



U.S. Army Corps
of Engineers
Honolulu District

The Pacific Connection

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Commander's Comments

“

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By Lt. Col. David C. Press POH Commander

Iraq war shows importance of District mission, combat engineers

All of us are watching the war with Iraq, as our nation and its allies battle to remove Saddam Hussein and bring peace and stability to the people of Iraq.

So far the fighting has been fierce. Our Soldiers and their counterparts in the other armed forces have met stiff resistance, but they are making great progress and they will be victorious. Among the brave Soldiers leading the way are combat engineers. From the very beginning, Army engineers were involved, breaching enemy berms on the Iraq border and laying a fuel pipeline to support convoys moving into battle.

Combat and Corps of Engineers involvement is increasing

and will continue to do so as the war ends and our nation rebuilds Iraq. For example, the Corps is fighting oil well fires, and ultimately will help restore Iraq's infrastructure.

Though we are a long way from Iraq, Honolulu District, and each of us, has an important part in this war, and in the national priority of winning the global war on terrorism, too. By the way, this is nothing new.

If you read the Honolulu District's history, you will learn that we have always had force protection and homeland security missions. When Lt. John Slattery, the first District engineer and commander, arrived in Hawaii in 1904, he had orders to build coastal fortifications to protect the islands.

The Corps served our nation then and we are still doing so today.

With regards to Iraq, we are providing both direct and indirect support.

Our Emergency Operations Center participates in video-teleconferences that reach back throughout the Corps to determine mission needs and how to best meet these requirements. District workers are trained and ready to assist a variety of possible Corps contingency missions. For example, we have both base development team and contingency real estate support team members.

The base development team is also known as a BDT. A BDT provides installation-level master planning and facilities design expertise for intermediate staging bases, base camps, forward operating bases, and displaced personnel camps.

The contingency real estate support team is also called a CREST. A CREST handles real estate needs such as leasing land and facilities to assist our armed forces during contingencies.

Those are just a few examples. As happened following the 1991 Gulf War, individual Corps employees will have the opportunity to volunteer their skills to assist in the recovery effort.

But all of us in Honolulu District, whether we are BDT or CREST team members or deployment volunteers, are helping in the war effort.

One of the lessons learned from the fighting in Iraq is the importance of tough, realistic training.

Our armed forces dedicate significant time and resources to ensure that they are ready to fight and win in any circumstances. The Honolulu District helps make that possible.

Our military support mission includes everything from providing a variety of support for military contingencies, to engineering and construction services, to environmental and real estate assistance.

For example, we are managing the environmental impact statement process for both the Makua Military Reservation and the Stryker Brigade Combat Team that is part of Army Transformation. As Army Transformation moves forward, we will have a key role in designing and building the projects that will ensure the Soldiers in the new Stryker Brigade have the training facilities they need. Our

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On the cover

When Lake Wilson became infested with salvinia molesta the Army came to the rescue; the Corps of Engineers, 25th ID (L), and the Hawaii National Guard worked together to get it cleaned up. See story and more photos on pages 6-7. —Photo by Michelle Cain



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Public Affairs Specialist.....Alexander Kufel
EditorMichelle Cain

This newspaper is printed on recycled paper.

FSRO gets a facelift



Before...

Left: POH's Fort Shafter Resident Office (FSRO) was in dire need of some freshening up. Originally a laundry facility, the building needed some major remodeling to make it usable as office space.

Right: The bathroom facilities were dingy, and some fixtures didn't work.



...and After

Left: Following several months of renovations, employees in FSRO, LM, and RE have fresh, new cubicles to work in.

Right: What a difference new fixtures and some dry-wall make! The restrooms are spacious, clean, and handicapped accessible.



Employees of the Month

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Marsha Phillips

Nomination: Marsha Phillips epitomizes the spirit of teamwork and aloha, and is an invaluable asset to the Honolulu District. When asked to temporarily fill in as the Human Resources contact for the District, Marsha unhesitatingly agreed. She took the initiative to familiarize herself with the MODERN program and the daily operations of the Human Resources function. She pro-

vided invaluable assistance to the District, completing more than 150 personnel actions and answering the many questions posed to her on a daily basis. Marsha conscientiously followed up on each action and inquiry to ensure maximum customer satisfaction. During this time, she also attended to her normal daily responsibilities as the IM secretary, and efficiently completed all actions on time.

