat, body 5 to 7 inches long. Tail slender and always longer than head and body combined. Body color varies from grey to jet black; underside grey, grey-white, or white. Nose sharply pointed, large eyes, large, thin ears; in female, five pairs of nipples. Expert climber and wire scaler; frequents cane fields, macadamia nut, coffee, papaya, and banana groves; nests in attics of buildings, trees, banana bunches, and abandoned burrows of Norway rats.

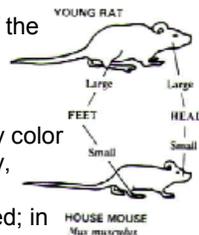
**Norway Rat (*Rattus norvegicus*)**-Largest of the rats in Hawaii, weighs 10 to 18 ounces, measures 8 to 10 inches long. Tail stout, shorter than head and body combined. Body color reddish brown to grey to black; underside whitish color. Head wide, nose blunt, ears small, eyes small, chunky in appearance; in female, six pairs of nipples. A burrowing species in ground, rubbish piles, garbage dumps and under walks and docks; frequents sewers, pig sty's, and chicken coops. May cause great damage to cane fields. Vicious.



**Polynesian Rat (*Rattus exulans*)**-Comparatively small in size, weighs 2 to 3 ounces, measures 4 to 5 inches long. Tail as long or slightly longer than head and body combined; bristles along tail give the appearance of faint, narrow rings. Body color is cinnamon-brown to cinnamon-buff to grey; stiff black guard hairs on back and sides; underside light buff or grey. Nose roundly pointed, ears rather short, eyes medium size, hind feet dark on underside; in female, four pairs of nipples. A field rat, rarely found near buildings in Hawaii; nests in burrows, gulches, rock piles, rock walls, wastelands, fields, and embankments. Causes great damage to sugarcane, pineapple, macadamia nuts, coconuts, coffee, and other fruit and vegetable crops.



**House Mouse (*Mus musculus*)**-Smallest of the four rodent species, weighs about 1/2 ounce, measures 6 to 7 inches long from nose to tip of tail. Slender tail as long as or longer than head and body combined. Body color varies from yellowish dirty tan to dusky grey, darker over back, lighter underneath. Body slender, ears large, eyes small, nose pointed; in female, five pairs of nipples. Nests in any type of shelter, inside buildings, rock walls, rock piles, under boards, in burrows, under cane plants, and in truck-crop fields. Damage may be extensive to truck crops, flowers, etc.



### RAT BIOLOGY

The rat is prolific. The young rat is sexually mature at four months. Sexual activity and reproductive potential are continuous until death. Rat behavior is influenced by thirst, hun-

ger, sex, maternal instinct, and curiosity. Rats cannot go without water for more than 48 hours or without food for more than four days. Thirsty or hungry rats become desperate and are therefore easier to control because they are less wary. Judicious use of traps, poisons, and other control measures thus become doubly effective. Rats are nocturnal and tend to become habitual. They have a keen sense of smell and hearing, and a fair sense of sight with ability to see in the dark.

### RODENT CONTROL

Rodent control is dependent upon recognition of a rodent infestation. The most common signs are droppings, rub marks, runways, tracks, gnawings, live or dead rats, nests, and rodent odors. Control programs must be aimed at controlling the entire population, not individual rodents. Programs must include a survey to: (1) identify the species causing the problem, (2) determine the approximate size of the population, and (3) identify the characteristics of the infected area.

Rodents establish a home range which provides food, water, shelter, and reasonable protection from predators. Cleaning up the environment by removing access to food, water, or shelter, or limiting their accessibility with physical barriers such as screens, will result in a population decline. Mechanical control achieved with the use of traps may also be important. Physical, mechanical, and environmental control should be used in conjunction with chemical control.

Rodenticides are the most effective means of controlling large and small rodent populations. However, their use entails hazards to other mammalian life, including man (especially small children), pets, and domestic animals. Some poisons have a secondary effect which may affect animals which consume dead or nearly dead rodents. Thus, it is imperative that strict safety precautions be used in the preparation, broadcast, or placement and disposal of poison baits for rodents. Rodenticides are broadly categorized as either multi-dose or single-dose poisons. Multi-dose poisons act as sub-acute rodenticides and require repeated exposures. Rodents generally do not develop "bait shyness" to anti-coagulants. The more common sub-acute rodenticides in use are warfarin (warfacide), prolin, fumarin, pival, and diphacin.

Single-dose rodenticides act as acute poisons and include Red squill and zinc phosphide. Zinc phosphide has a pungent odor which repels pets and birds, but is attractive to rodents. Although these poisons are very effective when used properly, their toxicity and physical characteristics often place limits on their use.

After conducting a thorough rodent survey, prepoisoning bait trials should be conducted to determine which foods and baits are most desirable to the rodent. This information and the type and location of bait containers must be recorded throughout the course of the control program. After two days of negative feeding, the bait stations should be removed and the records reviewed.

Source: RODENTS AND RODENT CONTROL IN HAWAII by Barry M. Brennan, Nov. 1980 Research-Extension Series 002, Univ. of Hawaii at Manoa <<<http://pestworld.stjohn.hawaii.edu/studypackets/rodents.html>>>



**Cats & rats... drats!!!** (Celia Dahl) Ever walk through the neighborhood at night and notice a thousand yellow eyes focused on you? It's probably the feral cats. They can be seen throughout the island, not just on post.

The high number of cats is attributed to people abandoning their pets when they move or not getting them neutered. There are several feral cats that live underneath the houses and although they keep the rat population down they can carry diseases. Exercise caution with them. If you see a cat that is looking

sickly or injured call the MPs. They will capture the animal and take it to the stray animal facility. For more information call the post veterinary clinic at 433-8532.

Rats, unfortunately are also a problem in paradise. The most common signs of rodent infestation are droppings, gnawing, or rub marks. They often enter houses through the roof or along the edges of the roof. They get up on the roof by climbing trees close to your house; that's why you'll notice that some trees have steel bands around them; this is thought to deter the rats. If you suspect that you have a rat problem call DPW at 656-1306.

**Pets.** Occupants of Military Family Housing are limited to two pets (does not apply to fish). No wild animals are allowed, just cats, dogs, fish, rabbits, and caged birds. There are leash laws to preserve public safety. If you see an unleashed, neglected, or stray pet wandering around your quarters, call the MP's. The MP's will take the animal to the Schofield Barracks stray animal facility. The stray animal facility is

open to the public from 9 a.m. to 2 p.m. Monday through Friday, having re-opened for business in June 2000. For more information, call the Schofield Barracks Veterinary Clinic at 433-8532. Alternatively, you might call the Humane Society of Hawaii, 946-2187.

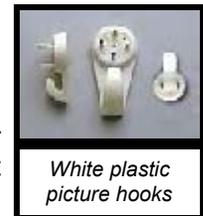


**Hanging pictures:** Installing hardware in cinder block or stucco walls can be back-breaking work, but it's a necessary evil if you want to enjoy your pictures and artwork. You can find hangers and fasteners in any hardware store, and they also carry some at the AAFES Four Seasons. These hangers and fasteners come in various styles and weight allowances; be sure to select the appropriate one to fit your needs.

For heavier items you will need to drill a hole(s) in the wall using a masonry drill bit. The drill bit should be slightly smaller than the hole you need to ensure a snug fit for the plastic anchor. Unless you have a high-powered drill, the drilling process may require you to apply a lot of pressure in order to bite into the cement. Fit the plastic anchor inside (you may need

to *lightly* hammer) then apply a screw to the anchor and hang your art work.

For light-weight items you might choose to use the white plastic picture hooks (shown here). They come in various sizes and weight allowances, but the biggest plus for them is you just hammer them right into your cinder block or stucco walls...no drilling is required.



White plastic picture hooks

Moisture will sometimes cause mold to grow on the backs of your pictures, and it may not be apparent until your art is ruined. Use plastic stick-on pads on the back of picture frames to allow air to circulate between the picture and the wall. This is more critical on outer walls.

**Locked out.** If you accidentally lock yourself out of your house, you can sign out another key from the Housing Office (Aloha Center) and return it later. Duty hours are 0730-1600, Monday through Friday. After duty hours call the Military Police at 655-0911.





**Tips.** *To clean burnt-on food from (not non-stick) pots, try this:*

Add some AUTOMATIC dishwashing detergent in the pot - maybe a couple of spoonfuls or so - and fill it with an inch or two of water (enough to cover the food plus some boiling room). Put it back on the stove and get it to start boiling. (Be careful not to let it boil dry, and be careful not to let it splash out onto you!) Once it starts boiling, turn off the heat and let it cool down. Once it has cooled, you can easily clean off the food!



**Has your disposer started to smell?** Try running some lemon or orange slices through to freshen it up.

*Is your sink clogged?* Before you use commercial products try putting just put a little bit of baking soda and vinegar in your sink and wait a few minutes. It should start bubbling (that shows that it's working). Wait about 5 minutes then rinse with hot water. If the problem goes down and your sink is flowing then the job is complete. If not do the steps over again. This method also relieves odors that are trapped in your sink pipes

**Plant Watering:** Along with the approach-Spring comes the rain. Catch the rain in any handy bucket and water your indoor plants. They will love you for it.



**Plant Fertilizer:** Once a month add just a little bit of instant ice tea mix for fertilizer and your indoor plants will love you even more. Save those coffee grounds and mix into the ground around outdoor shrubs and flowers for a wonderful fertilizer. Don't overdo it though. Coffee is acidic and too much will make the soil acid. <<<http://www.GoClean.com>>>

**Is the inside of your dishwasher looking a bit dingy?** Try running your dishwasher on a short cycle with some Crystal Tang in it...yes the drink!! The citrus acid does a great job of cleaning up the inside.

**How to remove white water spots from furniture.**

The following tips, listed in order of severity, will work on most white haziness, blotches, etc.



1- Spread mayonnaise on the affected area and leave it overnight - several applications may be necessary.

2- Scrub with toothpaste (using a damp sponge).

3- Make a paste of baking soda and water. Use a damp sponge to rub this on the affected area. This WILL dull the sheen. Use an automotive polishing compound with a fine abrasive to re-polish the top. This last one works 99.9% of the time

**Removing candle wax:** First put some ice in a zip lock bag and freeze the wax (this works well for gum too). Chip off what you can with the blunt side of a table knife. Then use the iron trick.



Place a cloth towel, white paper bag, or several white paper towels between the carpet (or other fabric) and the iron. *If you use paper bags or towels make sure that they are white or this process may transfer inks from the paper onto the fabric or carpet that you are trying to remove the wax from, which puts you in a whole different predicament.*

It does not take much heat to soften the wax sufficiently to transfer it to the towels, so start warm, rather than hot, to avoid burning the carpet or fabric.

**CAUTION:** Be very careful on the newer carpets. They are made of a different type of nylon and will scorch or even melt easily. Never leave the iron on one area for an extended period of time...we're talking seconds.

As an alternative you might also try using a hair dryer on the wax dabbing it up with cloth as it softens. Some experts recommend removing any remaining stain with a cleaning fluid called *Energine*, available at most good hardware stores.





## Decorating Tips

The mobile life style of an Army family can create some unique problems or situations that may drive you crazy unless you learn to adapt...decorating is one of those things. Did you ever notice that no matter how many sets of curtains you have they never seem to fit in the house you are moving into. Here are some tips from professionals as well as personal experience that I hope you find helpful.



**Window Treatments:** I stopped buying curtains tailored to fit every window in the house a long time ago. Instead, I pick and choose the windows I want to have special treatment. For the rest I use full length curtains and sheers in colors and patterns that might fit various rooms and situations.

Simple window treatments are in fashion...use that to your advantage. With a wooden dowel, supporting brackets, and a length of your favorite fabric, you can trim a window in short order. Simply swag the fabric across the top, loop it over the ends of the rod, and let it cascade down each side. It may take a little while to get it just right, but I'm sure it'll be well worth your time and effort. Remember, if the material "puddles" on the floor that's totally acceptable by today's decorating standards.

Another trick that some military families use is to purchase decorator sheets. They come in a lot of different colors and prints and they are wider than the traditional curtain. Hang them up just as they are or if you're handy with a sewing machine just use your imagination.

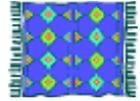
Another option is to keep your eyes peeled for bargains at discount stores or yard sales. When you're arriving at a new unit check out the PCS sales to see if the family leaving has something to fit your style and budget.

Last, if you just have to have pleated drapes either buy them or make them yourself, but try to stick to neutral-colored fabrics and don't sew them together. Use them as individual panels so that wherever you move there's a better chance that they'll fit...just add or remove a section depending on the size of your window.

**Floors:** We've been around the military for many years now and we have yet to live in a house that has all the same colored tiles in any one room let alone the whole house. Even if the tiles were all the same color I'm sure it would be a color that doesn't match my décor or is just simple not to my liking. The problem is

that for most military families wall-to-wall carpeting in government housing can be cost prohibitive. If you've invested in carpets for your quarters I'm sure you've noticed that like the curtains they never fit the house you're moving into. So, like most military families, we have adapted to using area rugs and remnants with the edges bound in sizes that fit most government quarters.

Rather than going out and buying new carpet try to re-cut and piece together your old carpet to fit in somewhere, especially if there are large pieces.



