



Pau Hana Koa

Retired Warriors

Hawaii Chapter Military Officers Association of America

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WEBSITE <http://www.moaa-hawaii.org>

July 2005



**Major General Olson 25th Infantry Division
Schofield Barracks
Chapter Luncheon**
by Col. John Harms, US Marine Corps (ret.)

On June 8, 2005 our Chapter was privileged to hear from MG (LTG select) Eric T. Olson, Commanding General, 25th Infantry Division, US Army. Our Chapter Doctor in Residence, Bill Quirk, who has been selected for Colonel, and should pin on his "Eagles"

shortly, arranged this appearance. General Olson appeared to be really pleased to have this speaking opportunity to a part of the retired military community. Some highlights from this talk may be of interest to our Chapter as a group. First he stressed his appreciation to our Chapter for the support we are giving the military personnel in the Mid East especially our adopted platoon, the 25thFAD. He challenged us to be the "bridge" between the military and the civilian community at large, so that this community understands the missions, challenges, and family impact this War on Terrorism has on our active duty military. In My opinion, we are also not restrained by "political correctness" (what ever that is), so can tell it as it is from our military experiences over the years.

This 18-month deployment by the 25th ID was longer than our 12-month experiences in Vietnam, but shorter than WW II and Korea deployment "till hostilities cease". This was also the first time since Korea that the 25th ID was deployed as a single unit, not small-specialized units or personnel going with other units.

General Olson then spoke of specific issues, starting with Afghanistan. He was truly moved when explaining the

abject poverty of this Nation and the continuous difficult hardships that these people have to endure, but their sense and positive feeling of opportunity that better days are on the horizon was truly uplifting. He expressed an opinion that Osama Bin Laden may never be caught and to remember the border between Pakistan and Afghanistan is almost as long as from New York to Key West except that the terrain is so rugged and tortuous, that persons could hide out for a life time without being seen.

The counterinsurgency program though has and is continuing to have big and little successes that keep Bin Laden and his Al Qaeda off balance and away from effective leadership of his terrorist enterprise.

The reconstruction effort must now be elevated from schoolroom and water well construction projects to over all major infrastructure and economic programs. These will improve the quality of life for the Afghanistan people, and stabilize this portion of the region. Surprise, the Afghan people want the same basic things we desire; food on the table, safe and secure environment to raise their families, and a positive future for their children to have hope and promise for a better tomorrow.

(continued on page 5)

Coming Events

July

2 July (Sat) The Users Group (TUG) 1000 Computer Training, Bishop Museum, Paki Bldg.

11 July (Mon) PAC Meeting 1200 Orville and Wilbur Club HAFB

No Chapter Luncheon this month

15 July (Fri) Excom Mtg, MCBH O'Club 1130

30 July (Sat) MOAA Party Bridge 1900
For reservations call Robbie Gee at 255-4558

Coming Events

August

6 August (Sat) The Users Group (TUG) 1000 Computer Training, Bishop Museum, Paki Bldg.

19 Aug (Fri) Excom Mtg, MCBH O'Club 1130

21 Aug (Sun) Annual Picnic, Pavillion A, Bellows AFS.
See flyer on page 5 for details. (1200)

27 Aug (Sat) MOAA Party Bridge 1900
For reservations call Robbie Gee at 255-4558



Your President's Message by Col. John Harms USMC (Ret.)

Our Chapter has been privileged to have three speakers at our monthly activities that have provided some real insights on what is occurring on our War On Terriorm in the Middle East.

In April BGen (MGen selected) Trautman and 1st Lt Brown – USMC provided excellent talks on both some of the strategic issues and “on the deck” facts, by Lt. Brown who was the Company Executive Officer for the Marine battle at Al Fallujah. Then in June we were privileged to hear from MGen (Lt. Gen. selected) Olson, the Commanding General of the 25th Infantry Division at Schofield Barracks, who just returned with his unit from Afghanistan and Iraq. From my perspective there were two significant issues that came across from these speeches. First and foremost were the truly exceptional young men and women we have in our military services today that are taking the battle to the enemy in their back yard, and not within ours. The Marines, Army, Air Force, Navy and Coast Guard personnel are very well trained with exceptionally high moral, and professionalism that is difficult to describe. This is a small leaders war of fire teams, squads, platoons and companyies in the attack, where decisions of mission accomplishment and the care of their troops are being conducted by young men and women 18 to 24 years of age. Do you remember your maturity at this age, with the exception of those who were shipped out to WW II, or Korea or Vietnam where we grew up VERY fast or were not around to talk about it?