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Paula Shimata

Nomination: Paula Shimata, ~~Cost Engineering, E&C, has represented the Corps in an exceptional manner while performing missions for the Corps and FEMA. Her professionalism, can-do demeanor, and results orientation allowed Corps and FEMA management to assign her a variety of critical missions in the Super typhoon Pongsona response. She was selected by FEMA to lead a two-~~ son team to conduct preliminary damage assessments on Rota, Saipan, and Tinian; was selected by her peers as the Technical Assistance - Water/Sewer team leader; and was asked to extend her temporary duty as the Corps' representative in discussions with Governor Guam and FEMA on long term recovery priorities for the water and sewer systems. She is a great representative of our District.

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Mark Yoshimura

Nomination: Mark Yoshimura, deputy finance officer in the Resource Management Office, is the backbone of the Finance and Accounting Office, supervising over more than 20 employees and filling the gaps when employees are absent. Mark's personality never changes even with the constant challenges of personnel turnover and the added stress of dealing with consolidation efforts and how

it will change the working environment in Finance and Accounting. Mark is always there when a problem needs to be resolved, quickly finds the answers to customers' questions and always maintains a friendly and highly professional attitude. His dedication to work and his positive attitude make him a valued asset to the Honolulu District.

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Cindy Barger

Nomination: Cindy Barger is the PM for the SBCT EIS, the single most important project in the District today. Through her technical knowledge, leadership and team building skills, Cindy has led her team through a myriad of shifting project conditions and requirements to meet difficult timelines. This EIS is considered to be the most complex EIS being developed in the Army to-

day. She has established a firm partnership with the 25th Infantry Division (Light) staff to ensure successful project completion. Her efforts have gained her recognition in HQUSACE and this project has the attention of Maj. Gen. Van Winkle, USACE deputy commanding general. Ms. Barger is definitely deserving of this recognition.

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Malai Tubtim

Nomination: As the construction branch admin assistant, Malai has developed and implemented procedures to ensure that the completion of the many administrative actions required of the branch is timely and efficient. She is a quick learner and has rapidly come up to speed in CEFMS and MODERN. She has become an expert in these areas and provides guidance and assistance to the other admin

support members of the branch. Her bright and cheerful disposition creates a pleasant and welcoming work environment. She welcomes new challenges as an opportunity to learn and grow. She is always ready to support the District and its mission in any way that she can. She is a consummate professional who strives for excellence, while maintaining a balance between her work and family responsibilities.

POD Commanding General receives prestigious engineering award

Brig. Gen. Ronald L. Johnson received the 2003 Black Engineer of the Year Award in the category of Professional Achievement in Government at the 17th Annual Black Engineer of the Year Conference held in Baltimore.

The Black Engineer of the Year Awards is presented annually by *US Black Engineer & Information Technology* magazine, the Council of Engineering Deans of the Historically Black Colleges and Universities and Lockheed Martin Corporation. The award recognizes and honors the technical and professional achievements of African-American men and women involved in engineering, science and technology fields. Awards are given in more than a dozen categories, including professional achievement, technical contribution and overall leadership.

Johnson received the award for his role as the Commanding General and Division Engineer, Pacific Ocean Division, U.S. Army Corps of Engineers, which is headquartered at Fort Shafter, Hawaii. He became the 23rd Commander and Division Engineer of the Pacific Ocean Division on July 31, 2001.

"I'm honored to receive this prestigious award," said Johnson. "I find this moment humbling and rewarding."

Johnson is responsible for engineering design, construction and real estate management for the Army and Air Force in Hawaii and Alaska, as well as Department of Defense agencies in Japan, the Republic of Korea and Kwajalein Atoll in the Marshall Islands. His division also administers the Corps' federal water resource development program and regulatory program that governs the work in waters and wetlands of



Brig. Gen. Ronald L. Johnson, Commanding General, Pacific Ocean Division, (left) receives the 2003 Black Engineer of the Year Award in the category of Professional Achievement from Chief of Engineers, Lt. Gen. Robert Flowers. Johnson received the award Feb. 15 at the 17th Annual Black Engineer of the Year Conference held in Baltimore.