Here in Hawaii the red dirt somehow manages to get into your carpet no matter what precautions you take. When we first got here I found the colors of area rugs astonishing, there were pinks, reds, and oranges as well as other eye popping colors, but after viewing what the red dirt can do to your carpets I think I understand. People are taking the path of least resistance.

If your budget and taste lean more towards Oriental rugs or so forth be sure to take some precautions to prevent red dirt stains.

**Walls:** I've already addressed hanging things in another section so here I will just address wall coverings. Most post housing allows you to put fabric or wallpaper on the walls as long as when you leave the walls are clean and back to their original state. You can put fabric on the walls, holding it in place either by staples or fabric starch. To use staples, fasten the fabric edge with staples or a narrow strip of wood tacked into place. Do the top first and then move to the bottom edge. To use fabric starch, precut the fabric to the proper size, wet the pieces in undiluted fabric starch, and smooth it onto the walls. To remove the fabric from the walls after the starch has dried, simply peel it off. The wall can be washed clean and the fabric can be washed and used again. You can also use re-useable wall coverings and border trim, but I've found that it doesn't adhere as well here in Hawaii due to the humidity.



**Furniture:** Check the post and local thrift shops and watch the paper for items you might need. It's also possible to get some deals at the DRMO auctions. Most of the items sold at DRMO won't interest you, but they do occasionally surprise you. Items they might have are office furniture, including old typewriters, filing cabinets, desks, etc. They may also have lawn equipment, cars, and bicycles. Watch for advertisements.



**Cleaning Tips:** Please bear in mind that the following tips are only meant to be helpful. I have not personally tried all of these solutions they were recommendations from a variety of sources. **PLEASE DO NOT MIX ANY OF THESE CHEMICALS TOGETHER!!! Follow all instructions and precautions on the appropriate containers.** If one procedure does not work for you then try a different tact the next time...ensuring that you rinse well between procedures...waiting until the next time you clean to try a different method might work better yet.

### Bathroom:

To help remove mold/mildew try using vinegar; it kills the mold bacteria. If that doesn't work try using a toothbrush and baking soda. If that doesn't work try a bleach solution of 1/4 cup bleach to one gallon of water.

To remove mildew from the corners of the tub, dip cotton balls in bleach and let them sit in the corners. When you've finished cleaning everything else, remove the cotton balls and rinse well. The mildew should be gone.



Clean shower doors by spraying or using a sponge soaked in vinegar or rubbing with a lemon half and then rinse.

Clean the caulking around the tub with rubbing alcohol. Chlorine will also clean the caulking.

If you have shower doors that have build up soap scum on them, use baby oil and wipe it on the glass doors, it will look like new. Rubbing alcohol can also shine your chrome and glass.

Sponging tiles with a mixture of ammonia and water will make them sparkle.

After you have cleaned the grout and tile around your tub or shower, try putting *Turtle Wax* liquid car wax on the tile, let it dry and then polish it. It keeps down soap scum and water just rolls right off. One lady who tried it says, *"It has lasted over a year and makes cleaning tiles so easy...just use a squeegee after the last shower of day, then polish with towel. Just the squeegee will be enough if you*

*are too rushed. It gets rid of a lot of the water. It helps to have an exhaust fan for the steam from bathtub/shower."* You can also apply furniture polish to keep the build-up to a minimum.

### Helpful Hint

Always keep an all-purpose cleaner and a sponge in the guest bath so you can sneak away and clean up when unexpected company shows up.

To prevent mildew on your white shower curtain, place it in the tub filled with warm water and 1 cup of borax. Let it soak for a while and then just hang it up. It's a good idea to also towel down the shower curtain after each shower. To help prevent mildew, dry the shower/bath each time you are done. Put a squeegee in the shower and let everyone help.

For a clogged shower head, boil it in a mixture of 1/2 cup vinegar and 1 quart of water.

If you have a bathtub ring, wipe it off with undiluted ammonia (wear rubber gloves) or a wet sponge generously sprinkled with baking soda. Rinse clean and wipe dry. For a more stubborn stain, scour with automatic dishwashing detergent or rub with a cloth dipped in vinegar.

Baking soda in warm water may help remove soap scum from porcelain enamel sinks and tubs. Be sure to rinse well with plain water.

Use a solution of cream of tartar and hydrogen peroxide paste for stained sinks or tubs. Let it dry after scrubbing and then rinse well.

Rust on tiles might be removed with kerosene and stains on tiles may be removed using hydrogen peroxide, but it is not effective on rust stains.

Inexpensive, frozen concentrated orange juice can be used to clean stains from "stainless" steel sinks and remove rust from toilets and porcelain. Apply in a thick paste and allow to sit. Use rubber gloves.



### Toilet Bowls:

For those horrible brown and lime scaled toilet bowls here are some things to try:



- Pour in Spirit of Salts (alias HCL) and leave.
- Use white vinegar and let stand for 15-20 minutes and then scrub.
- Put Efferdent in the toilet and let it stand overnight.
- Use a paste of borax and lemon juice. Let it sit for a couple of hours, and then scrub.

Keep a small container of baby wipes near the toilet. They can be used by any age to "freshen up" and are also handy to give the toilet seat a quick wipe when company drops in unexpectedly.

Fill up a squirt bottle with water and add some bleach. Spray down the toilet and wipe off! Of course that doesn't replace a good scrub now and then.

### Kitchen:

To clean the plates under the elements of my stove-top I pop them in my self cleaning oven when I clean it. No need for tinfoil, they come spotless every time!



Line the vegetable bins in the refrigerator with newspaper to keep the vegetables crisper longer.

Take small open container and put 2 to 3 tablespoons of fresh coffee grounds in it. Place this in your refrigerator or freezer. It will remove the odors and not leave an odor behind.

Sharpen the blades on your garbage disposal by running it with 5 or 6 ice cubes in it. Keep it deodorized by running lemon pieces in it.

To keep water spots to a minimum on faucets after cleaning spray furniture polish on a soft cloth and rub faucets with polish.

Be sure to check the aerator on the faucet now and then. Especially if you find the water coming out slower than usual. The screen filter may be clogged with small particles.

To clean and polish a stainless steel sink use automatic dishwasher detergent, such as Cascade, in place of cleanser.



Spray your Tupperware with non-stick cooking spray before pouring in tomato-based sauces-no more stains!

To remove mineral deposits in a tea pot or burnt spots on a coffee pot, put some ice cubes, cut-up lemon, and salt with a tad water and swish around and let sit overnight.

To remove hard water and lime build-up in a teapot or kettle, pour in two cups of vinegar and bring to a boil. Let simmer for about 10 minutes, then rinse well.

Place mats that are washable make great liners for your average sized drawers.

### Microwave:

To fix burnt popcorn smells, heat a half full cup of vinegar in the microwave and let it come to a boil. After it reaches boiling let it sit in the microwave for 10-15 minutes and then wipe the inside of your microwave.



Take a microwavable bowl, place a slice of lemon in the bowl, then fill the bowl with water. Place the bowl in the microwave and run the microwave for about 2-3 minutes, enough to boil the water. Let sit for 5 minutes in the closed microwave. Remove the bowl and wipe out the microwave.

Use coffee filters or cheap paper plates to cover small bowls and plates to prevent the food from splattering all over the microwave. I also frequently use a glass lid (which is microwave safe) from one of my pan sets.

Freshen stale potato chips, cereal, or crackers, by placing them in the microwave for about 30-45 seconds.

To remove dried on food from inside your microwave, boil some water in a bowl for a couple of minutes. The steam loosens the dried on food. Add some lemon and you'll get rid of the smell too.

**Floors:**

To remove skid marks on linoleum, rub the marks with nail polish remover on a cotton ball or use a typewriter eraser.

Keep woven rugs from slipping on carpet, by putting shelf liner (the kind with the rubber backing) under them. This is good for holding the cushions on your kitchen chairs in place. They won't slide around anymore and you won't have any more broken ties.

**Candles and Hurricane Lamps:**

Melt candle wax, and pour it into the bottoms of empty milk cartons (or jars, anything will do). For an interesting effect you can add chopped up pieces of old candles and pour the new wax around it to create a multi colored candle.



A hurricane lamp wick won't smoke if you soak the wick in white vinegar and let it dry before using.



Candles last longer if placed in freezer before lighting them.

To remove candle wax from the holder place it in the freezer for 15 minutes or so. Take it out and the wax should fall right out!



To keep candles from dripping when they burn, soak them in salt water. Use 2-3 tablespoons of salt to 2 cups of water.

Before putting a new votive candle in a container, especially an odd shaped or glass one

put a little water in the bottom. It will keep it from sticking to the glass as it melts and can be removed very easily. Just use a butter knife along the edge and it should pop out.

To remove wax from GLASS ONLY candle holders, place on paper towels in the microwave on low for a minute or so until the wax melts off and then wash.

To keep your "fancy" candles from burning completely away, let the candle burn until a deep circle is created in the middle. Place a votive candle in the circle and your beautiful candle will stay that way.

**Cats:**

To get rid of cats who stray into your yard. Try adding cocoa bean shells that you can buy in large bags at the nursery in your garden. It deters cats from the garden and is also good for the soil.

If you are at home and the cats come into your yard, a good water gun or a quick spray with the hose once or twice usually does a good job at keeping them away from your yard.

You can also try placing mothballs or orange peel out to deter them.

**Miscellaneous:**

Fill a tube sock with rice and close the top and you'll have a "Pain Pal" to use on aching backs or shoulders, necks or hurting heads. Put it in the microwave for two minutes or in the freezer overnight.

(Continued on page 152)

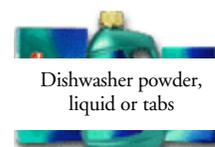
**Tips for Dingy Whites.**

**Cascade and Baking Soda.** When you wash a white load, add 1 cup of *Cascade* (dishwasher soap in powder form) and 1 cup of baking soda in with your regular detergent. Turn on the machine and let it gyrate until everything is mixed well. Add the whites and after they are soaked stop the machine. Let it sit for up to 12 hours and then turn the machine back on and let it finish. This will not harm washable fabrics. Try this and see if it helps!

**OxiClean.** Use hot water and *OxiClean* and soak the whites for at least 2 hours or over night and then use

the *OxiClean* with each wash instead of bleach and they will look great. CAUTION: Make sure the fabric you're washing can withstand a hot water wash.

*OxiClean* is supposed to be an environmentally friendly cleaning product. I haven't tried it myself, but I understand that you can purchase it at Sam's Club or Costco.



Dishwasher powder,  
liquid or tabs



(Continued from page 151)

For a quick fix for sore and aching muscles that need heat, take a towel, wet it, wring it out well then place it flat inside a plastic bag, depending on size of towel. Fold up the bag (with towel inside) so that it is a square, place in microwave oven and set heat on high. Leave in for 1 or 2 minutes depending on size of towel. Then apply where needed. When it cools off just put in microwave again. If you need a cold pack you do the same but put in fridge for 1/2 to 1 hour, or freezer for 1/4 to 1/2 hour, and apply.

For soup that's too salty, slice a raw potato and let it set in the soup for 5 minutes and then remove it. It should remove the excess salt.

Rub the runners on sliding doors and drawers with a paraffin candle. They will slide easier and more quietly too. The candle can still be used if necessary.

Place a clear plastic bag in a vase before you use it. Fill it with water & then insert the flowers. This will save you clean up time.

Place your matching folded fitted sheet and flat sheet inside of your pillowcase. Fold the pillowcase around the sheets and put in your closet. When you need a new set of sheets, they will be folded neatly together as one!

To keep clothes in the drawers or blankets smelling fresh, store with an unwrapped bar soap or a dryer sheet.

Use a new and unused cosmetic puff in your flour to dust your cookie sheets, and cake pans.

To store brown sugar seal it up when finished and place in refrigerator. Also store red spices like paprika in the fridge they'll last longer.

Clean plastic furniture with water and bleach and let the sun work as a bleaching aid.

## Generic Dishwashing Liquids More Effective than Antibacterial Soap

--By WebMD National News Center--Friday, February 05, 1999

Generic dishwashing liquid is 100 times more effective than antibacterial soap in destroying the respiratory syncytial virus (RSV), which causes bronchiolitis and infant pneumonia.

Researchers at the Children's National Medical Center in Washington, D.C., and at Virion Systems, Inc., tested six antibacterial soaps commonly used in hospitals and six brand name or generic liquid dishwashing soaps.

The study results showed that all six dishwashing liquids had higher anti-RSV activity than any of the antibacterial soaps, which tend to cost more than regular

dishwashing liquid. However, the antibacterial soap Bac-Down was about as effective in killing the virus as the least effective dishwashing soap, researchers say. For more information visit: [WebMD](http://www.webmd.com) at <http://onhealth.webmd.com>

### Did you know...

That the automatic dishwasher was invented by a woman named Josephine Garis Cochrane? She received an award for her invention at the 1893 World's Fair in Chicago. The company she founded marketed the dishwashers to hotels, restaurants and other commercial groups.

### Dishwasher Tip:

The single most important factor in getting good results with your dishwasher is **HOT WATER!!**

The water **must** be at least 130° to work effectively, otherwise, greasy film and soap residue may be left on your dishes and glassware. - *Proctor & Gamble*



## Free Patch Sewing (Written by Sheila Kensinger-Clark)

Soldiers in the Renovation Office, supported by the 540th Quartermaster Service and Support Battalion, will sew on your uniform patches for free.

