



Golden Dragon Gazette

1ST BATTALION 14TH INFANTRY

BATTALION NEWSLETTER 30th EDITION May 2004



DRAGON FIRE

LTC. D. MILLER

and CSM Clement Green

Aloha from Iraq!

Dear Golden Dragon Family and friends,

Sorry for not writing a message sooner. Since my letter in February, the Golden Dragon's Odyssey has continued – developing into what we are now calling the “Golden Dragon's Iraqi Tour – 2004.” Our operations tempo has been high and we have accomplished much.

The month of March was highlighted by the Shia Islam religious observance of Ashura and the celebration of the Kurdish New Year – both events were never allowed to be publicly conducted under Saddam Hussein. Due to our soldiers efforts, both events were executed in our area with very little violence. Other places in Iraq were not as successful in keeping peace as you may have noticed in places such as Falluja. The peace in our area is directly related to our soldiers' efforts at every level. During this time we also conducted several raids and search missions including four company air assaults to kill or capture terrorists – all very successful.

As March came to a close, the Battalion was tasked to take the majority of the unit to northern Iraq vicinity of Mosul in support of Operation VALIANT SABRE.

We were attached to the Stryker Brigade to help them conduct focused combat operations in their area. The Battalion dramatically represented the capabilities of the only Light Infantry Brigade in Iraq, by deploying to the area within 72 hours notice. A BN Raid by air and ground to capture seven terrorist supporters highlighted the operation. The mission was executed nearly perfect and we captured 4 of the 7 targets. The BN also provided security for Engineers on the Syrian border. The Stryker Brigade took good care of us and soldiers enjoyed Brown and Root Contracted Dining Facilities and very good living accommodations. Meanwhile, part of our staff, the mortar and ADA platoons as well as an attached Cavalry troop kept things together on FOB Bernstein. While the mission was scheduled to last about 30 days, it was cut short when the situation in southern Iraq started to heat up in areas like Fallujah and Najaf.

With no notice, the Battalion was tasked to depart Mosul, stop off in TUZ to pick up the rest of the Battalion and deploy to the city of Najaf to kill or capture Muktar Sadr and his militia. Miraculously, our soldiers were able to pull this off in just 96 hours! This included moving by air and ground over two thirds of Iraq (from the Syrian Border in the North West to Najaf in the south east). We were detached from the Stryker Brigade and attached to 3d Brigade, 1st Infantry Division. Najaf is a city as holy to the Shia Muslims as the Vatican is to Catholics. Sadr has

made the eastern part of the city a stronghold, and as I write this letter the Battalion is containing him in his area and preventing him from being reinforced or escaping. The stakes are high here and media from around the globe are present. An LA Times reporter (Edmund Sanders) is embedded with us. During operations around the city to clear enemy forces, we've had two contacts, inflicting significant losses to Sadr in both cases. Our soldiers have proven their skill and bravery in our first significant enemy fire and resistance. All our fighting occurred in the Kufa Bridge Area – east of the city. We effectively contained the enemy and our soldier's efforts demonstrated our right to stay “at the Right of the Line.” We did take two casualties – both doing well right now, thank God. Our containment of the Sadr Militia in Najaf is allowing our political leaders to force a settlement to the larger crisis in Iraq that is in the long-term interest of the country and freedom. Our soldiers have endured extreme heat, dust storms, cold, rain and a complete lack of services (hot food, showers, water, mail, e-mail etc) during this mission – no soldier has complained at all. We know how important this assignment is. CSM

“Fair Winds and
Following Seas”

Ameret Budifhas
Gazette Editor

Jan. 2002- May 2004

Green and I are proud of all these men. Soon another unit will relieve us and we will return to Tuz and FOB Bernstein to resume our normal duties.

In the past month, the Golden Dragon Soldiers have proven our ability to rapidly move anywhere in the Iraq Theater with little notice. We have demonstrated to all: our professionalism and skill, our ability to work with any unit in any conditions, and the flexibility to adjust to a very fluid political environment. Most important, we have proven our ability to face enemy fire, overcome it and achieve our mission. Every Golden Dragon soldier is stronger and more confident as a result of this mission. We also value our family and friends even more.

Iraq's future is promising, but it still has a long way to go to safety and freedom. I will not be surprised if we are called to more hot spots in the near future. If so, rest assured the experience we gained during these missions will serve us well.

Be proud of these soldiers – they are the best in the Army. Keep us in your hearts and prayers as we do you in ours. Until next month, God Bless you all.