Alaska, Hawaii, American Samoa, Guam and the Commonwealth of the Northern Mariana Islands.

A native of Chicago, Johnson was commissioned in the Corps of Engineers after receiving a Bachelor of Science Degree from the United States Military Academy at West Point in 1976. In 1983, he attended the Georgia Institute of Technology in Atlanta, and earned a Masters Degree in Operations Research and Systems Analysis. Following completion of battalion command, he was a 1995 U.S. Army

War College Fellow at the Joint Center for Political and Economic Studies.

Johnson has received numerous awards including the Legion of Merit, Meritorious Service Medal, the Army Commendation Medal, the Army Achievement Medal, the Army Superior Unit Award, the Silver DeFleury Medal, the German Bundeswehr Silver Cross, and the Air Assault and Parachutist badges.

(Story and photo courtesy of Department of the Army)

Commander's Comments

Continued from page 2

real estate services also help make training possible by obtaining leases and purchasing necessary land so our units can train the way they will fight.

Another example of our role in supporting war fighter training is the

Consolidated Command and Range Control Facility at the Pohakuloa Training Area on the Big Island. I recently attended the groundbreaking ceremony for this important project. When the facility is finished next year it will enable PTA to consolidate a variety of training-related functions into a modern, environmentally sound building.

So, even though the war on Iraq may

seem far away, we in Honolulu District provide a variety of services and support that are helping our nation fight and win. Keep working hard, be situationally aware, support our men and women in uniform as well as our Corps employees in harm's way. Together we are making a difference. Thanks for your continued support to this great nation.



Soldiers from Co. B, 84th Eng. Bn., guide a net skimming salvinia molesta, a fresh water aquatic fern, from Lake Wilson. —Hawaii Army Weekly photo by Sgt. Frank Magni, 17th Public Affairs Detachment

Army team takes the lead in...

Tackling the Green Monster

By Douglas MaKitten

The first stories in the Honolulu media last November sounded like something from a science fiction or horror movie — “Green monster menaces Lake Wilson.”

In this case, the “green monster” was the fast-growing, invasive water fern salvinia molesta, and its impact on Wahiawa’s Lake Wilson was devastating. Within weeks salvinia carpeted the lake, turning the popular recreation area into a weed-choked, totally unusable mess.

No one knows how salvinia got into Lake Wilson. Media reports said it is a popular plant for home aquariums. Reporters speculated that someone no longer interested in the hobby dumped the contents of his or her aquarium, including some salvinia, into the lake. After that, the green monster started reproducing like rabbits on Viagra and by January the lake’s open water had disappeared.

The state of Hawaii’s Department of Land and Natural Resources led the battle against the salvinia. The task was enormous, with the lake’s ecosystem, including

an estimated 500 tons of fish, under threat. At the end of January, Hawaii State Sen. Robert Bunda, president of the State Senate, put out a call for assistance from all local, state and federal agencies.

Among the first to answer that call was the Corps of Engineers. Soon after, soldiers from both the 25th Infantry Division (Light) and the Hawaii Army National Guard joined in and played a key role in clearing the lake of salvinia molesta.

The scientific knowledge and hard work has paid off and Lake Wilson no longer resembles the world’s largest pool table. Open water is again visible and the green monster appears to be losing its

grip.

The Corps’ involvement actually began late last year, according to project manager Derek Chow, who said the Corps anticipated the state would need help.

“Mike Lee of POD (Pacific Ocean Division) and I coordinated with ERDC (the Corps’ world-famous Engineer Research and Development Center in Vicksburg, Miss.),” said Chow. “We knew that the scientists at ERDC have experience in dealing with salvinia, particularly in the southern states on the mainland.”

Lee and Chow contacted ERDC’s Water Operations Technical Support program manager Bob Gunkel. As a result,



ERDC scientist Dr. Michael Grodowitz holds *salvinia molesta*. —Photo by Nani Shimabuku



ERDC scientist Dr. Linda Nelson and POH's Eric Lee inspect *salvinia molesta* at Lake Wilson during a February 2003 site visit. —Photo by Nani Shimabuku

a team of Corps scientists from ERDC visited Oahu in February and made recommendations on how to remove the salvinia infestation and how to keep it from recurring. They also offered suggestions on how to deal with other invasive species.