The entrance to the office is near the tennis courts on Trimble. It is open Mondays, Tuesdays, Wednesdays and Fridays from 0900 to 1630 and closed Holidays

and pay activity days.

You can take up to four pieces (with the old patches removed) and they will sew rank, nametags, badges, and anything else you need IAW AR 670-1. The turn around time is within 72 hours.

They will also sew one unit patch on for you *on-the-spot*. This is great service for newly arrived soldiers!



## Personal Safety Tips. Per-

sonal protection is a critical area that many of us take for granted since it has "never happened to us." Those of you who have been the victim of a crime probably have no problem thinking about this subject, but here are some tips to help keep you safe when you are out and about.

ALWAYS be aware of your surroundings. You do not have to be a nervous wreck snapping your neck around in all directions every two seconds to be conscious of your environment. Just keep an eye out around you and TRUST YOUR GUT. If it does not feel right, it probably isn't. Adjust accordingly. A good test of this awareness is if someone you know (we hope) is able to walk up to you and touch you without you knowing they were there...you messed up.

Be careful not to offer yourself up as a criminal sacrifice. Keep your head up, walk confidently, and do not make things easy for the crook. Keep valuables tucked away. Do not flash cash when paying for merchandise. Be careful when and where you wear expensive jewelry. These things all scream "pick me" to a thief. Park in well-lit areas with lots of traffic around. Most criminals do not like to make a scene and will avoid busy locations. By parking near busy entry/exit points wherever you are, you are adding an undesirable element to the equation for the bad guy.

Have your keys ready when going to your car. Time taken at the side of your car looking for keys is time the thug can approach you without you knowing it (remember your surroundings). If you have a panic alarm on your vehicle, familiarize yourself with how it works BEFORE you go out and need it in a crisis. Be ready to press that button if you need to. Remember they don't like to make a scene or draw attention to themselves.

Scan the area before you exit your vehicle and as you walk back to it. If anything makes you feel uncomfortable, change accordingly. Either use another entrance/

exit, wait until the situation resolves itself (without getting/staying in the middle of it), or simply forget the whole thing. Buying that new CD is not worth becoming a victim. If that means that you cannot get back to your car, contact security or the police for assistance.

If you feel that you are being followed, go to a busy place or the nearest police station. The more witnesses you can put yourself in the middle of, the less likely the criminal will act. Try to get a good description of who is following you if it is safe to do so.

Enroll in a reputable self-defense course. There are a lot of different methods being taught out there. Contact your local police for suggestions in your area. Make sure that after you take the class, you practice the techniques to ensure proficiency. Trying to protect yourself with a poorly executed technique can be worse than winging it. DO NOT try to defend yourself unless you are confident in your ability to do so. If you cannot end a confrontation quickly, you are probably going to lose. Remember, there are no rules or time outs. It is much better to let the bad guy get your property than to lose your life trying to keep it.

If you are at an ATM, make it a quick visit. Scan the area around the ATM before approaching it. Make sure that the area around the ATM is well lit. Try to select an ATM in a busy location. Have your card ready, do your business, and leave. Do not linger putting your card away, counting your money, examining your receipt, etc. If someone at or near the ATM makes you uneasy, LEAVE and use another ATM.

The number one rule in personal protection is to TRUST YOUR GUT. There is no better protection than that little feeling you get when things aren't quite right. Go with that feeling when it hits you and you will avoid many potentially dangerous situations. The irony is, you will probably never know it, but that's the whole idea isn't it? For more information or advice go to Ask-A-Cop at: <http://users.nexet.net/askacop/> or call the MP Station.



## Home Security.

There may be nothing more frightening and unnerving than coming home to find that your home has been burglarized (unless, of course, you are home when it happens). While no area is immune from criminal activity and every dwelling is a potential target, there are several things that you can do to make your home a safer, more secure place.

Lock all doors and windows, even if you are at home. This may sound like common sense to some, overkill to others, but it is perhaps the simplest way to keep unwanted guests from entering your home (including some relatives). Be sure to use high quality deadbolts on exterior doors and install pins in window frames to prevent them from being opened from the outside. Use a bar or similar device on sliding patio doors. Many of the primary locks can be easily defeated.

Install a wide-angle peephole in exterior doors. This will allow you to safely identify visitors BEFORE opening the door. If you cannot see who is at the door, DO NOT open it.

Install security lights around the perimeter of your house. These lights are relatively inexpensive and are great deterrents, especially if they are set with motion detectors. If you have existing lights without these sensors, there are even battery operated add-on motion sensors on the market now that simply screw into the existing light socket and mount near the fixture.

Use timers on interior lights when you are going to be away for an extended period of time. These can be set to turn lights/radios/televisions on and off intermittently to give the appearance that someone is home and may cause thieves to move on to the house with "no one home."

Make sure that your address is clearly visible from the street during the day AND night. It is very frustrating and often increases the danger for all involved if emergency personnel cannot see your street address numbers when responding to help you. Well-lit house numbers and reflective paint with numbers on the curb at your driveway help

a great deal.

Do not allow landscaping to create a burglar-friendly environment. Keep bushes and trees trimmed away from windows and entry points to avoid creating hiding places for criminals to lurk.

Engrave identification markings on your valuables. Avoid using your social security number. Instead, use your driver's license number, date of birth, or some other unique marking that would specifically show that the item is yours. Many, many items are recovered by the police and never returned to the rightful owners because they have no way to link them to the victim. Also record serial numbers when applicable and give them to the police officer taking the report for entry into the national computer database in case they are recovered in another jurisdiction. Contact your local law enforcement agency for a home security evaluation. They will take a thorough, objective look at your home and most are happy to provide this service free of charge.

Be sure to report suspicious activity in your neighborhood to the police. Good burglars will stake out an area before they strike and are very commonly seen by residents in the area days or weeks before the crimes occur. If you see suspicious individuals or vehicles that "don't belong," call them in WHEN YOU SEE THEM. Don't wait until later that day or the next. If the police can arrive and contact these people during their "stakeout," they often spook them out of your area before they can do their deed. Even if a burglary does occur, the officer now has a good lead to follow up on. No matter how good your beat officer is, he/she does not know as well as you do what is normal in your area and what is not. Be their eyes and ears and work with them to keep things under control.

Do not hesitate to contact your local police for an "extra watch" on your home. Most departments will pass on information to the appropriate beat officers if you ask that they keep an extra eye on your property. Whether it is time for vacation or you have just seen some weird stuff lately, a little extra visual deterrence never hurts.

For more information or advice go to Ask-A-Cop at: <http://users.nexet.net/askacop/>



## Security Checklist

### (STOP THIEF):

- S**ecure your home with good locks on doors and windows.
- T**ake care of your keys, don't give others a chance to duplicate them.
- O**utside, don't let your house look unoccupied.
- P**ut a light on while you're away, preferably on a sensor or automatic timer.

**T**hink twice before letting strangers know when you'll be away from home.

**H**ave police and a trusted neighbor check your home if you're away.

**I**nsure your possessions and keep an up-to-date inventory.

**E**tch an identifying number on items a thief might steal and keep valuables in a safety deposit box.

**F**ind out about burglar alarm systems and install one.



**Education.** For a complete listing of schools on Oahu and their websites go to: <<<http://www.hawaii.rr.com/communities/schools/default.htm>>>



If you'd like to see Hawaii's student scores on national and standardized test you can view them on the ARCH website. The SAT is one of the nation's most commonly used instruments for measuring student and school performance and these scores are available to the public at ARCH: Assessment Resource Center Hawaii <<<http://arch.k12.hi.us/>>>

You can also read the profile and

assessment of your child's public school on the ARCH website: <<<http://arch.k12.hi.us/school/ssir/2000/central.html>>>

For more information about Hawaii's public schools, especially those that serve USARHAW families, check the individual school's website.

- Hale Kula Elementary School <http://www.k12.hi.us/~halekula/>
- Helemano Elementary School <http://www.k12.hi.us/~helemano/>
- Iroquois Point Elementary School <http://www.k12.hi.us/>

[~iroquois/](#)

- Mililani Elementary School <http://www.k12.hi.us/~mililauk/>
- Shafter Elementary School <http://www.k12.hi.us/~shafter/>
- Wahiawa Middle School <http://www.wahiawa.k12.hi.us/>
- Wheeler Elementary School <http://www.wheeler.k12.hi.us/>
- Leilehua High School <http://www2.leilehua.k12.hi.us/>
- Moanalua High School <http://www.mohs.k12.hi.us/>

**Private Schools.** Listed here is the contact information for some of the private schools in Central Oahu, close to Schofield Barracks. For a complete listing of private schools and contact information go to the Hawaii Association of Independent Schools (HAIS) at <<<http://www.hais.org/>>>

<b>HAWAII INDEPENDENT SCHOOLS</b>									
(As of February 2001)									
School	Principal/Headmaster	Address	City	Zip	Staff	Pupils	Grade	Phone	Fax
Hanalani Schools	Mr. Mark Sugimoto	94-294 Anania Dr.	Mililani	96789	42	629	P/K-12	625-0737	625-0691
Ho'ala School	Sr. Joan Madden	1067 A California Ave.	Wahiawa	96786	16	155	K-11	621-1898	622-3615
Leeward Adventist Mission School	Mr. Dwight Morgan	1313 California Ave.	Wahiawa	96786	2	21	K-8	621-6663	N/A
Our Lady of Sorrows School	Ms. Deborah Bee	1403 California Ave.	Wahiawa	96786	12	178	K-8	621-8951	621-8951
St. John's Catholic Preschool	Ms. Carmella Prose	95-370 Kuahealani Ave.	Mililani	96789	12	55	PK/K	623-7331	623-3286
Trinity Lutheran Church & School	Mr. Bobby Broyles	1611 California Ave.	Wahiawa	96786	11	190	P/K-8	621-6033	621-6029

**Impact Aid** is a Department of Education program (not Department of Defense) that provides payments to cover some of the educational costs of federally-connected students. Those students often come from military families that live in housing and therefore don't pay taxes that feed into the school budget. They shop in tax-free commissaries and exchanges and work on Federal property. Impact Aid is intended to replace those tax revenues lost to the community.

USARHAW schools routinely lose millions of dollars in Impact Aid when military families fail to complete the

Impact Aid card sent to their homes once a year. The education of Military children suffer without that funding. For more information about Impact Aid go to *The Impact Aid Program* website at <<<http://www.ed.gov/offices/OESE/ImpactAid/>>> or the National Association of Federally Impacted Schools at <<<http://www.sso.org/nafis/>>>.

To see how much aid your child's school received from the DOE budget and how the school administration used that funding go to the *Summary of Expenditures by school* at <<[http://165.248.10.76/insight/insight\\_page3b.asp](http://165.248.10.76/insight/insight_page3b.asp)>>



**Homeschooling.** Any parent may homeschool his or her child by filing a notice of intent with the principal of the local public school. The notice may be given on a department developed form OIS - 4140 or in a letter containing the required information. No approval is needed. The rules say that parents shall have "a written record of the planned curriculum" but this is not ordinarily shared with the school.

An annual progress report is required. You have a CHOICE of showing progress via: standardized test scores, an evaluation by a teacher certified in in the state of Hawaii, or a parent-written report providing statements of progress in each subject area and samples of the student's work.

Standardized test scores are normally required in grades 3, 6, 8, and 10. If test scores are submitted for the progress report that would satisfy the statewide testing requirement. The rules allow for alternatives to

standardized testing: "Parents may request and principals may approve other means of evaluation..." In practice, this has meant that parents wishing to use other means of evaluation such as a portfolio may do so, but the exact alternative which the school will accept is to be negotiated with the principal. Testing can be done at the local school or at the parents expense. The on-post homeschooling support group is the *Hawaiian Grace Homeschooling Group*.

The Hawaii Homeschool Association: <<<http://www.hawaii.rr.com/search/default.htm>>>

#### OPTIONS:

Public School

Private School

Homeschooling

Charter Schools



**Charter Schools.** Charter schools are independent public schools. They may not pick and choose their students, but they do have the autonomy to pick and choose programs and approaches, and they have the accountability that have allowed most private institutions to provide excellent education to their customers.

Charter schools are judged by how well they educate children in a safe and responsible environment, not by whether they comply with district and state regulations. Charter operators set academic and operational goals, and are judged on how well they meet the goals. If they fail, they are closed.