Sincerely,

LTC Dave Miller
CSM Clem Green

"We aspire to nothing that belongs to others. We seek no dominion over our fellow man, but man's dominion over tyranny and misery."

-Lyndon B. Johnson



HHC
"HEADHUNTERS"
COMPANY

CONTACT INFORMATION:

CPT Alex Duran
1SG Luis Rivera
FRG Leader:
Rebecca Duran 681-3763
FRG Alternate:
Claribel Rivera 836-0250

From the Commander:

Aloha!

It truly has been a change in pace from our normal routine. That is to say that in this environment changes are very fluid and it affects both our soldiers and you on the Home Front. With that, everyone has been phenomenal adapting to this change in pace. HHC has once again proven to be a professional organization ready to meet any challenges.

The company quickly assembled back into our home base in Tuz and within forty-eight hours the entire battalion was on the road to a very austere and isolated environment. Sergeant Toyllens, from the Food Service Section, said it best "The Company not only endured the rigors of the heat (over 110 degrees or more at times), the cumbersome walk and drive through the desert sand, but also wind gust that exceeded over 40 MPH". The lack of hygiene facilities, the absence of telephones, and internet facilities only added to the isolation of the

desert. Despite all of this, every soldier focused on the mission and made every American proud.

The good news! The company is now packing up after a successful operation and marching back to our home base. From there, contact with love ones would be facilitated once again. Every soldier in this company deserves a strong pat on the back for a job well done.

Another good news is the selection to captain for 1LT Hussey (Company Executive Officer), 1LT Hudson (Scout Platoon Leader), 1LT Everett (Support Platoon Leader), and 1LT Loftis (Assistant Operations Officer). Congratulations to these outstanding soldiers!

Once again, your support is our driving energy. Thank you for all that you do for us. Keep us in your prayers as we face yet another unknown chapter in the history of the Golden Dragons, Headquarters and Headquarters Company.

Sincerely,

CPT Duran/1SG Rivera

FRG NEWS:

WE WANT TO THANK EVERYONE FOR THEIR SUPPORT. WE SURELY HAD A STRESSFUL MONTH OF APRIL FOR ALL, THE LACK OF COMMUNICATION WITH OUR SPOUSES, THE STRESS OF WAITING AND NOT KNOWING. BUT WE ALL GOT THROUGH IT, WE'RE SO PROUD OF ALL OF YOU.

WE HAD A WONDERFUL POC'S GET TOGETHER IN

APRIL AT 'BUCCA DE BEPPO'. WE CERTAINLY ENJOYED GETTING TO KNOW EACH OTHER MORE AND SHARING OUR EXPERIENCES IN FRG AND BEING IN THE MILITARY FAMILY. THANKS TO ALL THAT WERE ABLE TO MAKE IT, FOR THOSE OF YOU THAT COULDN'T JOIN US, WE HOPE WE'LL SEE YOU AT OUR FUTURE POC MEETINGS.

THANK YOU AGAIN TO THOSE WHO CONTINUES TO DEVOTE THEIR TIME IN VOLUNTEERING IN OUR BATTALION AND COMPANY ACTIVITIES. DON'T FORGET TO SHOW YOUR SUPPORT IN THE BATTALION CAR WASH ON MAY 28 AND HHC CAR WASH ON MAY 29. WE NEED ALL THE HELP WE CAN GET!!!!

WE WOULD LIKE TO ACKNOWLEDGE, MANDY MITCHELL, SHE'S OUR NEW FUNDRAISING/ACTIVITY CHAIRPERSON. SHE'S DOING SUCH A GREAT JOB, NOT JUST WITHIN HHC BUT ALSO DEDICATED IN THE HOME-COMING COMMITTEE WITH THE BATTALION. THANK YOU SO MUCH MANDY!!

IF YOU HAVE ANY QUESTIONS OR CONCERNS, PLEASE DON'T HESITATE TO CALL OR EMAIL US.

STAY STRONG!!!!!!!!!!

REBECCA DURAN-681-3763
CLARIBEL RIVERA-836-0250

EMAIL ADDRESS:

frghc114@hotmail.com

ALPHA "ANIMALS" COMPANY

Contact Numbers

Battalion Chaplain: 655-1876
FRG Ldr Ameret Budihas: 676-8262
BN SDNCO: 655-4897

Events

FRG Meetings are held the 1st
Wednesday of each month.