The ERDC scientists included Dr. John Barko, Dr. Michael Grodowitz, Dr. Linda Nelson and Dr. Mike Smart. They made site visits to Lake Wilson, Kawainui Marsh, the Kaneohe-Kailua Dam, along with Chow, Lee, other POH and POD staff members and state and county officials. Reporters and television crews trailed along, and the site visits made headlines and led newscasts.

The good news was that only Lake Wilson showed evidence of serious salvinia infestation. However, the bad news was that the ERDC scientists were shocked by the lake's condition.

"On a scale of 1 to 10, this is a 10, the worst I have ever seen," said Barko in a response to a reporter's question. The other team members agreed Lake Wilson was in far worse shape than any salvinia problem they had observed on the mainland.

The ERDC team provided a range of

options to help the state get, and keep, the salvinia under control. This included: biological, using a weevil that eats only salvinia and then dies when there is no more of the weed; chemical, initial spraying to kill the weed and follow-up spraying to keep it under control; and mechanical, ripping the salvinia out of the lake.

By the end of February state officials had a large excavating machine at work, pulling salvinia out of the lake and disposing of it at area farms. Ironically, the weed that was so disastrous for Lake Wilson turned out to make excellent mulch.

At the same time, the state was using a Corps-recommended spray to kill the existing weed and slow future growth.

Meanwhile, the 25th ID(L), located literally across the street from Lake Wilson at Schofield Barracks, was also getting involved. The Army has a long-standing tradition of being good neighbors and being concerned about the environment. The soldiers eagerly pitched in to help save the lake, using the challenging mission as a training exercise.

By March 8, soldiers from the 25th ID (L) and the Hawaii Army National Guard were gathering up and ripping out the weed from the lake.

A March 20, 2003 article in *Hawaii Army Weekly* by Sgt. Frank Magni, of the 17th Public Affairs Detachment, recounted the efforts of the soldiers of Company B, 84th Combat Engineer Battalion (Heavy) to "rid Lake Wilson of salvinia molesta."

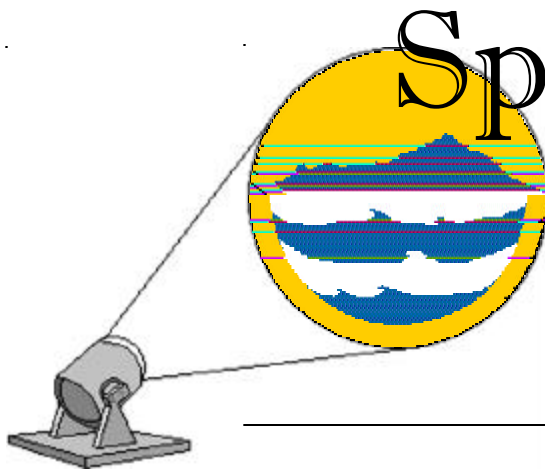
According to the article, the soldiers used boats and nets to pull the weeds to shore, then piled the salvinia up and hauled it away in dump trucks. Other media reported similar stories.

So, has the "green monster" of Lake Wilson been defeated or, like sci fi and horror flicks, will the weed rise from the depths of the lake to create more havoc?

Chow thinks the information the Corps provided will help avoid a dreaded sequel.

"I think the technical information and management methods we provided the state will really help prevent that," said Chow. "However, fighting salvinia and other invasive weeds requires continuous effort. You have to have a good management plan and you have to follow the plan.

"You cannot eradicate the salvinia, but if you conscientiously spray and remove it, you can keep it under control," Chow concluded.



Spotlight on POH

Equal Employment Opportunity (EEO) Office

*Spotlighting an office that is helping make the Honolulu Engineer District
"The Best Place for the Best People to Work"*

**Interview by
Michelle Cain**

This issue spotlights Honolulu District's EEO office. I spoke with Doris Starkes, EEO officer, about how her office contributes to the mission of the District.

Pacific Connection (PC): What is EEO?

Doris Starkes (DS): EEO is equal employment opportunity. Based in law, it affords all employees equal access to all employment opportunities regardless of race, color, sex, religion, national origin, age or disability. The EEO program consists of two program components, affirmative action, which includes the special emphasis programs, and complaint processing.