Almost anyone interested in creating a better educational opportunity for children can start a charter school. Parents, teachers, community groups and organizations have already started such schools in communities across the nation, and the schools are diverse — from specialized to "back-to-basics" approaches. Students choose to attend and teachers choose to teach at charter schools. More than 2,000 charter schools now operate in 34 states and serve more than 500,000 children. Nearly 70 percent of charter schools have a waiting list equal to their enrollment. To date, the only Charter School in Hawaii that I am aware of is Wai'alaie School, 1045 Nineteenth Avenue, Honolulu, Hawai'i 96816, Phone: (808) 733-4880, Fax: (808) 733-4886, e-mail: <<[waiialae@k12.hi.us](mailto:waiialae@k12.hi.us)>>

For more information about Charter Schools: <<[http://edreform.com/charter\\_schools/states/hawaii.htm](http://edreform.com/charter_schools/states/hawaii.htm)>> or National Association of State Directors of Special Education [http://www.uscharterschools.org/lpt/uscs\\_docs/4](http://www.uscharterschools.org/lpt/uscs_docs/4)

### Colleges and Universities:

<http://www.hawaii.rr.com/communities/schools/default.htm>

#### University of Hawaii at Manoa

2444 Dole Street  
Honolulu, HI 96822  
Telephone: (808) 956-8111

#### UH West Oahu

96-129 Ala Ike  
Pearl City, Hawaii 96782  
Telephone: (808) 454-4700

#### Kapiolani Community College

3404 Diamond Head Road  
Honolulu, Hawaii 96816  
Telephone: (808) 734-9111

#### Leeward Community College

96-045 Ala Ike  
Pearl City, Hawaii 96782  
Telephone: (808) 455-0011

#### Honolulu Community College

874 Dillingham Boulevard  
Honolulu, Hawaii 96817

#### Windward Community College

45-720 Kealahala Road  
Kaneohe, Hawaii 96744  
Telephone: (808) 235-0077

#### Brigham Young University-Hawaii

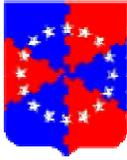
55-220 Kulanui Street  
Laie, HI 96762  
(808) 293-3211

#### Hawaii Pacific University

1164 Bishop Street  
Honolulu, Hawaii 96813  
Telephone: (808) 544 - 0200



**The Separate Battalions** (a.k.a. “The Mighty Five”):



1-62  
Air  
Defense  
Artillery



65th  
Engineer  
Battalion



125th  
Military  
Intelligence  
Battalion



125th  
Signal Battal-  
ion



556th  
Personnel  
Service Bat-  
talion

**School Partnerships.**

Each brigade and separate Battalion within the 25th ID (L) maintains a partnership with a designated, public school on O’ahu. These relationships are intended to facilitate communications between the local community and the military. The table below shows the school partnerships as of September 25, 2001. Military units participate at different levels and in different avenues, depending on the needs of the school and the abilities of the unit to support those needs. Some units provide mentors to students, some provide tutors. On “*Make a Difference Day*” in October, many units spend time improving the grounds and facilities of the often run-down schools around the island. If you have questions about the School Partnership Program, effective October 9, 2001, the school liaison will be Marla Menard. She can be reached at 656-0093.

BRIGADE/BATTALION	SCHOOL	BRIGADE/BATTALION	SCHOOL
<b>HHC, 25th ID (L):</b>	Wahiawa Middle School	<b>45th CSG (F):</b>	
<b>2D BRIGADE:</b>		17 CSB, HHD	Mililani Waena Elementary
A CO, 1-14, INF	Kahuku High School	29th ENGR BN	Fern Elementary School
1-21 INF	Sunset Beach Elementary	125th FIN BN	Wheeler Elementary School
1-27 INF	Haleiwa Elementary School	524 CS BN	Nanakuli High School
<b>3D BRIGADE</b>		84th EC BN	Waianae High School
2-35 INF	Kipapa Elementary School	<b>516th SIG BDE:</b>	
2-5 INF	Mililani High School	30th SIG BN	Radford High School
2-27 INF	Mililani Uka Elementary School	HHC, 516TH SIG BDE	Webbing Elementary School
HHC, 3D BDE	Mililani Middle School	ENG/SOFTWARE DIV.	Princess Kaiulani Elementary
<b>DIV ARTY:</b>		205th MI BN	Moanalua Elementary School
2-11 FA BN	Makaha Elementary School	TAMC	Moanalua Elementary School
2-11 FA BN	Waianae Inter. School	<b>USA MP BDE:</b>	
3-7 FA BN	Waianae Elementary School	FS MP CO.	Shafter Elementary School
F Btry, 7th FA	Maili Elementary School	SB MPK-9 Section	Campbell High School
HHB/25th FA DET.	Leihoku Elementary School	<b>SEPARATE BATTALIONS:</b>	
<b>AVIATION BRIGADE:</b>		65th ENGR BN	Solomon Elementary School
1-25 AVN / C-25 AVN	Wheeler Elementary School	125th MI BN	Hale Kula Elementary School
HHC AVN / G-58 AVN	Wheeler Middle School	125th SIG BN	Helemano Elementary School
3/4 CAV	Waialua Elementary School	1-62 ADA BN	Iroquois Point Elementary
2-25 AVN REGIMENT	Iliahi Elementary School	556th PS BN	Mililani Mauka Elementary
<b>DISCOM:</b>		<b>25th ID (L) Band:</b>	*25th ID (L) Band is
225 FSB	Kaala Elementary School		responsible for band programs
325 FSB	Wahiawa Elementary School		in all Hawaii High Schools.
725 FSB	Leilehua High School	<b>Information correct effective September 25, 2001.</b>	


**Air Force News**

## Eielson-based 'Santa' sends letters around the world

Released: 30 Nov 1999

**EIELSON AIR FORCE BASE, Alaska (AFPN)** -- Getting a letter from "Santa" for your child or loved one is as easy as sending a self-addressed, stamped envelope to the 354th Operations Support Squadron's Combat Weather Flight.

Members of the weather flight here stamp envelopes with the official "North Pole, Alaska," postage cancellation stamp. It's all part of Operation Mailbag, a tradition dating back to 1954.

Each year, the flight handles about 4,000 letters from people all over the world -- all wanting a letter from Santa.

To have a letter postmarked from the "North Pole," send a self-addressed, stamped, legal-size envelope to:

Santa's Mailbag  
354th OSS/OSW  
1215 Flightline Ave.  
Suite 100B  
Eielson AFB, AK 99702-1520

March 2001—A note to me from Eielson...

*Eielson Air Force Base is adjacent to a small community called North Pole. The town has a post office, and that fact got someone, once upon a time, to thinking. Thus the tradition was born.*

*Have children send a letter to Santa with a list of what they'd like for Christmas. The unit will answer with a letter of it's own -- from Santa -- postmarked at North Pole, Alaska. Anyone interested in making a donation (for paper, envelopes, and printing materials, etc.) may do so.*

*Regards,  
Jeremy O'Bryan, SSgt, USAF*

**Hilo Hattie.** She was born Clarissa Haili on October 28, 1901, but everyone called her Clara in the early years. She began her career as a school teacher but it was her singing and dancing that gave her a place in modern history.

Clarissa was a mischievous clown and everybody's kolohe (Rascal Auntie). Singing, dancing, and making people laugh were her first love. With her over-sized muumuu, straw hat, cloth over her hips, and bare feet, she was a classic comedy hula dancer. She popularized the comic hula with such tunes as "Princess Pupule Has Plenty Papayas" and "When Hilo Hattie Does the Hula Hop" or "Hilo Hop". Her performance of the "Hilo Hop" at the Royal Hawaiian was said to be a show-stopper. She became so identified with the song that she changed her name to Hilo Hattie, and a Hawaiian entertainer and retailing legend was born.

On Oahu, the Hilo Hattie store named for her produces over 25,000 garments per week, offering hundreds of exclusive prints and styles that are only available at Hilo

Hattie stores, all with a 100% guarantee. Over 150 prints are designed each year using the beautiful Hawaiian scenery, flowers, and ocean life as inspiration. Each print is carefully colored and created over a 6-9 months period.

Clara "Hilo Hattie" Haili passed away in 1979, happy that her name was to be carried on by a the company that continues to generate the Aloha spirit. Each year, in her memory, University of Hawaii scholarships are given to deserving students so they may continue their education in Hawaiian studies and music.

Besides being the largest retailer and wholesaler of Hawaiian products, Hilo Hattie is also the world's largest manufacturer of Hawaiian,

Tropical and Resort Fashions.

**Locations:** Kauai, Maui, Oahu (flagship store), Hawaii, Anaheim, CA, Nashville, TN, Phoenix, AZ, and Tumon Bay, Guam.

(Source: Hilo Hattie on-line: <http://www.hilohattie.com>)

**For military spouses "Aloha wear" is the norm for most casual occasions. You can get Aloha wear pretty much anywhere on the island, but there's something special about getting a unique print made with care from Hilo Hattie's.**

**Libraries:**

- **Wahiawa:**

820 California Avenue  
Wahiawa, HI 96786  
PH: 808-622-6345

**Hours:**

Monday 9:00 AM 5:00 PM  
Tuesday 12:00 noon 8:00 PM  
Wednesday 9:00 AM 5:00 PM  
Thursday 9:00 AM 5:00 PM  
Friday Closed  
Saturday 9:00 AM 3:00 PM  
Sunday Closed

- **Mililani:**

95-450 Makaimoimo Street  
Mililani, HI 96789  
PH: 808-627-7470

**Hours:**

Monday 11:00 AM 8:00 PM  
Tuesday 10:00 AM 5:00 PM  
Wednesday 12:00 noon 8:00 PM  
Thursday 10:00 AM 5:00 PM  
Friday 10:00 AM 5:00 PM  
Saturday 10:00 AM 5:00 PM  
Sunday 1:00 PM 5:00 PM

- **Waialua:**

67-068 Kealohanui Street

Waialua, HI 96791

**Telephone Number**

PH: 808-637-4876

**Hours:**

Monday Closed  
Tuesday 9:00 AM 6:00 PM  
Wednesday 9:00 AM 6:00 PM  
Thursday 9:00 AM 6:00 PM  
Friday 9:00 AM 5:00 PM  
Saturday 9:00 AM 2:00 PM  
Sunday Closed

For a complete list of libraries on Oahu go to <<<http://www.hcc.hawaii.edu/hspls/oahu/oahulibs.html>>>

- **Hawaii State Public Library**

478 South King St.  
Honolulu, HI 96813-2901  
*The Library is located on the corner of King and Punchbowl streets.*

Switchboard 808-586-3500  
Circulation 808-586-3505  
Information Desk 808-586-3617  
Interlibrary Loans 808-586-3549  
Library Operations 808-586-3550

Monday 9:00 AM 5:00 PM  
Tuesday 9:00 AM 8:00 PM  
Wednesday 10:00 AM 5:00 PM

Thursday 9:00 AM 8:00 PM  
Friday 9:00 AM 5:00 PM  
Saturday 9:00 AM 5:00 PM  
Sunday Closed

- **University of Hawaii Library**

2550 McCarthy Mall, Honolulu, HI 96822

PH: 808-956-7206,  
<<[libweb@hawaii.edu](mailto:libweb@hawaii.edu)>>

- **Hawaii Medical Library**

PH: 536-9302

**Hours:**

Mon - Fri: 8:00 a.m. - 6:00 p.m.  
Saturday and Sunday: CLOSED

**Genealogy Libraries:**

- Church College of Hawaii Library, Laie, Oahu, Hawaii 96762

- D.A.R. Memorial Library, 1914 Makiki Hts. Dr., Honolulu, HI 96822

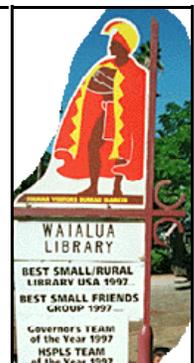
- Library of Hawaii, King and Punchbowl Sts., Honolulu, HI 96813

**America's Best**

In 1997, Waialua Library was named "America's Best," and its Friends (of the Library) group took similar honors. Go to <<<http://starbulletin.com/97/10/02/news/story1.html>>> to read the entire article written by Debra Barayuga and published in the Star-Bulletin.

October 2001

**Used books** can be found at many of the local public libraries. Mililani has big book sales at the frequent fairs in the Mililani Town Center. The Waialua Library which won the Public Library Association's award for "Best Small Rural Library in the United States," has a book sale every third Saturday of the month from about 9 A.M. to 3 P.M., but the biggest book sale takes place in mid-summer at the McKinley High School, next to the Blaisdell Center in Honolulu. This sale is the main fundraiser for the *Friends of the Library*. Proceeds from these sales pay for programs and provide education grants for librarians. The money is also used to send staff to training classes not paid for by the state. The Hawaii State Public Library System falls under the Board of Education (BOE). Hawaii's BOE has not given the libraries any money at all for new books in many years so *Friends of the Library* step in to help. *Friends* is a tax-exempt, non-profit organization that promotes and supports public libraries. For more information call 536-4164.





## Canned Good Shelf Life And Stamped Code Decoder

(written by Gail Fialkow) The following grid will help you decipher those confusing codes on the tops and sides of canned, boxed, or bottled goods. This may be helpful in maintaining up-to-date supplies in your emergency kit.