From the Commander:

It's been one heck of a ride over here in Iraq so far. From Daquq to Tall Afar to Najaf, the company is seeing a good portion of Iraq. Your spouses and sons have been doing a remarkable job over here. Between winning the hearts and minds of the Iraqi population in the Daquq Region to catching and destroying terrorist in the north and south, they are making a positive impact on what's happening in this country. Every single American should be proud of what their young men are doing daily.

For you spouses and parents, thanks for your sacrifice by allowing your soldier to serve. Not many Americans do what we do regularly. These men are a special breed and I am extremely proud to be surrounded by them daily. So, hang in there, we are almost half way there. So far, you guys are doing an excellent job on the home front. You definitely have the harder job! I could not do what my wife does. By the way, Happy Mother's Day for you mothers.

So, what does the future hold for Alpha Company? Who knows, in Iraq everything is subject to

change. Right now, we will be going back to Daquq and Forward Operating Base GRANT. Colonel Miles guaranteed me that by the end of this week our modem and satellite system would be repaired and working, so that when we move back in, the soldiers will be able to use the phones and internet. Everyone is looking forward to getting back to Daquq in order to have some stability and a place to call our own. Additionally, at the end of this month or beginning of next, I will change command and Captain Jim Pangelinan will take over as the Alpha Company Commander. So, I have one last newsletter left, before I sign off. Take care.

CPT Budihas- Reaper-6
"Swift, Silent, and Deadly"



**HAPPY
BIRTHDAY! TO
EVERYONE
WITH A
BIRTHDAY IN MAY!**

FRG NEWS:

Dear Spouses, Parents, Families and Friends,

The guys have had an adventurous month, but are safe back at FOB Grant with communications up and running again. Hooah!

Our joint car wash with Charlie Company was a success with each company earning approximately \$250 for 4 hours of work. Many thanks to those that helped: Anissa Baker, Hilary Breault, Nancy LeDuc, Fran Oquendo, Susanne Ordonez, Becky Morris, Eileen Godinez, Susan Connell, Cookie Gutierrez, Ameret

Budihas, Sgt. Corrales, Pvt Shubin, Pvt Darnell, Pvt Irre, Pvt Corley, Pvt Rich, SPC Grace, and a huge MAHALO to Pack 167 Cub Scouts for lending us their car wash supplies!

Thank you to LeAnn Fechter, Nekita Smith and Ameret Budihas for helping out with the food drive!

Kudos to Hilary Breault, not only for her outstanding efforts as a POC but also as our representative on the Fundraising Committee. To LeAnn Fechter, Anissa Baker, Fran Oquendo, and Nekita Smith, many thanks for your support and efforts as POCs. Things would not run as smoothly without ya'll.

This is my last newsletter as your FRG Leader. I have been the FRG Leader for Alpha Company for over two years and have thoroughly enjoyed getting to know everyone - Soldiers and families alike. You have been my support and sanity throughout. I will miss this interaction, however, like life itself everything changes and my time has come to move on.

The FRG has been successful because of YOU! Thank you for all each of you have done to make our FRG simple and fun!

Your continued support of the FRG will be greatly welcomed to the new leader and the incoming Company Commander, CPT. James Pangelinan. Take care of yourselves and each other. We will not only survive but grow and flourish through this deployment!

Adjust, Adapt and Overcome,
Ameret Budihas

BRAVO "BUSHMASTERS" COMPANY

Company Commander
CPT Christopher Altavilla
First Sergeant
1SG Michael Neill

From the Commander:

Hello from the front!

This is only my second writing since deploying, but this time is more satisfying than the last. Over the last 3 months the men of B Company have accomplished many things on our mission to restore peace and stability to Iraq.

We just returned from a 2 week mission to the holy city of An Najaf, where the battalion's presence forced radical leader Muqtada al Sadr to negotiate terms to disarm his militia. During that time, our company was detached from 1-14IN and worked with a mechanized infantry battalion out of Germany, 2-2IN. The company patrolled areas north of Najaf along the Euphrates River, ensuring the area was free of Sadr's supporters. That operation followed a 10 day stint in Tall Afar, near the northern city of Mosul, where the battalion was responsible for capturing 8 suspected terrorists. During that mission, 3rd PLT went on a mission to secure engineers who were repairing portion of the Syrian border.

I assure you that the men are doing well and that they have a renewed sense of focus on our mission. On every operation we have been tasked with, B Company has conducted itself professionally and we have aggressively persuaded

the enemy. To date, we have sustained no casualties.