Affirmative action is defined as a tool to achieve equal opportunity. It is a program of self-analysis, problem identification, data collection, policy statements, reporting systems, and elimination of discriminatory policies and practices, past and present. To implement an organization's affirmative employment program, the organization should conduct the process I just described. From this process, needed actions such as training, targeted recruitment, outreach efforts, etc. can be determined. Additionally, the Special Emphasis Program is an arm of the EEO program that assists the EEO manager in identifying employment concerns of women and minorities, creating awareness, and educating the work force on cultural differences. Our recent collateral duty retreat, which included both EEO counselors and SEPC members, identified various



Sharon Ishikawa and Doris Starkes provide information to a student at the Kaimuki High School Career Fair in March. Participating in outreach events is just one of the many responsibilities of the District's EEO office. —Photo by Maydean Martin

cultural awareness activities for the District.

The complaint program allows employees who feel they have been discriminated against because of their race, color, sex (includes sexual harassment), religion, national origin, age or disability to file claims of discrimination. The complaint processing procedures have an informal stage where an EEO counselor conducts an informal inquiry by interviewing witnesses and reviewing relevant documents, advising individuals of their rights, attempts informal resolution and writes a final report. The EEO counselor provides

the employee his or her right to file a formal complaint, which allows for a formal complaint to be filed within 15 calendar days of receipt of that notice. The filing of a formal complaint allows for a formal investigation, Equal Employment Opportunity Commission (EEOC) hearing and appeal rights.

PC: What are some of EEO's duties and responsibilities?

DS: There are several, including:

- Management of the the EEO program for the District
- Monitor and evaluate the program's effectiveness and report to the

commander

- Serve in an advisory capacity on group meetings, boards, committees, or panels responsible for making decisions or recommendations regarding personnel policy or staffing levels

- Manage the EEO complaint program, and coordinate proposed resolutions

- Supervise the Special Emphasis Program Committee and EEO counselors
- Prepare EEO reports for the District
- Ensure appropriate annual training is provided for supervisory and non-supervisory personnel

PC: Who does EEO deal with outside of POH?

DS: EEO deals with various organizations for various reasons. These include POD, Department of the Army, Office of Criminal Investigations, EEOC, colleges and universities, local schools and organizations that espouse EEO ideas and ideals, and contract employees employed by the District.

PC: How do EEO services impact/affect the rest of the organization?

DS: I hope EEO services impact the District in a positive way. Assisting the commander in identifying workforce problems and making recommendations on ways to resolve such problems as early as possible allows for a more harmonious work environment, thereby allowing the District to continue to focus on its overall mission. Additionally, EEO affects the cost of doing business. As a means of minimizing EEO issues, all employees, supervisory and non-supervisory, must receive training. Training can be very costly; however, effective training is far less costly than having to settle an EEO complaint that may have been avoided if proper training, counseling, and coaching had been done.

EEO issues that are not resolved or are allowed to linger cost more than just money. They cost in terms of low moral and low productivity in addition to settlement costs that can include attorney's fees, back pay and compensatory damages. It costs less on the front end to have an effective EEO program that aims at prevention rather than to just put out fires. Therefore, the benefits derived from an effective EEO program can be tangible and/or intangible.

PC: What are some of the challenges that EEO faces?

DS: EEO automation systems have posed a challenge in that it has been difficult in providing managers timely and

“Assisting the commander in identifying workforce problems and making recommendations on ways to resolve such problems allows for a more harmonious work environment, thereby allowing the District to continue to focus on its overall mission.”

—Doris Starkes

accurate data to assist them in the assessment of their workforce. Another challenge is whether EEO counselors should be assigned as collateral duty, or as full or part time personnel. Resources such as funding and personnel are also an ongoing challenge. And, the fact that EEO has the dual role of providing advice and assistance to both managers and employees places it in a precarious position.

PC: Why is that?