Bluebird: c=1,h=2,a=3,l=4,n=5,s=6,t=7,o=8,r=9, e=0

Julian day		Month Codes			Year Codes		
JJJ	Month	MM	L	Q	Year	Y	R
001-031	Jan	1	A	H	1996	6	E
032-059	Feb	2	B	J	1997	7	F
060-090	Mar	3	C	K	1998	8	G
091-120	Apr	4	D	L	1999	9	H
121-151	May	5	E	M			
152-181	Jun	6	F	A			
182-212	Jul	7	G	B			
213-243	Aug	8	H	C			
244-273	Sep	9	I	JD			
274-304	Oct	10	J	KE			
305-334	Nov	11	K	LF			
335-365	Dec	12	L	MG			

Brand/Item	Stamped Code	Decode Pattern	Canned Date	Approx Shelf Life
American Fare Canola Oil	139C8	JJxY	05/19/98	12 months plus
Arm & Hammer Baking Soda				indefinite
Bluebird OJ canned	ECCHO (see note 1)	MMDDY	01/12/98	24 months
Bush Bro. Beans	61071	MDDYx	06/10/97	36 months
Bush Bro. Chili	61071	MDDYx	06/10/97	24 months max
Campbell Soups	best used by date			18 - 24 months
Campbell V-8 Juice	best used by date			18 months
Capri Sun Juice pouches	8123	YJJJ	05/03/98	18 months
Carnation Breakfast Bars/Drink	7029WW1827	YJJJxxxxxx	01/29/97	9 months
Carnation Evaporated Milk	7029WW1827	YJJJxxxxxx	01/29/97	9 - 15 months
Carnation Instant Bkfst Powder	7029WW1827	YJJJxxxxxx	01/29/97	15 months
Carnation NonFat Dry Milk	7029WW1827	YJJJxxxxxx	01/29/97	12 months
Coffee - instant or brick	best used by date			12 months
Comstock Apples	2nd line 31238 time	xJJJY	05/03/98	36 months
Contadina Spaghetti Sauce	7268AC9G16C:52	YJJJxxxxxx:xx	09/25/97	24 months plus
Contadina Tomato Products	7029WW1827	YJJJxxxxxx	01/29/97	24 months
Contandina Pizza Squeeze	7029WW1827	YJJJxxxxxx	01/29/67	18 months
Crisco	8068A	YJJJx	03/09/98	indefinite unopened
Crisco Butter Flavor	8068A	YJJJx	03/09/98	18 mo. unopened
Del Monte Vegetable	8179L	YJJJx	06/28/98	24 months
Dinty Moore Stew or Chili	108118	xMMDDY	08/11/98	60 - 96 months



Brand/Item	Stamped Code	Decode Pattern	Canned Date	Approx Shelf Life
Dole Canned Juices	best used by date			36 months
Fleischmans Yeast	best used by date			
General Mills Wheat Flour	A715W1	QYDDxx	06/15/97	6 months
General Mills White Flour	B723W1	QYDDxx	07/23/97	15 months
Green Giant Mushrooms	H7C21	LYxDD	08/21/97	48 months
Hanover Canned Vegetables	76294	xYJJJ	10/20/96	24 months plus
Hormel Corned Beef	0802 05U3	XYMM DDxx	02/05/98	indefinite
Hormel Spam	108118	xMMDDY	08/11/98	60 - 96 months
Kellogg Cereals	best used by date			12 mo. past date
Kellogg Pop Tarts	x08117	xMMDDY	08/11/97	6 - 9 months
Libby Pumpkin or Pumpie mix	7029WW1827	YJJJxxxxxx	01/29/97	24 months
Libby Sauer Kraut	18M317	xYMxDD	18M317	18 months
Libby Vegetables	18M317	18M317	18M317	24 months
Libby's Canned Salmon	7029WW1827	YJJJxxxxxx	01/29/97	24 months
Mariani Prunes (@BJ's)	8157	YJJJ	06/06/98	12 months
Motts Apple Juice	WA80725	xxYMMDD	07/25/98	12 months
Motts Apple Sauce jar	WA80725	xxYMMDD	07/25/98	12 months
Nestle Juicy Juice	8214	YJJJ	08/02/98	most 14 months
Nestle Products - Candy	7029WW1827	YJJJxxxxxx	01/29/97	8 - 15 months
Ortega Salsas and Sauces	7029WW1827	YJJJxxxxxx	01/29/97	36 months
Ortega Taco Seasoning Mix	7029WW1827	YJJJxxxxxx	01/29/97	18 months
Progresso Black Beans	L7N26	LYxDD	12/26/97	24 months
Progresso Soups	L7N26	LYxDD	12/26/97	36 months
Quaker Instant Oatmeal	8N08E3	YMDDxx	05/08/98	18 months
Ragu Pasta Sauces - jar	1st line last 4#'s	JJJY	1st line last 4#'s	24 months
Rumford Baking Powder	best used by date			18 months plus
Skippy Peanut Butter	1115M8	MMDDxY	11/15/98	24 months
Snackwell Granola Bars	8213	YJJJ	08/01/98	6 - 8 months
Star Kist Tuna	X177F (bottom line)	xJJJR	06/26/97	60 months
Sweet Success Powder	7029WW1827	YJJJxxxxxx	01/29/97	36 months
Sweet Sue ChknDump/Noodles	1st line last #=y	1st line last #=y	1st line last #=y	24 months
Toll House Morsels/bars/coco	7029WW1827	YJJJxxxxxx	01/29/97	24 months
Welches Grape Juice Plastic	8M24A	YxDDL	01/24/98	12 months
Welches Grape Jelly	8N04H21J	YxDDLxxx	08/04/98	12 months

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## Reduce, reuse, recycle

(Source: <http://www.opala.org/>)

Taking care of garbage is everyone's business. We can all help to reduce waste by practicing the 3R's -- reduce, reuse and recycle.

We can reduce waste by "using less" and "using it again." Buy in bulk and avoid products that are over-packaged. Purchase reusable products over disposable ones. Buy durable products with long warranties. Fix, repair, mend, or donate.

Opala.org (the Hawaiian word for garbage) is the website of the City and County of Honolulu's Refuse Division, providing you with information and guidelines for TAKING CARE OF GARBAGE. By taking care of gar-

bage, we take care of our environment, preserving the health and beauty of our island home.

The City has built an island-wide collection and waste management system that maximizes the use of waste-to-energy (H-POWER), recycling and composting in order to reduce the amount of waste requiring landfill. On an island, land is one of our most precious commodities.

Various types of collection services are provided to the public that channel waste materials to their appropriate end. Community recycling bins transport bottles, jars, cans and paper to recycling facilities. Residential refuse collection trucks (automated and manual) deliver to H-POWER. Curbside collection of yard waste goes to mulching and composting facilities.

*"The Army Recycling Center can accept recyclable materials from all sources, residential as well as industrial. Moreover, the center will pick up recyclable materials from all industrial facilities such as offices, motor pools and clubs.*

*The Family Housing Recycling Program (Red River Service Corporation) is a curbside residential program. Once per week the recycling contractors go to housing areas and collect the recyclable materials placed curbside.*

*Each residential area has a schedule, that can be found in the Assignment Packet given to residents when they move into quarters. People can also contact their Family Housing representative for the collection date in their residential areas.*

*The Fort Shafter representative can be reached at 438-2889 and Schofield's is at 655-0642.*

*Each resident should have two 12-gallon plastic containers. Should the containers be too small for storage of recyclable materials, the additional items should be placed in bags adjacent to the bins in brown bags or individually bundled. **The navy blue container is for aluminum cans and glass. The gray container is for newspaper and corrugated cardboard.***

*The Industrial Recycling Program is oriented toward the customers. Each organization or building is requested to*

*designate at least one recycling coordinator to establish an internal recycling program.*

*The Directorate of Public Works provides all containers necessary for establishment of an internal program (paper bag stations and 95-gallon containers). After sufficient quantities of recyclables have been accumulated, recycling coordinators can call 655-0011 and the recyclables will be collected within three days.*

*The recyclable commodities processed are as follows:*

- Cardboard — boxes need to be flattened, stacked and tied.
- Office Paper and Newspaper: — only white paper is currently recyclable.
- Toner cartridges should be placed in the replacement box.
- Aluminum cans can be placed into garbage bags or 95-gallon containers.
- Glass bottles need to be segregated by color and placed into empty boxes or 95-gallon containers.
- Scrap metals — brass, copper, steel, aluminum and most other metals are accepted.
- Pallets in useable condition are accepted.

• Greenwaste — all greenwaste is accepted provided soil is removed.

*Perhaps the greatest challenge is getting people to separate their trash for recycling. To increase awareness of the recycling program, articles will be posted in the Hawaii Army Weekly quarterly.*

*Additional marketing strategies that are projected include briefing incoming personnel, construction of a Web page and articles in the quarterly newsletter distributed by Family Housing.*

*We are also working on methods to reward those residential areas that have the best programs.*

*The Army Recycling Center is located in Bldg. 1087B on Schofield Barracks.*

*Hours of operation for drop-off are Monday through Friday, 1-4 p.m. To request industrial pick-up, people can call 655-0011."*

*Source: Ask the Garrison Commander ...Colonel William R. Puttmann— June 22, 2000*

*"...recycling...generated over \$28,000... which was returned to the military."*

Questions: Call Schofield Barracks Family Housing Inspections Branch, 655-0642.





### Community Recycling Bins — Island wide

Everyone can recycle by taking items to the many convenient drop-off recycling bins located at schools and shopping centers around the island. The bins accept aluminum, glass, plastic, newspaper, cardboard, and white and colored office paper. This section lists the location of the Community Recycling Bins currently on Oahu.

Please be sure to properly prepare your items for recycling by reading the DOs and DON'Ts carefully. Your recyclables earn money for participating

schools. But the wrong stuff in the recycling bin can cause the schools to lose money. Since the start of the program in 1990, participating schools have earned \$650,000. Your efforts do make a difference.

#### Central Oahu Recycling Centers:

- Kaala Elementary -- 130 California Ave
- Kipapa Elementary -- 95-076 Kipapa Dr
- Mililani High -- 95-1200 Meheula Prkwy
- Mililani Mauka Elementary -- 95-1111 Makaikai St
- Mililani Town Center
- Wahiawa Elementary -- 1402 Glen Ave

	<b>Aluminum cans</b> Rinse, Crush Deposit loose in MIXED CONTAINERS section NO plastic bags		<b>Grocery bags, plastic</b> These can be taken to Safeway stores where there is a receptacle for this item.
	<b>Cardboard</b> Corrugated cardboard only NO cereal boxes, detergent boxes, tissue boxes, etc. MUST flatten boxes Deposit in PAPER section		<b>Newspaper</b> Remove magazines and inserts Deposit loose in PAPER section NO plastic bags
	<b>Glass bottles and jars</b> Rinse Remove lids Labels OK Deposit loose in MIXED CONTAINERS section NO plastic bags		<b>Colored office paper</b> Colored bond paper only NO envelopes, junk mail, tape, stick-on labels, Deposit full bag/box in PAPER section
	<b>White office paper</b> White bond paper only NO colored paper, envelopes, junk mail, tape, stick-on labels, Deposit full bag/box in PAPER section		<b>Plastic beverage bottles</b> (milk, juice, soda) Rinse, Remove lids, Crush Deposit loose in MIXED CONTAINERS section NO plastic bags
	<b>Telephone books</b> Do not bundle NO plastic bags Deposit loose in PAPER section ONLY during GTE Hawaiian Tel Campaign: May - June		<b>Cans and metal</b> Put cans in with your household trash. Your residential trash is taken to H-POWER, the City's waste-to-energy plant. Mechanical separators pull ferrous and non-ferrous metals from the trash. The metal is cleaned and sold to a metal recycler.



For more information or to learn how to recycle items like appliances, car oil, tires, batteries, etc. go to [www.opala.org](http://www.opala.org)



## Drop Off Locations



These organizations accept used items such as: clothing, small appliances, bedding, small furnishings (end tables, chairs, lamps), toys, kitchen and household goods. Contact the organization prior to dropping off your reusable items.