Like I have said before, our Soldiers would not be able to do such a great job without the love and support of all our families back in Hawaii and on the main land. As each day passes we make more of a difference in Iraq, and we are one day closer to coming home. Thanks and God Bless.

Sincerely,
CPT Chris Altavilla

FRG NEWS:



Aloha Bravo
Company Wives!

I hope that April was a nice month for you. I know that many of us had a lapse in communication with our husbands and loved ones, but it seems that things are going to go back to what we knew as normal for the company. As you know, everything is subject to change! Phone and email communication is up again, at least for now.

There will be a battalion car wash on Friday, May 28th. This will take place on post near the gas station outside of Foote gate. The hours of the car wash are from 8am-4pm that day. Bravo Company has been asked for volunteers to help between the hours of 12-2pm. Please let us know if you would like to help out. All proceeds will go towards our welcome home party when 1-14IN returns.

Our next FRG meeting will be on Thursday, June 10th at 6:00 pm.

The Army Ball is on June 17th at the Ilikai Hotel. This year they are especially honoring military spouses and calling it the "yellow ribbon ball." There will be several tickets available and luxury bus transportation from post. If you are interested in getting dressed up for a night out with the girls, let us know if you want to go!

Please let Sandy or me know if you have questions or concerns. We are more than a $\frac{1}{4}$ of the way there! Thanks for your strength and support.

Sincerely,
Marie Altavilla
680-9211~ 255-5827
~ctaltavilla@hotmail.com
Sandy Neill
621-9203~
spike5vb@hawaii.rr.com



**CHARLIE
COMPANY
"Charlie Rock"**

IMPORTANT NUMBERS AND
CPT Ad Godinez (Commander)
1SG Tracy

FROM THE COMMANDER:

As I write this, we are going into our 4th month and so far we have had a few guys get to go home on leave. The system is currently not working as well as it should. We continue to evolve our criteria so that we can send the right people

on leave and R&R. We are looking at approximately 50%, based on the numbers that 1st Infantry Division is currently giving us, that will be able to go on leave. We are going to distribute that in the most equitable way that we can, based on performance. The rest of our soldiers should get an R&R program to one of the local hot spots. I will let them keep you informed as to location.

The next thing I want to share with you is that the enemy that we face right now is the guy that President Bush spoke about. This enemy is a common criminal with a loose affiliation with the regional terrorist groups and the former Regime elements. He is, luckily, a horrible shot and an even less organized enemy than you can imagine.

I am proud of the performance from your loved ones. They are the rightful heirs of our Nation's standards. I don't know how many stories we will write this year. I can't even begin to imagine the passages that will be filled with the heroes from our battalion and our company. You can be sure of one thing; they will continue to perform in heroic measure. I am proud that I have been with them this long. We have built a great team, a family that lives together and makes it through the toughest of times together. Thank you for working together and trying to build this family

Please congratulate Charlie & Ingrid Ward for their recent selection to E8. The Army makes a good decision every now and then. I know that SFC (P) Ward will make a great 1SG and knows how to train Lieutenants, Captains, and every one in between. He's

going to continue to be a great coach, mentor, and teacher for generations of soldiers. Again, a well deserved congratulations to the Ward Family.

God Speed and hope to hear from you, soon.

Rock 6, standing by.
~Ad Godinez

BIRTHDAYS in APRIL:

SPC DAVIDSON
CPL DUKE
CPL MATHIS
SGT IAULUAULO
PFC NEIDIG
SGT ROMAN
SGT ROMERO
SGT BOMAR
SSG NESBITT

FRG NEWS:

Charlie Co Ladies:

A big mahalo to all of you who helped out at our Battalion food drive at the commissary on 1 & 2 May. The Battalion collected a lot of great items to send to our soldiers and many people were very generous in donating cash to help us with the postage expenses. Also, thank you to all the ladies who came out to support the car wash with A Co on 6 May. Another great success and I appreciate all your help.

Charlie Company is doing great things in Iraq and Ad has told me on many occasions how proud he is of the soldiers. He said they have really come together as a company and exhibited the utmost professionalism in the most difficult of situations. We should all be proud of the work they are doing. As many of you know the R&R program has started although not everyone will get to take advantage of it. I am not sure how they are deciding who gets to participate but

I know the Battalion is trying to give priority to soldiers with new babies and families. I am sure the unit is doing everything they can to accommodate as many soldiers as possible although mission dictates everything so please have patience.