The second is the limited and apparent bias in all forms of media reporting on the Middle East war. I recall when as the G4 at FMF Pacific during the Granada Invasion, I was cleared to hear the many highly classified briefings within the CINCPAC “tank”, then go out and hear retired “arm chair” generals and colonels who in the media provided “insights” on what was going on during the battle, with mostly erroneous conclusions. These retired officers should have known that only a very small percentage of what is “really” going on is unclassified, and to draw conclusions on what our military forces are doing from this small amount of information is truly invalid and many times untrue. Seems this scenario is somewhat familiar in today's Middle East situation. Today's (June 16) demand by some of our Federal Congressional representatives that President Bush publish a timetable for withdrawing our troops from the Middle East is interesting. Just put up a big billboard stating “Enemy Hang in Their till mid 2006 and the Place is Yours”. More lives were lost at the Twin Tower and Pentagon attacks than in Pearl Harbor yet our criteria then was unconditional surrender by the Japanese, not a timetable on our withdrawal from the Pacific. Just some observations from someone who has been “out of pocket” since retirement in 1984, but realize that the retiree segment of our military has a large role in supporting the efforts of our active duty forces. *John Harms*

ID CARD RENEWAL

We all know that procedures for renewing ID Cards have changed drastically since 9/11. For those of you on the Outer Islands, it is time consuming and expensive compared to those of us living on Oahu. Thus this article will deal with procedures for you who are living on the Islands of Hawaii and Kauai.

ID Card and DEERS information and assistance can be obtained:

Hawaii

National Guard
Second Battalion 299 Infantry
1046 Leilani Street
Hilo, HI 96720

(Located just outside the airport next to AFFEX)

Points of Contact: Mr. David Ferreira
Family Assistance Coordinator
Tel: 808-933-0931
Cel: 808-756-0370

Hours: Vary
Call for an appointment

Kauai

CSD,PMRF Barking Sands
32 Miles West Kaunualii
Kekaha, Hi 96752

PNC Edward G. Lopez USN
E-mail: edward.g.lopez@navy.mil
808-335-4493/4168

Mon.-Fri. 0730-1600
Closed 1200-1300
Walk in basis

Share this information with your friends. Hawaii offers you folks on Maui an alternative. If you have any questions or suggestions just drop a line to our Editor and we'll try and get some answers for you. Aloha, **Bruce**

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Thinning of the Ranks

June was a good month for all of our members!

Binnacle List

LCdr. John F. Hewson USN (Ret.) is hospitalized at Tripler.
 LTC Bill McGarry, AUS (Ret.) is home after a brief stay in Tripler.
 LTC Harold Strong, USAR (Ret.) at Pohai Nani.

**CHAPTER ACTIVITIES FOR
 REMAINDER 2005**

AUGUST 21 – Annual Picnic, Bellows AFS

SEPTEMBER 2 - 60th anniversary of the Japanese surrender aboard USS Missouri

SEPTEMBER 23 & 24 – MOAA National Monument Dedication and Dinner

NOVEMBER 20 – Chapter Cruise, Hawaiian Islands

November TBD – Lani Kai Players

DECEMBER 13 – Christmas Party Hale Koa Hotel

PLEASE PLAN ON ATTENDING ANY/ALL OF THESE – DETAILS IN UPCOMING PHK EDITIONS

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The Bridge Corner

by **Robbie Gee**

The May 28, 2005 meeting of the MOAA Party Bridge group was hosted by Les and Shirley Ihara at their Kaneohe home and, despite the summer exodus of vacationing and "snowbird" members, the group still had a good time. Gary Jensen had a better time than most, taking high score for the evening.

Following him in 2nd place was guest Marion Von, and the 3rd place prize went to host Les Ihara. Other players who enjoyed the evening slightly less were Wally Baker, Beverly Willms, hostess Shirley Ihara, Beverly Jensen, and guest Vernon Von.

Remember to call me at 255-4558 not later than the weekend beforehand to reserve your seat at the bridge table. Nonsmoking players of all abilities are welcome, with or without a partner. This is a FUN bunch who enjoy another opportunity to socialize with their MOAA friends and who don't take their bridge too seriously! The group usually meets on the last Saturday of the month at 1900 at various locations around the island on a rotation basis, but watch your Pau Hana Koa each month for the dates, as exceptions do occur.