### Angel Network Charities

5339 Kalaniana'ole Hwy., 377-1841  
87-2070 Farrington Hwy., 668-7336  
*Also accepts large appliances and furniture.*

### Central Samoan Assembly of God

3544 Kalihi St, Honolulu, HI 96819  
845-1104

### Central Union Thrift Shop

1660 S Beretania Honolulu 96826  
941-0957

### First Southern Baptist Church of Ewa Beach

91-743 Pohakupuna Rd., Ewa 96706  
689-8888  
*Also accepts some large appliances and furniture.*

### Goodwill Industries of Honolulu,

780 S. Beretania, 536-4115  
2028 Dillingham, 842-1000  
629 Kailua Rd., 263-9312  
3632 Waialae Ave., 735-0085  
98-019 Kam Hwy., 488-1230  
1318 Hart St., 845-4338

### Helping Hands Hawaii

Community Clearinghouse  
2100 Nimitz Hwy. Honolulu 96819  
348-0087

### Harbor House

5 Sand Island Rd Suite 104  
Honolulu, HI 96819  
847-5288  
*Also accepts some large appliances and furniture.*

### Holy Trinity Church Outreach

Parish Outreach

5919 Kalaniana'ole Hwy  
Honolulu, HI 96821  
396-0551

### HOPE Inc (In the Name of Christ)

51-075 Halai St, Hau'ula, HI 96717  
293-9266  
*Accepts only baby clothing, car seats and furniture.*

### Institute for Human Services

546 Kaaahi St, Honolulu, HI 96817  
845-7150  
*Also accepts some large appliances and furniture.*

### Kaimuki Christian Church

1117 Koko Head Honolulu, 96816  
735-1771

### Kaumakapili Church

766 N King St, Honolulu, HI 96817  
845-0908

### Moiiliili Community Center

Moiiliili Thrift Shop  
2535 S King St, Honolulu, HI 96826  
955-1555

### New Life Body of Christ

85 Walker Ave Suite D  
Wahiawa, HI 96786  
621-3491

### New Life United Pentecostal

20 Bouganville Dr, Honolulu, 96818  
623-4300

### North Windward Baptist Chapel

53-075 Halai St., Hau'ula, HI 96717  
293-9887

### River of Life Mission

101 N Pauahi St, Honolulu, 96817  
524-7656  
*Also accepts furniture and beds.*

### St. Anthony's Parish Outreach

114 Makawao St, Kailua, HI 96734  
266-2226

### St. John Apostle & Evangelist CH

95-370 Kuahelani, Mililani, HI 96789  
623-3999

### St. Michael's Parish Outreach

67-390 Goodale, Wai'alu, HI 96791  
637-4040 ext 223

### St. Peter & Paul Outreach

800 Kaheka St, Honolulu, HI 96814  
941-0675

### St. Mathew's Episcopal Church

41-054 Ehukai, Waimanalo, 96795  
259-5120

### Salvation Army

322 Sumner, 522-8460  
638 Kailua Rd., 266-2555  
3638 Waialae Ave., 739-0907  
1931 N. King St., 832-0211  
435 Kilani Ave., 621-7083  
94-925 Waipahu St., 671-0102

### Savers

1505 Dillingham, 842-0061  
94-300 Farrington Hwy., 671-0071

### Wahiawa General Hospital

Wahiawa Hospital Thrift Shop  
128 Lehua St, Wahiawa, HI 96786  
622-5966

### Waikiki Baptist Church

Kahi Kokua  
424 Kuamoo St, Honolulu, HI 96815  
947-2621

### YWCA of Oahu

Clothes Closet Service  
1040 Richards St  
Honolulu, HI 96813  
538-7061 ext. 235  
*Accepts used women's business outfits in good condition.*

### On-Post Thrift Shops

(624-3254 or 624-2066):

#### Schofield Barracks:

Mon, Tue, Wed, Fri: 9 am—1 pm  
Thu: 4:30—8 pm  
1st Saturday of the month 9-1

#### Helemano:

Wednesday: 9 am—1 pm  
Saturday following mid-month pay



**Pick Up Services**

These organizations will pick up used items from your home. Items must be in good working condition. Items may include but are not limited to: clothing, small appliances, bedding, small furnishings (end tables, chairs, lamps), toys, kitchen and household goods, major appliances, beds, and furniture. Call the phone numbers listed to schedule a pickup day for your reusable items.

**Angel Network Charities**

87-2070 Farrington Hwy  
Waianae, HI 96792  
668-7336

**Big Brother/Big Sisters of Honolulu, Inc.**

418 Kuwili St., Suite 106  
Honolulu, HI 96817  
524-6111

**Goodwill Industries of Hawaii**

Goodwill Truck Donation Pick-up  
2610 Kilihau St, Honolulu, 96819  
834-1017

Hawaii Shares

4224 Waiialae Ave., #5344  
Honolulu, HI 96816  
227-2507 / 593-3507  
[HawaiiShares@aol.com](mailto:HawaiiShares@aol.com)  
*Also picks up office furniture and equipment.*

**Helping Hands Hawaii**

Community Clearinghouse  
2100 Nimitz Hwy Honolulu, 96819  
348-0087  
*Also picks up office furniture and equipment.*

**St. John Apostle & Evangelist**

95-370 Kuahelani Mililani, 96789  
623-3999  
*Provides pickup services in the Central Oahu area only.*

**Salvation Army**

Truck Donation Pickup Service  
2950 Manoa Rd. Honolulu, 96822  
1 (800) 958-7825

**United Cerebral Palsy Association of Hawaii Foundation**

25 Kaneohe Bay Dr., Suite 211  
Kaneohe, HI 96744  
254-0114  
*Will not pick up furniture, major*

*appliances, bicycles, large sports equipment, or televisions larger than 19"*

**Computer Equipment**

The "Computers for Kids Program" is coordinated by the Honolulu Metro Rotary Club. Sixteen schools throughout the state rebuild used personal computers for use in the classroom.



You may drop off your used personal computer at CompUSA, or call Aiea Intermediate for a drop-off location nearest you. Neighbor islands can e-mail the "Computers for Kids Program" at [cfk@catii.com](mailto:cfk@catii.com). The program can not accept 386 or earlier models.

**Dr. Ken Goldstein**

Program Coordinator, Aiea Intermediate School  
521-2259

**CompUSA**

*Drop off locations:*  
604 Ala Moana Blvd., 537-1355  
94-875 Lumiaina St., 680-9556

**Wheeler Armed Services YMCA** offers a variety of classes and events for military families. They have so many in fact that I can't possibly list everything they do here, but I will address some of their on-going programs.

The YMCA schedules special activities like trips to the Polynesian Center at reduced rates and events like "Muppet's on Ice" that your kids are sure to want to see. They are also very good about making and distributing fliers on upcoming events so look for them.

**Keiki Care** is a comprehensive two-day babysitter training course. Dependents aged 11 to 17 interested in becoming babysitters will be taught CPR and First Aid. This course also covers interviewing techniques, basic child care skills, ideas for age appropriate toys and games, discipline strategies, and more. Cost of this training is \$30 and enrollment is limited so sign up early. The YMCA also maintains a list of those who have gone through the training and that are available for

babysitting so when you need a sitter drop by and pick up a copy of the list.

**Playmorning** is designed for children up to the age of 5 and their parents or caregivers. This is a social opportunity for parents and children featuring games and activities, crafts, stories, and more. The program is held Monday through Friday from 0900-1100. This is a mobile playgroup so for location information please call or drop by the YMCA.

**The YMCA is located in Building # 122 on the corner of Santos Dumont and Whiteman Avenues. Office hours are Monday through Thursday 0800-1300. For more information on any of their programs call 624-5645.**

**Welcome Baby.** The YMCA has an outreach program to provide support to expectant parents and those dealing with issues of raising young children. This outreach visitor can provide information, referrals, and a friendly knowl-

edgeable ear to anyone with questions about pregnancy, postpartum, or general child rearing concerns. There is no fee for her services. Rosemary Fox can be reached at 433-8684.



## HELEMANO PLANTATION

64-1510 Kamehameha Highway  
Haleiwa, HI 96712  
(North Shore Oahu)  
Tel. (808) 622-3929

If you're looking for the true spirit of *Aloha*, you may find it here. The Kapunas (Hawaiian elders) tell us that the original meaning of the word *aloha* was "I perceive in you the breath of God."

What it meant was that all of us are brothers. Nowhere is that more apparent than at Helemano Plantation. The Plantation was started as a unique community of people caring for people. The developmentally challenged are given a chance to build a life on their own and to find a place as productive members of society.

The ten-acre complex is a great place to sample some of the best that Hawaii has to offer at the most reasonable prices on the island. The Bake Shop is a must with fresh-baked pineapple and coconut danish, bread pudding, home-made cookies and fresh-squeezed juices. The Country Store has a wide range of fresh island produce, and the gift shop may have Oahu's best deal in T-shirts. There's also a silk flower shop, a furniture store and the Country Inn restaurant which has a high quality lunch-time buffet at very reasonable prices.

Source; 2001 O'ahu Visitors Bureau, The O'ahu Chapter of the Hawaii Visitors & Convention: <<<http://www.visit-oahu.com/attractions.htm> >>

*"At the Helemano Plantation, we were served by the residents of the facility, a foundation for islanders afflicted with Downs Syndrome. It was a wonderful experience..."*

**Catering:**

*The Helemano Plantation has a wonderful catering program. The staff is comprised of individuals who are challenged but wonderful workers and the food is great.*

*- Mary Phelps*

**Worked late and missed the news?** Go to one of these sites and catch up.

**KITV News 4.** News, weather, sports, health report, money report, recipes, entertainment and TC listings. See a video clip of the latest Hawaii headline news from KITV News 4 or read about it yourself at <http://www.kitv.com/>

**KHON Fox2.** Road Runner captures the entire 30 minute newscast. You can also read the local news, weather, sports, entertainment, program guide, Hawaii's Kitchens, Fox Kids, and community at <http://www.khon.com/>

*For world news...go to CNN Headline NEWSbrief at:*

<http://www.cnn.com/LOCAL/regions/west/KHON/>

### Did you know...

Army Hawaii Personnel can now check on the status of their Work Orders or Service Orders using information extracted from DPW's Integrated Facilities System (IFS).



If you know your Work Order number, you can perform

a work order check. If you don't know your Work Order number, you can view Work Orders by name/phone.

Go to the 25th ID (L) Homepage at <http://www.25idl.army.mil/> and then go to *Garrison* and then *DPW On-Line Work Orders* OR go directly to: <http://dpw.schofield.army.mil/ifsworkorder/>



### ***Hui O Na Wahine,***

which means "Club of the Women" is an all ranks club serving the 25th (ID)L. This club dates back to the 1930's and was originally a club for Officer's wives. Hui membership is now extended to female spouses of active duty, retired mili-

tary, and DOD civilians, female soldiers, and female civilian employees.

***So what does the Hui O Na Wahine offer? Well, they offer...***

#### ***...activities***

The Hui offers a variety of activities for their members that are sponsored from within the group. BUNCO, Book Club, golf, Beach Brigade, Moms and Tots, Out-to-Lunch Bunch, and the Quilter's Gang just to name a few. If you have a special interest that isn't already being covered consider offering to sponsor your own group.

#### ***...events***

The Hui also sponsors events like fashion shows, cultural activities, monthly luncheons, *Holiday Tour of Homes* and the ever popular *Retro Casino Night*. Other events are also periodically added to the schedule and are announced through various means.

#### ***...sponsorships***

The Hui sponsors the *Tropic Lightning Museum* on Schofield Barracks as well as the *Thrift Shop* on Schofield Barracks and the *Thriftique* on Helemano. The *Thrift Shop* and the *Thriftique* are great places to shop for a family on a tight budget. In addition to their already low prices they periodically offer special sales.

#### ***...fundraising***

The Hui also engages in revenue-producing activities to benefit the soldiers and family members in the local community.

#### ***....scholarships***

Once a year, normally around May, the Hui awards part of the proceeds they raise to deserving college bound kids. Hui members and their spouses are also eligible to receive scholarship monies for continuing education programs. Scholarships are awarded based on academic achievements, extracurricular activities, community service and a written essay. Scholarship applications will become available in January and the scholarship will be awarded at the Annual Scholarship Dinner in May. To qualify you must become a Hui member before December 1st of the previous year.

#### ***...and, welfare grants....***

Twice a year, in the Spring and Fall the Hui gives away the money slotted for welfare grants. Last year the welfare fund recipients included Scouting organizations, TAMC Fisher House, Wheeler YMCA, and the Exceptional Family Member Respite Fund. By attending fundraisers and supporting the thrift shops you are contributing to the Welfare fund and consequently helping your community.

***...but, most of all they offer friendship, companionship, and support.***

### ***Planning a special event?***

*If you're planning a special Tea or Coffee, or hosting a party during the Holidays, the Hui O Na Wahine properties section has party items that they will lend to Hui members and they can be reserved in advance for your special event.*

*Examples: silver trays, coffee/tea service, crystal, chafing dishes, punch bowls, serving dishes, and table linens.*

*Contact Hui Property Manager  
Donna Bergman at 624-6781 or  
Tish Wimbrough at 624-1757.*

#### ***How to become a Hui Member:***

Membership is accepted throughout the year. The annual fee is \$20. If you would like more information on becoming a member please contact Cindy Steenfott, Membership Coordinator at 624-4334.

There's a place and an interest for everyone.

***Come join us...we're saving a seat for you!***

Written by: CL Steenfott and Deana Petit  
Hui emblem copyright *Hui O Na Wahine*

Deana Petit  
Hui President 2001-2002  
624-3174



**Family Fitness.** There are two Fitness Centers on Schofield Barracks (SB) and one on Wheeler AAF.

**Martinez Physical Fitness Center**—(655-0900)  
 Bldg. # 448  
 Monday—Friday 5 am—9 pm  
 Saturday 9 am—6 pm  
 Sundays and Holidays 11 am—6 pm



**Services:** Racquetball, basketball and volleyball tournaments, boxing and wrestling programs, weightlifting, kickboxing and racquetball classes are conducted. Basketball and volleyball courts, racquetball and handball courts, squash court, free weights and weight machine room, boxing and wrestling room, message therapy, sauna and locker for men and women also available.

**Fees:** None

**SB Health and Fitness Center** (655-8007)  
 Bldg. 582 (Across from SGT Smith Theater)  
 Monday—Friday 6:30 am—1 pm and 3:30 pm—7 pm  
 Saturday 8 am—12 noon  
 Sundays and Holidays—CLOSED



**Fees:**  
 \$2 per day; \$17 per month; \$45 per quarter. Family passes are also available.

**Activities:** Racquetball, Nautilus, Universal & Free

Weights, Aero bicycles, Rowers, Treadwall, and Stair-climbers.