Just a reminder our next FRG meeting will be held Wednesday, 16 June. If you have any ideas for an activity or project please let me know. Thanks again for all your support and for being so strong during this challenging time. I could not be more proud to be a part of such an awesome group of spouses. Remember the FRG is there for you so if you have any questions always feel free to call your POC or me.

Another month down!

God bless
Eileen



Gina's Corner

Aloha everyone.

We are almost one third of the way through the deployment and I hope everyone is doing well. I want to thank everyone for helping with the Funfest, we had a great time. Special thanks to Ameret for providing the cotton candy machine and to our youngest Dragon Lady, Loren, for giving up her Saturday to volunteer. The BN carwash will be on May 8th, 8-5pm. The BN carwash, along with other BN fundraising events, are to help pay for the reunion party when the soldiers return. We'll need some volunteers so contact your POC if you are interested.

Thanks,
GINA



BE IN THE KNOW... SPOUSE INFO NOTES

Editors Note: Please be aware that you may obtain all of this information from other sources. Check out the full Spouses Info Notes on-line at www.25idl.army.mil or check out the Army Weekly or Channel 2 (on post) or ACS or DCA magazine Discovery.



OIF/OEF UPDATES

News Coverage - The Honolulu Advertiser has a web link for up to the minute information from their reporter and photographer embedded with 2 BCT in OIF. The link also includes postcards from our Soldiers, a photo gallery and the capability to send an email message of encouragement to our troops. The link can be accessed from the Division web site www.25idl.army.mil by going to the right column and clicking on "OIF News Coverage."

MWR Events: To see what's happening this week at MWR, please go to the link below and view their flyer of events, or call Candace Godfrey, MWR Marketing, at 438-0117. www.mwrarmyhawaii.com/Happenings.pdf

HEALTH NEWS

LTC Newson 433-8509\
Fax 433-8505

Blood Drives:

When: Every Monday
Where: Bldg 678, Schofield Barracks
Time: 9:00 - 12:00 noon
POC: Captain Bukovitz, Tripler
Blood Donor Center, 433-6193

With the recent deployment of the 25th Infantry Division Soldiers, the pool of available blood donors has dropped dramatically. Please consider becoming a blood donor. It saves lives.

Thank you, Judy Rossi,
American Red Cross, Schofield
Barracks.

New Contract Physicians:

Deployments at Schofield Barracks have affected each of us on a personal level whether it's a spouse, neighbor or friend. Several physicians at the Schofield Barracks Health Clinic are also among those deploying. While this will not impact the availability of services at the clinic, it will mean that new contract physicians will be hired to fill the vacant positions. The impact on you may be that you will have a new primary care manager to oversee your care. We are actively working to make this a seamless process and ensure quality of care remains a priority. Thanks for your patience, but don't hesitate to contact the patient representative if you need assistance in resolving healthcare issues.

Living Healthy Habits is a program brought to Schofield Barracks by MG and Mrs. Eric Olson as a matter of personal interest in and concern for our military families. The Olson's have a vision for offering an opportunity for Soldiers and their families to be involved in a process that considers their needs as *whole* persons, not just as Soldiers and not just for use during this long deployment. Living Healthy Habits makes use of Stephen Covey's best-selling book *The 7 Habits of Highly Effective Families*. The material provides families a framework for using principles that strengthen the ties between them, helping them to preserve what is most precious and priceless in life.

Living Healthy Habits trains individuals and family members to:

1. accept personal responsibility for their lives and resist living in the “react” mode
2. define what kind of family they want to be and intentionally prioritize their lives to reflect this
3. learn to find the options that meet each family member’s need to grow and be nurtured
4. explore creative and empowering family solutions that exceed mere solitary thinking
5. learn to value the care of each family member: body, mind and spirit.

Living Healthy Habits training classes are offered on Schofield Barracks for all members of the community on a recurring basis through three conduits: through the Chaplains, both deployed and in the rear, ACS and Family Readiness Groups (FRGs). In tandem with the pace of the deployment, additional classes are being offered as units depart the island. Mrs. Olson has organized a Living Healthy Habits Steering Committee, of which she is the Honorary Chair, to track the delivery of this important program to our community. Michele Adams-Thompson is the Chairperson and Michael Irvin is the Co-Chairman, both spouses of deploying Soldiers and community volunteers. Five other community members and ACS personnel who have received the training also serve on the steering committee.

For more information or to register for a class:

Michele Adams-Thompson 624-9816

adamsthompson2@earthlink.net

Michael Irvin 626-4198

ftothe3rd@yahoo.com

ACS 655-2400

Div Chaplain’s Office 655-9303.