Memorial Day 2005



Colonel John Harms, our president, presenting the Hawaii Chapter MOAA wreath at Punchbowl. (The editor attended the Memorial Day ceremony at the Veterans' Memorial Park on Saipan.)

IN MEMORY OF

Kwan You Chang

Our Chapter expresses its appreciation for the generous donation to our Scholarship Program by Mrs. Ellen K. Chang, in memory of her husband, Kwan You Chang.

As most Chapter members are aware, we award five \$1000 educational scholarships annually to exceptional JROTC graduates from Hawaii high schools to assist them commence their College/University stud-



PSYCHIATRY AT ITS BEST IN THE ARMY

by Col. (sel.) Willard F. Quirk, Jr., USA MC
&
COL Michael Faran, USA MC

Last year members of four U.S. combat infantry units (three Army units and one Marine Corps unit) were studied using an anonymous survey that was administered to the subjects either before deployment or 3-4 months after their return (Hoge et al., 2004). The percentage of Soldiers and Marines whose responses met the screening criteria for major depression, generalized anxiety, Posttraumatic Stress Disorder (PTSD), or alcohol misuse was significantly higher after duty in Iraq (15.6-17.1%) than after duty in Afghanistan (11.2%), particularly with regard for PTSD.

Soldiers and Marines whose responses were positive for a mental disorder were twice as likely to distrust mental professionals, find seeing mental health as harmful to their career and believe that mental health care does not work. Stigma about seeking help increased with the presence of mental disorders. Recent ongoing studies suggest that deployment also significantly increases risk of family violence, divorce and mental health problems in military children.

The rates of PTSD are similar to that experienced in Vietnam, which led to large numbers of Soldiers becoming disabled. Anecdotal reports from the field suggest that Soldiers that are worried about their families are not as able to focus on the mission. Family satisfaction and resilience are important factors contributing to Soldier Readiness and retention. Attrition of Soldiers with mental health issues is particularly high. 47% of all Soldiers hospitalized for the first time for a mental disorder were out of the Army within 6 months (Hoge et al., 2002).

Never before has the Army been presented with such an accurate and timely picture of the mental health needs of its Soldiers.

In response to this challenge, the Soldier and Family Assistance Center (SAFAC) is a new initiative supported by both the 25th Infantry Division (L) and Tripler Army Medical Center. Within the SAFAC structure, there is a single portal of entry and a 24 hour, 7 day per week assistance phone line operated by nurse practitioners or social workers. Additional civilian contract mental health providers, to include Adult Psychiatrists, Child and Adolescent Psychiatrists, Social Workers, Clinical Nurse Specialists, Substance Abuse Counselors, and Family and Marital Therapists have been hired to augment the existing military and civilian mental health care providers at Schofield Barracks Health Clinics – part of the Tripler healthcare system.

Soldiers and family members are triaged to the appropriate clinic and level of care. The former Division and Community Mental Health Clinics have been restructured and three new clinics have been added: 1) Soldiers' Assistance Center (combined former Community Mental Health and Division Mental Health), 2) Child and Adolescent Assistance Center and 3) Adult Family Member Assistance Center. Additionally, the Family Advocacy program, the Army Substance Abuse Program, and Marriage and Family Center have been augmented with civilian contract providers.

Several other initiatives are contributing to the mental health of our Soldiers and their family members. School based mental health programs are already operating at four local schools serving military children, concentrating on educational activities designed to decrease stigma of mental health, increase access to care, improve student emotional and behavioral functioning, school behavior and student attendance. Behavioral Health Liaison to Family Readiness Groups has been established to provide preventive and consultative mental health care to Army units.

Response to these initiatives to date has been extraordinary. We now have the opportunity to actively apply modern mental health knowledge to the timely education and care of our soldiers and their family members in a post-deployment environment.

General Olson speaks at Schofield Luncheon.....continued from the page 1

The Afghan National Army and Police are coming into their own and have become active and effective participants in the counterinsurgency programs. Although these are very promising accomplishments, there are other issues that the National Afghan Government and we have to work with.

With so limited economic options, this financially rich farming area has taken a new hold. There are still warlords to contend with, whose families have been operating in this mode for centuries. I do not think the World will accept the China/Mao Tse-tung method of dealing with his warlords, join me or join the "heavenly world". Corruption is also very evident. When you have nothing or next to nothing and then ascend to a position of power and/or influence, the impulse to "grab the gold ring" when you can is irresistible. These are the reasons the strategic reconstruction objectives previously mentioned are so critical.