DS: Employees may feel that EEO is strictly a management program that will do little to assist them. Consequently, they may not seek assistance through EEO for EEO-related matters. On the other hand, managers may feel that EEO is a program that advocates for employees. In fact, EEO is an administrative process. Anyone who files an EEO complaint must bring forth the evidence to support his/her claim of discrimination. Management then has to respond to any claims by stating their reason(s) for its action(s). EEO personnel only advise on the technical aspects of the complaint process. EEO cannot serve as a personal representative for employees or managers. Thus, at times, if it

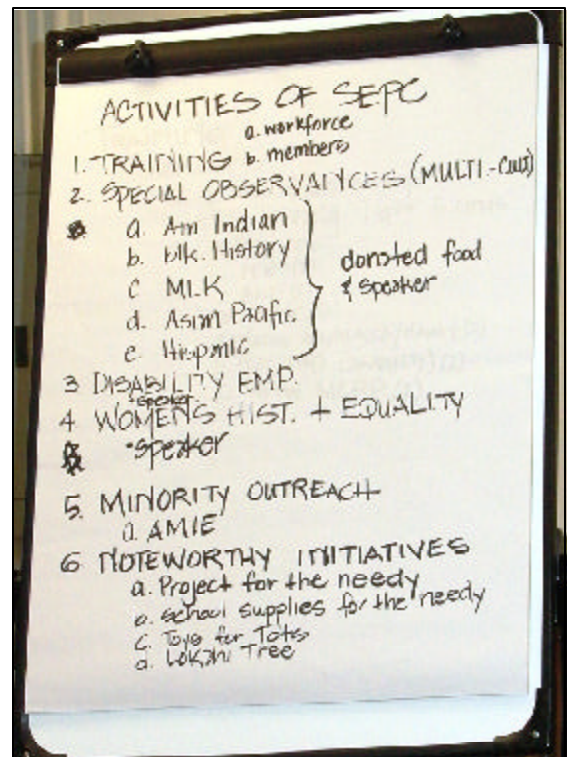
appears that we are guarded in our responses to certain questions, we are. We are not allowed to make judgments based on the merits of any claims of discrimination.

PC: Any final thoughts?

DS: As employees of POH, we all have a role in ensuring equal opportunity and treating each other with dignity and respect. We all need to do some introspection to ensure our personal behaviors and attitudes are not contributing to a negative work environment. Supervisors, especially, must ensure that personnel actions are free of unlawful discrimination as well as the appearance of any improprieties.

To this end, communication is of paramount importance. Supervisors should consult with appropriate advisors when contemplating any personnel action and maintain an open line of communication with employees. Likewise, employees should feel comfortable discussing their concerns with their supervisors.

By maintaining an open line of communication, and providing helpful suggestions to assist each other, we will all become better employees.



Various cultural awareness activities for the District were identified at a recent collateral duty retreat for EEO counselors and SEPC members. —Photo by Alexander Kufel



Building a strong and healthy workforce

POH HealthWatch

What is cholesterol and how do you manage it?

By Maj. Beverly A. Crosby
Center for Health Promotion
and Preventive Medicine

Cholesterol can be good and bad, so it is important to learn what cholesterol is, how it affects health, and how to manage your blood cholesterol levels. High cholesterol is one of the major risk factors for heart disease. The higher the cholesterol level, the greater the risk for developing heart disease or having a heart attack. Heart disease is the number one killer of men and women in the United States.

Cholesterol is a soft, waxy fat found in all human beings. It is normal to have cholesterol. The body manufactures about 80-percent of it. The rest is consumed through animal products such as meat, eggs, and dairy products. Food from plants like fruits, vegetables, and cereals do NOT have cholesterol. Cholesterol is used to form cell membranes, some hormones, and serve other needed bodily functions.

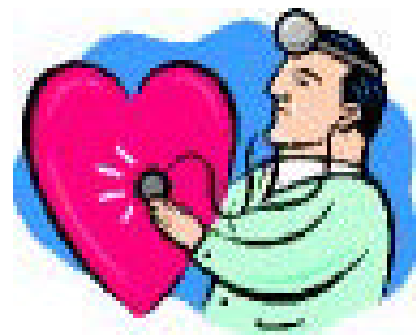
Hypercholesterolemia is the term for high levels of blood cholesterol. High cholesterol is a major risk factor for Coronary

Understanding the facts about cholesterol will help develop a healthier lifestyle, take better care of the heart, and reduce the risk for heart attack and stroke.