SHOPPING

New Schofield Commissary Hours: Old Schedule

Sat - Sun 0700-0900 Early Bird
w/15 item limit

1000-2000 Regular Shopping

Mon-Fri 0800-1000 Early Bird
w/15 item limit

1000-2000 Regular Shopping

New Schedule

Sat - Sun 0700-0800 Early Bird
w/15 item limit

0800-1900 Regular Shopping

Mon-Fri 0800-0900 Early Bird
w/15 item limit

0900-2000 Regular Shopping

THRIFT SHOPS

Fort Shafter Thrift Shop: (Katie Kane, Manager, 842-1074)

Thrift Shop hours for Tuesdays, Fridays and the 1st Saturday of each month are 9 a.m. to 1 p.m. New consignment hours are from 9:00 a.m. to 10:30 a.m. Tuesdays and Fridays only.

Schofield Thrift Shop: Mini McKenna: Liaison - 624-3254, McKennamm@aol.com

Thrift Shop hours for Tuesdays, Thursdays and the 1st Saturday of each month are 9 a.m.-1 p.m. Consignments hours are now everyday from 9 a.m.-12 p.m. We will gladly consign your gently used, good quality items, up to 15 items per day (clothing limited to 10 items per day).



COMMUNITY CHAPELS

Schofield Barracks Area – including HMR (Nancy Griffith, 624-1718)

Crossroads Coffeehouse is emphasizing ministry to families of deployed Soldiers in the coming months. Please announce to your Family Readiness Groups (FRGs) that they are encouraged to schedule brief meetings and have fun time at the Coffeehouse. Point of contact for

scheduling is Elizabeth Schaefer, 624-1230. Crossroads is open every Friday at Ka’ala Recreation Center on Schofield (same building as ITR). It is open from 6-10 p.m. and has live bands, games, putt-putt golf and pool, videos, cappuccino, snacks, fellowship and Bible study.

Crossroads Tea Room is open for you on Friday evenings, 6-10 p.m. It is located at Crossroads Coffeehouse in the Ka’ala Rec. Center. This inviting room is a haven for spouses of deployed Soldiers. It’s a place where you’ll find encouragement and hope during challenging times. In addition to your tea/sodas/snacks (free), you’ll find a place of rest and inspiration. Children are welcome to join you and can play in a safe and fun area while you supervise and simply enjoy friendship and peace. NOTE: FRG leaders are especially invited to come and see this Tea Room and share the information with their units. The Tea Room is also open Thursdays, from 9-10 a.m. for those who would like prayer support while their spouse is deployed. Younger children are welcome. There will be someone there from the Chapel to be with you and support you in prayer.

Protestant Women of the Chapel meets Tuesdays at 9:00 a.m. in room 212 at the Main Post Chapel, Bldg 791. For more information contact Dawn Squire at 624-3872. Child care will be coordinated by Betsy Miles at 624-4223.

Bible Club meets Wednesdays from 2:30 to 4:30 p.m. Call Debby Gregory or Anna Johnson for more information at 655-6645.

Protestant Youth Groups meet on Sundays. The Middle School youth group meets from 4-5:30 p.m. at the Main Post Chapel. Call CH Kruger for more information at 655-8089 or 624-9838. The Senior High youth group meets at CH Baum’s home, 512 Morris Rd, from 7:30 to 9:00 p.m. Call CH Baum for more information at 655-9307 or 624-0509.

Catholic Youth Ministry Team

meets on Sundays from 6 to 7:30 p.m. at the Main Post Chapel Center. Anyone in grades 8-12 is welcome. Call the Chapel Center at 655-9307 for more information.

Sunday School classes are available for all ages. Call Debby Gregory for more info at 655-6645.

Women's Evening Bible Study is available Wednesdays at 6:30 p.m. Contact Connie Cady at 630-2333.

Military Council of Catholic Women (MCCW) meets at AMR chapel for Mass and Bible studies on Fridays.

Fort Shafter Area – including AMR and Ft DeRussy (Kathy Hudson, 839-4319)

Sunday School is available for all ages.



Bible Club meets Sunday at 4:30 p.m.

Protestant Women of the Chapel meets Tuesdays at 9 a.m.

Military Council of Catholic Women (MCCW) meets for Mass and Bible studies on Thursdays.

Gospel Adults meet on Tuesday evenings at 7 p.m. for Bible study at varying locations.