He then addressed our military "lessons learned" which include how we fight. Review of current doctrine, the interdependency of all combat elements on each other to "think smart" at all levels of command are just a few issues. How are we organized; the traditional land army organization may not/will not work in this type of combat environment. Task organization, putting the right skills with the mission at hand, requires great flexibility as well as interdependency.

How are we equipped, for this is the desert, with extremes in climate, and much urban warfare where equipment for the plains of Europe may not be suited. The digitizing of the battlefield is having a significant impact on information and intelligence flow both up and down the chain of command, so that small unit leaders have the information they need to make quality decisions.

Gen. Olson spoke only briefly about Iraq, for most of his time during this period was spent in Afghanistan. He did state that the situation in Iraq is much more complex for there is not a clear leader and the continuing (continued on page 7)



NOW HEAR THIS!!!

THE MOAA ANNUAL PICNIC

12:00 noon

SUNDAY, AUGUST 21, 2005
PAVILION A, BELLOWS AFS

PLEASE SEND IN YOUR RESERVATIONS EARLY FOR OUR

ANNUAL PICNIC

GEORGE & ROBERTA SULLIVAN HAVE VOLUNTEERED TO HELP
JUDITH BREITWIESER PLAN THE **PICNIC**

HANK HEYENGA WILL BE COOKING AS USUAL, BUT HE CAN USE SOME HELP.

PLAN NOW TO JOIN IN THE COMARADERIE AND THE FUN!

OPEN BAR CONSISTING OF BEER, WINE AND SOFT DRINKS (included in the price!)

Mail your reservations with \$10.00 per person by August 12, 2005 to:

Judith Breitwieser
1403 Onioni Street
Kailua, HI 96734

Please call or E-mail George Sullivan at 623-2243 or alohasully@earthlink.net
with any questions or OFFERS TO HELP.

Mahalo for your support.

PLEASE CLIP AND MAIL IN YOUR RSVP

I (we) will see you there!! Guests are most welcome. Picnic Fee (\$10.00 each)

Checks made payable to **Hawaii Chapter MOAA**

\$10 X () = \$ _____ Donation: ROTC/JROTC Programs & Scholarship \$ _____

You may bring your favorite dish: COLE SLAW ___ MAC SALAD ___ POTATO SALAD ___ Baked Beans ___ Other ___

Names: _____



TUG by Colonel Lou Torraca, USAF (Retired)



My grandson, Storm, got me interested in what is becoming the latest internet craze; **PODCASTING!**

What is Podcasting? I did a lot of surfing and the following is a compendium of info from a bunch of diverse places as well as some traditional ones like USA Today, NY Times and the LA Times.

Podcasts are essentially do-it-yourself, prerecorded radio programs that are posted online. So, how can you join the podcasting ranks, as either a listener or a maker? What do the Pope and Paris Hilton have in common?

They're both podcasters - and you can be one too.

Ranging from the sublime to the ridiculous, podcasts are essentially do-it-yourself recorded radio programs posted online. Anyone can download them free, and, using special software, listeners can subscribe to favorite shows and even have them automatically downloaded to a portable digital music player. Which is where Storm got interested...yup he has an iPod.

Despite what the name suggests however, podcasts can be played not just on iPods but on any device that has an MP3 player program, including PC's and laptops.

Podcasts are the natural techie offspring of Web logs or blogs, those endless personal Web diaries that now seem to be everywhere online. Similarly, many podcasters have a diary style, ranging from Mr. X, in upstate New York (ifthensoftware.blogspot.com), who has recorded his thoughts while driving to work, to Dan Klass, an underemployed actor in California whose podcast, "The Bitterest Pill" (www.thebitterestpill.com), has been known to feature rants against Elmo.

There are celebrity podcasts like Paris Hilton's (houseofwaxmovie.warnerbros.com), intended to promote movies. Another, more high-minded site, Catholic Insider (www.catholicinsider.com), links to podcasts of Pope Benedict XVI from Vatican Radio.

Many radio stations are featuring the technology. Sirius Satellite Radio has begun broadcasting a best-of-podcasting program with the podfather of podcasting, Adam Curry, formerly of MTV, as host.

Taking the experiment a step further, Infinity Broadcasting also has restarted its San Francisco talk station with an all-podcasting format.