Heart Disease, which can lead to heart attack and stroke. Everyone 20 and older should have his or her cholesterol checked at least once every five years. This blood test is done after a 9- to 12- hour fast and will give information about total cholesterol, low-density lipoprotein (LDL) cholesterol, high-density lipoproteins (HDL) cholesterol and triglycerides.

Cholesterol and fats do not dissolve in blood. They must be transported to and from cells by special carriers known as lipoproteins. There are two kinds of lipoproteins to be concerned with: LDL and HDL. The LDL, known as "bad" cholesterol, is the main cause of harmful fatty buildup in arteries. The higher the LDL level the greater the risk of heart disease, which will increase the risk of heart attack and stroke. This HDL, which is the "good" cholesterol, is

made by the body for its protection and travels away from the arteries. The HDL helps prevent cholesterol buildup in the arteries by carrying blood cholesterol to the liver where it can be eliminated. The lower the HDL, the greater the risk of heart disease.



Atherosclerosis is a process that clogs the coronary arteries, arteries that supply the heart with oxygen-rich blood. Cholesterol and other fatty substances collect on the damaged artery walls. The substances build up layer upon layer and form a hard substance called plaque. Plaque buildup will narrow the arteries causing a decrease in blood flow to the heart. The decrease in blood flow increases the risks of heart attack or stroke.

A variety of things can affect cholesterol levels. Some things can be changed and some cannot. Below are some therapeutic lifestyle changes to make to improve cholesterol levels:

1. Change eating habits

- Eat a low-saturated fat, low-cholesterol diet.
- Broil, roast, bake or steam foods.
- Remove skin/extra fat before cooking.
- Use nonstick pans or cooking sprays.
- Read food labels.

2. Quit smoking

- Make an agreement with yourself to quit.
- Fight the urge by going where smoking isn't allowed.
- Associate with people who don't smoke.
- Ask a healthcare provider for information and programs that may help.

3. Limit alcohol intake (moderate amounts)

- One drink a day for women.
- Two drinks a day for men.
- One drink is equal to: 12 fl. oz. Beer, 4 fl. oz. Wine, 1 fl. oz. 100-proof spirits, or 1 ½ fl. oz. 80-proof spirits (bourbon, scotch, vodka or gin).

See "HealthWatch," page 11

News You Can Use...

Items of interest to federal employees from around the globe



Armed Forces Vacation Club offers low-cost options for DoD employees

Service members and Department of Defense civilians are eligible to rent condominiums in certain resorts around the world as part of a vacation club arrangement between the Army and a civilian corporation.

The deal offers condominium unit rentals for \$234 per week at selected resorts. Cendant Corp. and one of its subsidiaries, Resort Condominiums International, manage more than 3,700 time-share resorts worldwide. The discount arrangement is possible because not all resort units are used by owners or rented all the time.

The vacationer can get information about the Armed Forces Vacation Club from any Army Morale, Welfare and Recreation Information, Tickets and Reservation (ITR) Office or Information, Tickets and Tours (ITT) Office. Or they can get information and book reservations either online or via a toll-free telephone reservation center.

Information is available by visiting the Army's "Great Travel Deals" website at www.armymwr.com/portal/travel/traveldeals and

clicking on the Armed Forces Vacation Club logo.

Visitors will find a list of available units and dates for booking among the thousands of participating resorts. Reservations can be made by using a major credit card. The Army office receives \$22 for every reservation booked.

Some restrictions apply. Confirmed vacations are not transferable. The customer purchasing the space-available voucher must be at least 21 years old. Pets are not allowed in any location. Generally, what's available is off-season. Most vacancies are posted 14 to 21 days before the scheduled date of arrival.

Participating resorts have different amenities. Typically, condos feature up to three bedrooms, a living room and fully equipped full or partial kitchens. Many units have laundry facilities and such amenities as whirlpool tubs or fireplaces. Guests have access to onsite or nearby facilities, such as beaches, golf courses, tennis courts, spas, ski slopes, fishing lakes, hiking paths, horseback riding, restaurants and shops. Many resorts also provide planned adult and children's activities.

HealthWatch

Continued from page 10

4. Avoid or reduce obesity

Diets are NOT recommended - they may take the weight off fast, but only work in the short term. When the diet stops, the weight returns. Instead of dieting, make lifestyle changes:

- Get a cholesterol screening.
- Maintain a healthy weight.
- Exercise regularly.
- Change what you eat; obesity can cause increased cholesterol and high blood pressure.