Gospel Women's Fellowship meets once each month on the 2nd Saturday at alternating member's homes.

For additional information on any of the above activities, please call Kathy at 839-4319.

HUI

Hui O Na Wahine - Schofield Barracks (Karen Maxton 624-3073, gregmaxton@aol.com)

Hui O Wahine – Ft Shafter (Laurie Batule, 842-4441)

ARMED SERVICES YMCA

Wheeler (Dela LaFleur, 624-5645)

Playmorning - This mobile playgroup is designed for children up to age 5 and their parents or caregivers. Playmorning features circle time, play-doh, crafts, songs, games and more. The program is held from 9 a.m. to 11 a.m. at the following locations:

Monday Wheeler ASYMCA, 782 Santos Dumont Ave Helemano Community Center, Bldg. P1 AMR ASYMCA, 1875 Aliamanu

Tuesday Fort Shafter Super Playground

Wednesday Wheeler ASYMCA, AMR ASYMCA,

Thursday Helemano Community Center, Bldg. P1

Friday Wheeler ASYMCA AMR ASYMCA

Call 624-5645 for details about Wheeler and HMR sites and 833-1185 for information on the AMR and Ft. Shafter sites.

Prepared Childbirth -This class is designed to prepare you for labor, birth and postpartum. The cost is \$50 for E5 and below; \$65 for E6 and above. Pre-payment is required and space is limited. The next class at Wheeler runs May 20 & 27 and June 3 & 10.

Volunteer Opportunities - We can always use assistance with program delivery, special event preparation, and various other projects. If you have carpentry, gardening, or painting skills, we are especially in need of your help.

Children's Waiting Room - The Children's Waiting Room is located at Tripler Army Medical Center and is open Monday, Tuesday, and Thursday

from 8:00 a.m. - 12:00 p.m. Parents needing childcare while they have medical appointments can reserve a spot. We are also in need of volunteers to keep this program running. If you are interested in volunteering, or placing an appointment, please call 833-1185.

Keiki Care - This comprehensive babysitter's course is designed for 11-17 year olds and covers interviewing techniques, basic child care skills, ideas for age appropriate toys and games, discipline strategies and more. CPR and First Aid Certification are included. Cost of this two-day training is \$40. Pre-registration is required and space is limited. We will be offering a class on June 15 and 16 from 9:00 a.m. to 3:00 p.m.

Certified Babysitter List - We just completed our two-day babysitter training and have some talented teens eager to find work. If you're looking for a sitter, drop by our office to pick up a copy of the latest list. If you're interested in having your name added to the list, call 624-5645 for information on our summer classes so you can qualify.

Food For Families - Our food locker is available to anyone in need. Call the office for more information. Thank you to all the departing families who donated non-perishable items to replenish our supply.

SCHOOL LIAISON UPDATES

Kristina M. Noriega-Artis, 655-2264

Home School: The home school group has approximately 45 students that are on email distributions and 25 of these students are active participants. The group meets once a week (usually on Tuesday afternoons at 1:00 p.m.) for a variety of activities that are planned by a group of 6 parents who have volunteered to organize activities which fall within several core areas (field trips, home economics, physical fitness and park days, and arts & crafts). Families are able to encourage each other at these

weekly meetings and they often share curriculum and educational ideas with each other.

Sports and Fitness Program: A partnership with Child & Youth Services (CYS) Sports and Fitness Program has been initiated and home school families are able to participate in an optional sports clinic on Fridays between 12:30 p.m.-1:30 p.m. These clinics teach youth about health, fitness, and life skills and cost \$8 a month with discounts for families with multiple children. These clinics are organized similar to a PE class that students would attend in the public school system.

To join the home school group, active duty military families are required to join CYS and the \$15 annual fee has been waived for them. (Kristina M. Noriega-Artis, Army School Liaison Officer (808) 655-2264)

Youth Sponsorship:

The CYS Middle School/Teen Program is

partnering with the School Liaison

Office to implement

the Youth Sponsorship program that welcomes new youth moving to Hawaii. Youth Sponsors from Hawaii are matched up with incoming youth and help to ease their fears of transitioning to a new area. Youth Sponsors send welcome packets, emails and letters to incoming youth before they arrive, and provide teen center and school tours once they are on island. In addition, the Youth Sponsors are working on putting together a welcome video that can be mailed to incoming youth and planning two Hail & Farewells a year, to support the large number of families moving to Hawaii in December and June. (Kristina M. Noriega-Artis, Army School Liaison Officer (808) 655-2264).