The Fitness Center also has a Certified Personal Trainer/Weight Management Consultant available by appointment. (256-6084)



**Programs:**

- Step—Beginner, Low Impact, Circuit, Hi-Lo, and f-LOW (low impact/muscle toning), Step-N-Sculpt, and Step Combo
- Fitball
- Xtreme Cardio Kickboxing/Aerokickbox
- Yoga
- Weight Training Classes (1 session per month)
- Prenatal Training Classes
- Aikido—Beginner and Advanced
- Mom and Baby Mornings

Monday—Friday 9:30—11:30 am

Note: *Baby must be in infant seat/stroller while parent uses cardio or weight equipment or attends class.*

**Wheeler Fitness Center** (656-1690)  
 Bldg. #113 Wheeler AAF  
 Monday—Friday 5 am—8:30 pm  
 Saturday 8 am—1 pm  
 Sundays and Holidays—CLOSED



**Other classes** available on Schofield and Wheeler periodically: water aerobics and free aerobic classes. Watch the Army Weekly for advertisements.

**Swimming Pools.**

**Aliamanu Military Reservation**  
 (836-0338)  
 Bldg. 1780

Winter (1 SEP—31 MAY)  
 TUE—THUR & SAT: 10 am—6 pm  
 MON and FRI: CLOSED  
 SUN and Holidays: CLOSED

Summer ( 1 JUN—31 AUG)  
 MON—FRI: 11 am—7 pm  
 SAT: 10 am—6 pm  
 SUN and Holidays: 1—6 pm

**Facilities:** Swimming Pool and showers for both men and women.

**Services:** Swimming classes,

Aquacise, advanced lifesaving classes, lap swimming, and water safety instruction.

**Schofield Barracks Richardson Pool\***  
 (655-9698)  
 Bldg. 578



Winter (1 SEP—31 MAY)  
 MON—FRI: 6 am for PT only  
 MON—FRI: 11 am—5 pm  
 SAT/SUN & Holidays: 11 am—5 pm

Summer ( 1 JUN—31 AUG)  
 MON—FRI: 6 am for PT only  
 MON—SAT: 11 am—7 pm  
 SUN and Holidays: 12 noon—7 pm

*\*Pool is closed first Tuesday of every month for chlorination.*

**Facilities:** 100 meter swimming pool, 1M and 3M spring board diving, 5M platform diving, waterslide, restrooms, lockers, and showers for both men and women. Lawn area and chairs for sunbathing.

**Services:** Swimming classes, life-guard training, first aid, CPR, and lap swimming.

**Tennis Center.**

Schofield Barracks  
 (624-7366)  
 Bldg. 585



MON—FRI 9 am—3 pm  
 Court Hours : Daily 7 am—10 pm

*Lessons Available.*



### Honolulu International

**Airport** is the major aviation gateway for the State of Hawaii. It is the primary hub for domestic overseas and inter-island flights and is currently one of two State airports accommodating international flights. Honolulu International also functions as a joint military-civilian airport sharing airfield facilities with Hickam Air Force Base.



Primary vehicle access is from H-1 and the Nimitz Highway, both paralleling the airport to the north. H-1 off-ramps lead directly to the passenger terminals at the North Ramp. Rodgers Boulevard, Lagoon Drive, and Elliott and Aolele Streets provide secondary access from the Nimitz Highway to the North Ramp, inter-island maintenance, and South Ramp facilities.

#### ACCESSIBLE PARKING FACILITIES

Accessible parking spaces are available in all HIA parking facilities. In the Main Terminal parking structure, on the 4th level, spaces are located at both ends and at the center of the 4th level near the pedestrian bridges. There are also spaces on the ground level outside of the structure on the East (Diamond Head) side. In the Inter-island Terminal garage, accessible

parking spaces are located near the elevators on each level. The elevators are located at each end of the structure and in the middle.



Loading and unloading

zones are available curbside at the following locations:

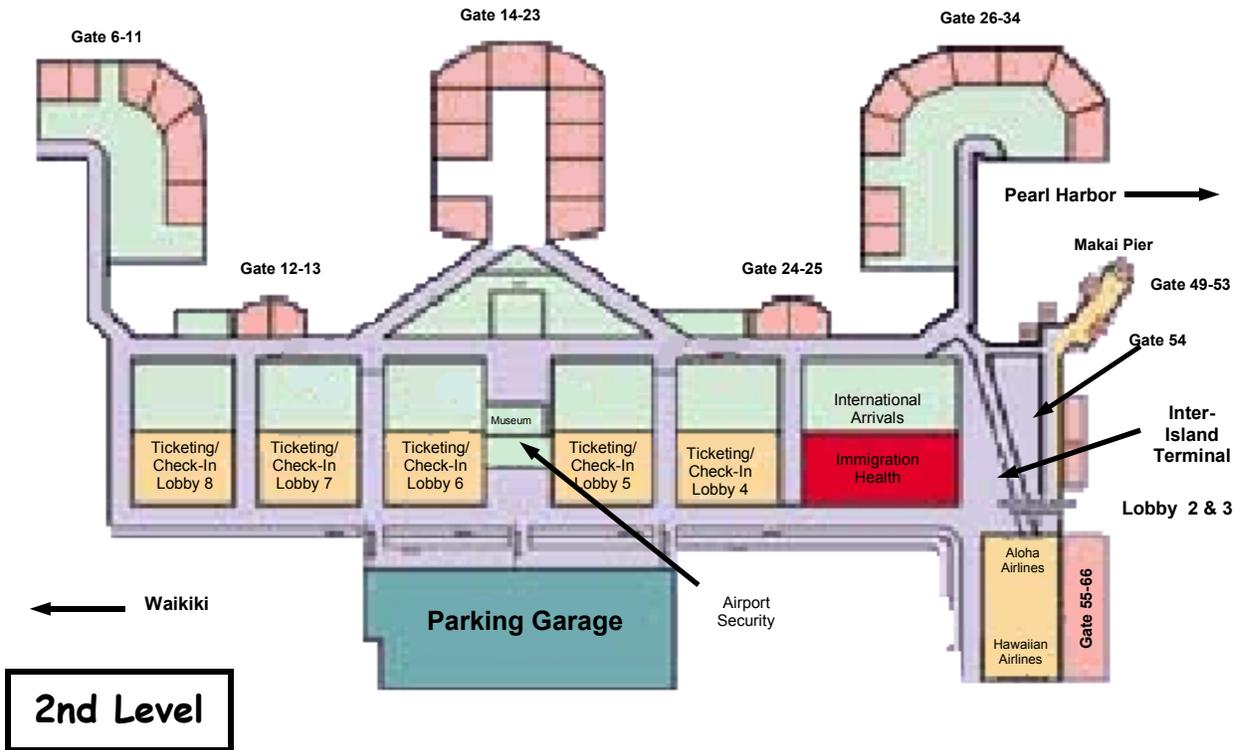
- Main terminal - seven (7) at both arrival and departure levels.
- Inter-island terminal - two (2) at both the arrival and departure levels.
- Commuter terminal - one (1) for arrivals and one for departures.

#### PUBLIC PARKING—AMPCO Inc.

First 1/2 hour: \$1.00  
 Each additional hour: \$1.00  
 Daily (24 hrs): \$10.00  
 Monthly: \$100.00 non-prorated  
*\*If you leave your car unattended for longer than 30 days, it can be towed unless you inform the parking company.*  
 Phone: (808) 861-1260

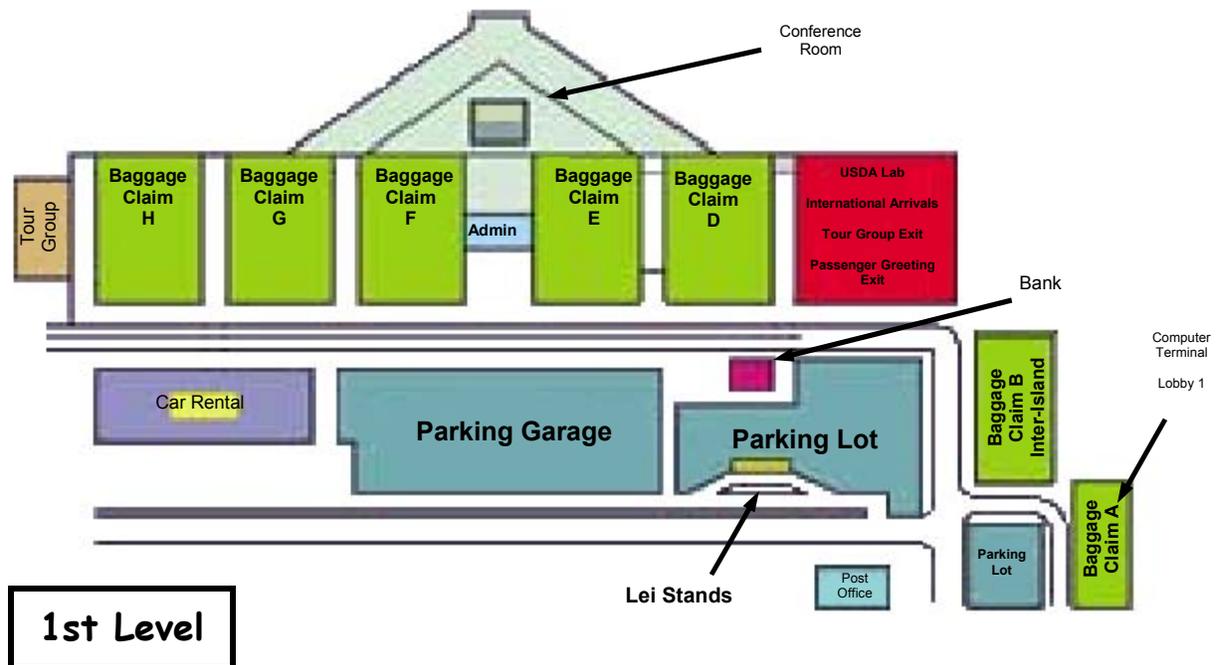
**Vehicles are not allowed to be left unattended.**

Commuter Terminal		
Lobby 1	Island Air Pacific Wings Phoenix Air	1-800 484-2222 1-888-575-4546 1-800 833-4406
Inter-island Terminal		
Lobby 2	Hawaiian Air	1-800 838-1555
Lobby 3	Aloha Airlines	1-800 484-1111
Main Overseas Terminal		
Lobby 4	Air New Zealand All Nippon Airlines Canadian Airlines International/ Air Pacific Delta Korean Air Qantas	1-800-262-1234 1-800-262-6802 1-800-426-7000 1-800-221-1212 1-800-438-5000 1-800-227-4500
Lobby 5	Japan Airlines/Jalways Trans World Airlines	1-800 521-1441 1-800-221-2000
Lobby 6	American Trans Air/ Pleasant Hawaiian Holidays Canada 3000 China Airlines Japan Air System JTB Hawaii, Inc./Oli Oli Harlequin Air Omni International Royal Airlines / Skyservice USA/Ryan International	1-800 836-8080 1-877-359-2263 1-800 955-0088 1-800 834-0454 1-800 922-0210 1-800 834-0454 1-800 922-8524 1-800-786-8747
Lobby 7	American Continental Northwest/KLM	1-800-433-7300 1-800-523-3273 1-800-225-2525
Lobby 8	Air Canada United	1-800-247-2262 1-800-241-6522



### Honolulu International Airport (HNL)

More information: <<<http://www.honoluluairport.com/>>>





## Travel (Written by Stephannie Hedges)

### Leisure Travel

*Carlson Wagonlit Travel* is prohibited, by contract, from doing any leisure travel so you'll have to make your travel arrangements yourself or go through another agency.



### TDY & Spouse Accompanies

If the service member is going TDY & the spouse wants to accompany them, *Carlson Wagonlit Travel* advises the spouse to check with an outside agency to get the lowest fare & book it, but not purchase it right away. Most leisure fares have to be purchased 24 hours after booking. When the spouse has the flight information on the least expensive fare, take that information to *Carlson Wagonlit Travel* & they will do all possible to get the service member on the same flights or on flights at the same time. *Carlson Wagonlit Travel* has to use the contract carrier for the specified routes.

### TDY

The service member may call *Carlson Wagonlit Travel* {624-1805} to make the TDY reservations before the orders are actually issued. However, the orders must be issued & presented to *Carlson Wagonlit Travel* before the tickets are issued. *Carlson Wagonlit Travel* is located on the ground floor of Building 690, the door is on the right hand side of the building.

### TDY In Conjunction With Leave

The service member may call *Carlson Wagonlit Travel* {624-1805} to make the reservations before the orders are issued. The service member should immediately tell the travel agent that she/he wishes to take leave in conjunction with a TDY. The *Carlson Wagonlit* agent will work the lowest possible fare for the service member & many times can even end up saving the government money. In the event that the service member has to pay out of pocket expenses for air fare, *Carlson Wagonlit Travel* will assess a service charge of \$8.50 that is non-refundable.

### PCSing

The service member must first have PCS orders and then go to transportation which is in Building 690, ground floor, door is on the right hand side of the building. Do not go directly to *Carlson Wagonlit Travel* because you will be sent to transportation. Transportation will give the service member a travel slip for authorization which *Carlson Wagonlit Travel* needs in order to make the flight reservations and issue tickets. There is no transportation office at Fort Shafter or Tripler Army Hospital, so do not go to either of those installations because *Carlson Wagonlit Travel* will not be able to help you.

### Emergency Leave

In the event that emergency leave is authorized service member {or someone acting on his/her behalf} may make the reservations without orders, but *must* have orders to get the tickets issued. The government only pays for the service members and dependents to go back to San Francisco, which is the closest international gateway to Hawaii. However, *Carlson Wagonlit Travel* will book the service member and dependents all of the way to their final destination, often at a lower cost to the government. If the cost is more, then the service member pays the difference in the cost of the tickets, plus the \$8.50 service charge per ticket.