The broadcasts feature amateur programs from around the Web, but because of Federal Communications Commission regulations, each will be screened in advance. Record companies are also beginning to use podcasts to fish for fans. "We think podcasts are a great way to form a relationship with our fans," said Damian Kulash, the lead singer of the rock band OK Go, which has an album coming out this summer on Capitol Records. When the band is on tour, OK Go phones in its podcasts (www.okgo.net).

Finding and Listening : For those wanting to find a podcast, there are online directories that list thousands of them, including Podcast.net (www.podcast.net), Podcasting News (podcastingnews.com), Podcast Alley (www.podcastalley.com) and iPodder.org (www.ipodder.org). Several free software programs - like Doppler (www.dopplerradio.net) and iPodder (www.ipodder.org) - help users subscribe to and download podcasts. iPodder comes in Windows and Mac versions. The program includes a directory of podcasts available for subscribing on a scheduled basis or for downloading at will. The Web address of a podcast that is not listed can be cut and pasted into iPodder to add it to a user's roster of subscriptions. Podcasts are usually indicated by an orange logo with the initials RSS (for really simple syndication) or XML (for extensible markup language), standing for the technologies that make such subscriptions possible. Since there are no professional standards or government broadcast rules, podcasts can devolve into fits of uncontrollable giggling and include more than their share of expletives. (Family Friendly Podcasts, at www.familyfriendlypodcasts.com, has some suggestions for those who prefer tamer shows.) Still, it is the freedom that has inspired many homegrown podcast producers.

Making and Distributing : In addition to the chance to be heard by millions of Internet users, the relative ease of producing a show has driven the popularity of podcasting. A group of college friends unable to get their film careers off the ground, for example, decided to tell their stories, which are a cross between Fireside Theater and Hunter S. Thompson, in a podcast at the Peanut Gallery (www.thepeanutgallery.info). Those looking for a similar creative outlet need only a computer with a connected microphone and Web access. Stay-at-home disc jockeys can record tracks using the basic recording software included with the Windows operating system. Free software like EasyPodcast (www.easypodcast.com) can help upload efforts to a Web site. Services like Liberated Syndication (www.libsyn.com) will provide Web hosting for as little as \$5 a month. Of course, unlike a live radio broadcast or streaming music online, podcasts are downloaded and stored in their entirety. So the programs have the potential to generate thousands of copies of songs, raising legal issues. A word to the wise: "Podcasters, like the users of any other sound recordings, must obtain the appropriate licenses from the copyright owners, or their designees," the Recording Industry Association of America said. When you decide to give it a whirl, be sure to let us know so we can spread the word and build your audience.

That's all for now...until next time, happy computing. Come see us at one of our future meetings. Visit

www.the_tug.homestead.com for schedules, directions and other helpful information. *Lou*

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General Olson speaks at Schofield luncheon (Continued from page 5)

conflicting religious militants are not evident in Afghanistan.

General Olson then addressed our Chapter members on what we can do to assist the active duty military in Hawaii. Support the training facility and area initiatives that seem to get so political in Hawaii. Make our views known and explain the logic to State and County representatives so they get both sides of the story. Remember we vote for these representatives, while many of the active duty military have other homes of record.

Continue our effort with Community Relations by active membership on various State and County veteran affairs groups.

Finally one of the most significant areas is support of the active duty military families, primarily those with deployed spouses. Remember when merchants in the Schofield Barracks surrounding area were tolling their gloom and doom financial impact messages when the 25th ID deployed because the families would be moving to their families on the mainland. This did not happen primarily due to the exceptional family support programs established by the US Army at Schofield and around Hawaii, and the support these families received from the Community, such as our adopt a platoon unit.

Due to the nature of the Middle East conflict our active duty troops are not going to be "home" long before another deployment is on the horizon. So all that our Chapter can do to assist in supporting the families is critical to the "war effort". Remember "Victory Gardens" and "War Bond Tours" (dating myself now) during WW II ?

General Olson also stated that the number one issue is the quality (or lack there of) with the State school system. Their children leave Hawaii for a new duty station, or to leave the military service, and find their children behind academically in their new school, primarily if they had been in the Hawaii public school system. That is a "tough nut" to crack, for State and Local politicians and educators having been promising education revision and change with little seen actually occurring. No money to maintain current schools adequately, no new construction to meet new curriculum requirements, and the list goes on. Not sure how to tackle that issue.

General Olson's talk was insightful, educational, and very interesting as we the retired military community tries to ascertain the "rest of the story" on our Middle East military efforts.

Pictures in this issue by Carl Hankwitz