MISCELLANEOUS



Blue Star Deployment Card is a special discount card available to support families of deployed Soldiers. This card entitles the user to numerous discounts at MWR facilities, such as child and youth services, and other activities and events. These cards are available at the Installation Access Pass (IAP) offices, which are operational 7 days a week from 9:00 a.m. - 4:00 p.m. The Leilehua IAP office has begun to offer extended hours (9:00 a.m.-7:30 p.m.) on Wednesdays. For more info, please call 655-1620.

ACAP for Transitioning Spouses: Is our Army spouse leaving the military? If so, you are eligible to register for career counseling and transition services at the ACAP Center as early as one year prior to separation. If you are a spouse of a retiring service member, you may register as early as two years prior to retirement. You can attend a two-day job assistance workshop, receive one-on-one career counseling, use career assessment and research computer programs, get help with resumes and applications, find out where the jobs are and how to get them, and much more. Call the ACAP Center at 655-1028 to register today or stop by room 3H in the Aloha Center (bldg 690). Office hours are 8:00 a.m. to 4:00 p.m. Monday-Friday. For more information, visit the ACAP Web site at www.acap.army.mil.

Coming in June to ACS...

COPING WITH SEPARATION

Tuesday, June 15

0930-1130

AMR Chapel

Thursday, June 17

1200-1300

ACS Building 2091 SB

Deployments can be hard on parents and kids. Get the skills needed to help your children and make separations manageable for your family. Learn

**2004
Pacific Tour
FunTime
Revue**

Presented by: Armed Forces Entertainment

FREE SHOW

**Open to All Kids, Family, &
Military Personnel
"Come Early for Best
Seats!"**

Wednesday, June 2

2:30 pm

Tropics, SB

Thursday, June 3

3:00 pm

AMR Youth Gym

**Pretend Circus, Magician,
Balloon Wizard and more...**

**For more information call
656-0110**

about communicating from a distance, the importance of routines, maintaining a link with the deployed parent, and how to encourage children to communicate their feelings.

STRESS SOLUTIONS

Are you stressed out? Can you use some creative ways to manage stress? Come learn basic information and models for designing a personalized stress management program.

Tuesday, June 8

1200-1300

ACS Building 2091 SB

Thursday, June 17

1400-1600

ACS, Aloha Center, FS

Thursday, June 24

1400-1600

ACS Building 2091 SB

LUNCH TIME LEARNING

Join FAP for on-going workshops that address the skills you need for life. All workshops make it easy for you to come learn new skills and then get on with your day.

1200-1300
ACS Building 2091 SB

Single Parent Network
Wednesday, June 2

Stress Solutions
Tuesday, June 8

Building Better Behavior: Parenting Your 1 to 4 Year Old
Wednesday, June 16

Active Communication: How to win cooperation with your child
Wednesday, June 23

The Magic of Family Meetings: How they solve problems and teach values
Wednesday, June 30

DEPLOYMENT SURVIVAL CLASSES

Financial Readiness
Deployment Debt Freedom
June 3, 17 0900-1000

Don't Get Scammed
June 3 1520-1630

My Pay
June 10, 24 0900-1000

Women and Investing
June 10 1830-1930

What are Your Insurance Needs?
June 17 1530-1630

Credit Sense
June 24 1530-1630

Family Readiness
FRG Leader Support Group
June 9 1100-1300

Deployment & Family Crisis
June 21 1800-2000

Family Care Plan
June 22 1300-1500

Dare to be Happy

*Dare to be happy - don't shy away,
Reach out and capture the joy of Today!*

*Life is for living! Give it a try.
Open your heart to that sun in the sky.*

*Dare to be loving, and trusting, and true;
Treasure the hours with those dear to you.*

*Dare to be kind—it's more fun than you know;
Give joy to others, and watch your own grow.*

*Dare to admit all your blessings, and then
Every day count them all over again.*

*Dare to be happy, don't be afraid -
This is the day which the Lord hath made!*

**4TH OF JULY
Spectacular**

50% Discount on PRESALE 4th of July Game and Ride Ticket Available at Tropics and SB and FS ITR Offices on Monday, June 28 to Saturday, July 3.

**50% Discount on 4th of July PICNIC SITES
Limit One per OIR/OER FRG
Regular price \$60, discounted price \$30
First come, first served, beginning June 1, 2004 at 9:00 am at the Tropics.**



For more information, call 656-0110