5. Reduce stress

- Deep breathing exercises.
- Engage in regular physical activity.
- Eliminate or reduce caffeine (coffee, tea and cola drinks) and alcohol.

- Relax and sit quietly for 15 to 20 minutes a day.
- Use waiting time to read a book or write letters.

6. Perform aerobic exercises regularly

- Three times a week for 20-60 minutes each time, gradually increasing.
- Prior to exercising, warm up for five minutes.
- Rhythmic and steady exercise will increase the heart rate.

- After exercising, cool down for five minutes.

Consult a healthcare provider before starting any exercise program.

Things that cannot be changed include age, gender and heredity. As men and women get older, cholesterol levels rise. Before menopause, women tend to have lower total cholesterol levels than men of the same age. After menopause, LDL levels tend to increase. Heredity is also a factor. High blood cholesterol levels can run in families. Genes partly determine how much cholesterol the body makes.

Sometimes diet and exercise are not enough to reduce cholesterol to goal levels. Cholesterol-lowering drug therapy may be necessary. The decision of which drug to prescribe will be based on factors such as the degree of cholesterol lowering desired, side effects and cost. Even though drug treatment begins, continue with lifestyle changes. High blood cholesterol does not cause symptoms, so many people are unaware that their level is too high.

Understanding the facts about cholesterol will help develop a healthier lifestyle, take better care of the heart, and reduce the risk for heart attack and stroke. Get a cholesterol screening; eat a low-saturated fat, low-cholesterol diet; maintain a healthy weight; exercise regularly; drink only moderate amounts of alcohol; and follow healthcare providers recommendations.

For more information, contact the TAMC's Community Health Nursing Department at 433-1463, or your personal physician.

Aloha means hello to **John Mihlbauer, Jr.**, mechanical engineer in the Kwajalein Resident Office, who joins the District from the Naval Surface Warfare Center.

Aloha means hello to **Casey Hiraiwa**, DA Intern in EC's Civil/Structural Design section. **Aloha means**

hello to **Didier Fusero**, a recent UH graduate, assigned to EC's design branch. **Aloha means**

hello to **Sharon Jantoc**, contract specialist in the construction/A-E contracting branch, who comes to us from TAMC Pacific Regional

Contracting Office. **Aloha means hello** to **Connie Dent**, administrative support assistant in the technical support branch, who comes to the District from a position with Camp Smith's contracting office. **Aloha means hello** to **Tom Smith**, EC-T, a coastal engineer who comes to us from the Jacksonville District.

Aloha means hello to **Cora Shimabukuro**, team leader/project

engineer at the Schofield Barracks Resident Office, who comes to us from a position with DPW. **Aloha means hello** to **Frances Kruse**, administrative support assistant in the civil and public works branch, who comes to us from the Defense Information Systems Agency. **Aloha means hello** to **David Matsumoto**, civil engineer in design branch.

Aloha means good-bye to **Robert Moncrief**, EC-E, who has retired after 37 years of federal service. **Aloha means good-bye** to **Al Cambra**, EC-CF, who has retired after 29 years of federal service.

Congratulations to **Gordon Kuioka** on his promotion to project manager, GS-13, in PPMD's DoD branch. **Congratulations** to **Duane Arakawa**, who has been selected as chief of EC's engineering services branch. **Congratulations** to **Val Lee** on her promotion to chief of RMD's budget and manpower branch. **Congratulations** to **Lenora Okubo**, RM, who has been promoted to the position of budget analyst. **Congratulations** to **Richard Say**, OC, who has been promoted to the position of chief of real estate at POD.

This stray mama cat (front) and her five babies have set up house-keeping near the parking lot next to the main entrance of Bldg. 230, aided by several cat-loving POH employees that have been providing food and shelter until they're old enough to survive on their own. In order to prevent another kitten population explosion, arrangements are being made to have all six of the cats spayed and neutered as soon as they are old enough. If anyone would like to make a donation toward the cost of the procedure or, better yet, give one of them a home, please contact Jessie Dobinchick at 438-8876. — Photo by Michelle Cain



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