### Black Tickets

The tickets that are generated by *Carlson Wagonlit Travel* are thermal. They will turn black if left next to a heat source or direct light, like inside a vehicle. The airline will not accept black tickets and *Carlson Wagonlit Travel* will have to research the traveler's PNR {passenger name record a.k.a. file}, find the original ticket number, do an exchange and then issue a new ticket. ***If a traveler does end up with a black ticket, it's important that that ticket not be thrown away because it's like throwing away \$\$.*** They must present their damaged tickets in order to have any cost that's still on the damaged ticket applied towards a re-issued ticket.

## Honolulu Airport USO.

The USO Airport Center at the Honolulu International Airport is open for 22 hours, Monday through Friday from 0800-0600, the next day. Saturday and Sunday open for 16 hours from 0800-2400. It is located on the ground level of the international terminal between Baggage Claims E & F.

The center's staff and volunteers help military families coming to Hawaii cope with travel related emergencies, contact their units, and they provide a comfortable place for those awaiting flights or other transportation. The center has a TV and VCR, a snack bar, limited sleeping accommodations, a shower and

restroom, child's crib. They also have books and magazines coffee and cookies from local bakeries. In addition, Army liaisons are located within the center to assist soldiers arriving for duty at Schofield Barracks, Hawaii.

Phone: 836-3351 Fax: 833-2012  
E-mail: [USOHAWAII2@juno.com](mailto:USOHAWAII2@juno.com)



**Animal Quarantine.** Hawaii is a rabies free state. The quarantine law is designed to protect residents and pets from potentially serious health problems associated with the presence and spread of rabies. Importation of dogs, cats and other carnivores into Hawaii is governed by Chapter 4-29 of the State of Hawaii. Department of Agriculture Administrative Rules. This law says that these animals are required to complete a 120-day confinement in the State Animal Quarantine Station. As you may have already figured out, there are significant costs associated with quarantining your animal. Approximate cost for the 30-day program is \$755.00 and about \$1080.00 for the 120-day program.



*However, there have been some changes adopted in the last few years.*

In 1997, following a long campaign for change by the US Army, Hawaii Governor Benjamin Cayetano approved a plan to reduce quarantine time for dogs and cats entering Hawaii from 4 months to 30 days, if certain conditions are met. If specific pre-arrival and post-arrival requirements are met, animals may qualify for a 30-day quarantine followed by 90-day post-quarantine observation period where the pet is released to the owner. See the bottom of this page for more information.

In June 2000, a number of U.S. airlines announced a summer ban on animal cargo. Delta Airlines will not allow animals to be checked as baggage during the months of June, July, and August. United and American Airlines announced similar bans through September, and Continental Airlines has permanently stopped accepting animals as checked baggage. Animals will instead be shipped as cargo on climate controlled cargo planes. Shipping animals as cargo cost more, but it will keep your animal from overheating and dying. Specific and unique restrictions on flying animals vary by airlines. In most instances though small pets can still be carried aboard the airline and most companies have cargo instructions posted online. These restrictions come on the heels of new federal rules requiring airlines to report the number of animals killed or injured on flights. Your TMO at your current duty station can assist you in coordinating with the airlines directly.

Effective July 10, 2000—Hawaii Governor Benjamin Cayetano approved a plan to allow guide dogs and service dogs to enter Hawaii without the mandated quarantine. Under these amended rules, service dogs are defined as any dog that has been trained to assist persons who are hearing-impaired, mobility-



impaired, or that alert people with a seizure disorder to the onset of a seizure or the onset of impending life-threatening medical crisis.

While guide dogs and service dogs are exempt from quarantine, they are still required to complete certain pre-shipment and post arrival requirements; including obtaining a health certificate from a certified veterinarian, prior inoculations of rabies vaccine, pre- and post-shipment testing for the presence of rabies antibodies and inspection for external parasites.

For additional information on Hawaii's quarantine program, contact::

Hawaii Dept. of Agriculture Division of Animal Industry  
Animal Quarantine Branch  
99-951 Halawa Valley Street, Aiea, Hawaii 96701  
(808) 483-7151 -- Fax: 808-483-7161  
[www.hawaii.gov/doa/quarantine](http://www.hawaii.gov/doa/quarantine)

<OR>

USA Veterinary Laboratory, Attn: MCVS-SCL-D,  
2472 Schofield Road, Bldg 2630, Fort Sam Houston,  
TX 78234-6232.  
Phone (210) 916-7904/7761, fax (210)270-2559  
Email: [rgvetlab@bmc-amedd.army.mil](mailto:rgvetlab@bmc-amedd.army.mil)

### ***Quarantine changes take effect in Hawaii***

Under the new rules dogs and cats entering Hawaii must have the following:

- Two rabies vaccinations given at least six months apart, with the most recent vaccination given no less than three months and no more than 12 months prior to entry or reentry into the state.
- A serologic antibody test no less than three months and no more than 12 months prior to arrival in the state and a repeat test after arrival. Test results must be no less than 0.5 IU. The antibody test is known as the OIE fluorescent antibody virus neutralization (FAVN) test and is available at Kansas State University and (for military personnel only) at the Department of Defense Veterinary Laboratory at Fort Sam Houston, Tex.
- A microchip identification issued by the state of Hawaii. FAVN test results must be identi-



fied by this microchip number for results to be considered valid.

- A health certificate written in English.

**IMPORTANT!**

Hawaii Department of Agriculture's web site contains many useful publications and forms on animal quarantine for download.

Visit them at  
[http://www.hawaiiag.org/hdoa/ai\\_aqs\\_info.htm](http://www.hawaiiag.org/hdoa/ai_aqs_info.htm)

**Directions to Animal Quarantine:**

**From Honolulu International Airport: From the Arrivals/Pickups ramp:** Take Return to Terminal. Stay on Paiea Street. Turn left onto Nimitz Hwy and get into middle lane. Take 90 West/Arizona Memorial/Stadium exit. After 4th light, get into far right lane. At 5th light, turn right to Stadium/Salt Lake Blvd. At 2nd light, turn left (Kahuapaani Street). Stay on Kahuapaani Street. Take right at Ulune Street then left on Halawa Valley Road. Entrance to Animal Quarantine Center is 1/2 mile at the bottom of the hill on the right.

**From Schofield Barracks:** Get on HI East and take Exit 13B (Halawa Stadium). Turn left on Kahuapaani Street. Take right at Ulune Street then left on Halawa Valley Road. Entrance to animal to Animal Quarantine center is 1/2 mile at the bottom of the hill on the right.

**Gardening** (by Mary Phelps and CL Steenfott)

*All photos in this section taken by me, CL Steenfott...a lot of them in Mary's yard but some were from my neighborhood as well. Since this is not my field of expertise I have asked others to help me identify plants and flowers in this section and you'll notice that some are still not identified. If you know them you're welcome to e-mail me with those identifications. A big mahalo to Mary for all her help in this section!*

Whether you like to garden or not, it's never been easier than it is here in Hawaii. We are blessed with many things here and an abundance of flowers is one of them. The red dirt here on Schofield is rich with nutrients that make gardening easy and fun. We may not appreciate it when it's tracked into our houses, but almost anything will grow in the Hawaiian Red Dirt.



Impatiens

**Impatiens** are especially easy to grow. They come in a variety of colors and best of all, if you know someone who has them, they are free. All you need to do is clip the top 6 inches off the flower and put in straight in the ground. (Impatiens tend to like partially shaded areas the best.) Then put a soaker hose (available at Self Help) around the newly planted



Impatiens

flower and in a week or so they will take off. It doesn't hurt the plant to clip off the top, they are hardy and grow



Red Ginger

back quickly.

**Ginger** is another plant that's easy to grow, the red and pink variety will go to seed after it flowers, and put out new growth from the flower, you can cut off the top 6 inches of the bloom and put it straight in the ground with a soaker hose just like you would with the Impatiens. Red Ginger smells spicy like edible ginger but is much larger and is

**The Perfumes of Polynesia:**

White Ginger, Gardenia, Plumeria, Pikake, and Orchid

sometimes planted as a privacy screen.

**White Ginger** or "Awapuhi" came to the Hawaiian Islands from India and now grows wild in the dense, lush green rain forests of the Hawaii. White & Yellow Ginger, grow and multiply easily. They are extremely fragrant, the white more so than the yellow. If you know someone who has



Purple Ginger

some in their yard, ask if you can dig up a root. It looks just like the ginger root you buy in the commissary. Plant it in the ground, water it, and enjoy. They tend to like partially sunny locations. Ginger is an excellent source for last minute floral arrangements, but before arranging, re-cut the stems, remove any foliage that will be under water and put in mix of warm water & floral preservative for a few hours or overnight. Place arrangement away



Indian Head Ginger



from direct sunlight, heat vents, air conditioners and drafts. Water and remove dying blooms and foliage daily. To prolong vase life, every 4 - 5 days, re-cut the stems and clean the container thoroughly. Floral preservative is recommended and is available commercially.



Bougainvillea

**Gardenia** is an evergreen shrub with glossy deep green leaves and large fragrant white flowers. They also do well in this environment and it is the fragrance that greets you when you arrive in Hawaii. The best place to buy them is at the Flea market. There is a man on the second row that sells the big plants with lots of blooms for about \$12. They are hardy and healthy. Gardenias like acidic soil, so fertilize with *Muracid* once or twice a month or other acid forming type fertilizer such as TLC Soluble Plant Food at 1/4 tsp. per quart every 3rd to 4th watering. (Note: I couldn't find anyone who had gardenias that I could take a picture of so I put in this picture of Bougainvillea that I thought looked nice.— CL Steenfott)



Plumeria

**Plumeria**, sometimes known as the "Hawaiian Frangipani" is a delicately sculptured five petal flower which grows abundantly in Hawaii. The delightful beauty of the Plumeria, along with its light but lasting colorful fragrance, makes it one of the most popular flowers for leis. Plumeria is also easy to root, just find a tree with the color blooms that you like, (they come in a vast number of colors and petal formations) and snap off a branch. Let it drain for three days. The white sap that comes out is poisonous, so keep it away from kids and pets. When the stem is dry on the bottom, just stick it in the ground and watch it grow. Unless you get a really big branch they usually take about a year to grow and branch out.



Stephanotis

**Stephanotis** (*Stephanotis Floribunda*) is another fragrant flower that vines and grows well here. For perfume, the (Madagascan Jasmine) is a real star. This is a moderately vigorous woody stemmed evergreen that climbs. The perfume of the flowers is stunning, and the flowering season is very long from

Spring through until Autumn. This flower is often used in bridal bouquets due to its perfume, and strikingly dark leaves, which contrast so well with the white flowers. This plant needs a minimum temperature of 13 - 16°C

**Pikake** is the common name for *Jasminum Sambac*. It is also known as the "Hawaiian Wedding Flower" symbolizing eternal love and aloha. Pi-



Pikake

kake is the Hawaiian word for peacock, named by Princess Kaiulani because of her fondness for the grace and beauty of the royal bird. It's another extremely easy flower to grow and it smells wonderful when it's in bloom. The shrub has sweet-scented white flowers in single or double form and can be made into perfume or leis. It is also used in herbal soap as you can see here. A single lei strand takes about 80 flowers and in a good season a bush may yield up to 36 strands. The flowers are also used to flavor jasmine tea and it is the National flower of the Philippines.

**Orchids** ("Pua Okikai") There are literally hundreds of orchid species, both wild and domestic, found throughout the islands. Most exotic and colorful of all flowers, the orchid most truly symbolizes all that is lush, rare and unusual in the depths of the Hawaiian jungle. Believe it or not, orchids are easy to care for! The trick is choosing the correct orchid for where you live and how you'd like to care for it. Orchids really are easy - we just need to relax, choose the best kind for us and everything will be great! Phalaenopsis are the easiest to grow but if you'd like to try one of the others try to choose one that comes from an environment that is already similar to that of our home. If you have a bright, sunny, warm location, choose: Cattleyas, Dendrobiums, Oncidiums or Vandas. If you have medium bright indirect light choose Miltonias.



Orchid Phalaenopsis

For more tips on how to care for Orchids: <http://www.orchidtips.com/>

Like I said gardening is easy here, be adventurous, branch out and have fun; your yard will look and smell wonderful.

A website that has great pictures and some good advice on plants: <http://www.gardenfla.com>



Pink Antherium

## Thrift Shop Volunteers

Can be reimbursed for up to 6 hours of babysitting while doing volunteer work for the Thrift Shop. Just take your receipt to the bookkeeper.

Interested? Call 624-3254.



**Flowers in the Neighborhood.** Here are some more photos I took of flowers and plants on Schofield Barracks...aren't they beautiful? Many thanks to all of you who let me traipse through your yards taking pictures.— CL Steenfort



Coleus



Pentstemon



Bird of Paradise



Papaya Tree



Plumeria



Hibiscus—Light Pink



Mandevilla



Calle Lily



Hima—Hawaii's State Flower



Hibiscus—Yellow



Hibiscus—Dark Pink



Hibiscus—Red



Banana Tree—Young



Taro Leaf



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