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“Navigator” HO'OKELE

FOR THE NAVY AND AIR FORCE TEAM IN HAWAII

June 3, 2016

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Volume 7 Issue 21

BATTLE OF MIDWAY REMEMBERED



Story and photo by MC2
Jeffrey Troutman

*Navy Public Affairs Support
Element Detachment Hawaii*

The Battle of Midway was honored on its 74th anniversary with a wreath-dedication ceremony at the Pearl Harbor Visitor Center, May 31.

The ceremony was attended by military service members, guests and members of the James Campbell High School Navy Junior Reserve Officer Training Corps. The U.S. Pacific Fleet Band was also in attendance to provide musical numbers com-

memorating the anniversary.

The Battle of Midway, which took place June 4-7, 1942, was a decisive victory for the U.S. Navy and is regarded as the turning point of the war in the Pacific.

“It’s extremely important that we remember the courage, the tenacity, and the audacious and calculated risks that leadership took when planning and executing the mission here in the Pacific during the Battle of Midway 74 years ago,” Rear Adm. John Fuller, commander, Navy Region Hawaii, and commander, Naval Surface Group, Middle Pacific said.

“Our brave men risked their

lives in the Battle of Midway based on leadership’s calculated strategies and tactics, and it is exactly that risk that turned the tide of the war in the Pacific. We must emulate that example and ethos in all that we do in our Navy today.”

Capt. Stanley Keeve, commander, Joint Base Pearl Harbor-Hickam, also spoke at the ceremony and stressed the importance Pearl Harbor played in the historic battle.

“The Battle of Midway plays an important role in our Navy, and Pearl Harbor is a key and essential part of the Midway story,” Keeve said. “It was here the Im-

perial Japanese Navy’s attack of Pearl Harbor led to the U.S. entry into World War II. It was here in Pearl Harbor that ships were repaired after the battle of Coral Sea and quickly readied for the Midway battle. And it was here where the Japanese navy’s operational codes were broken, which was a key intelligence action that assisted in the Battle of Midway. So it is appropriate that we should be here today to honor the service members who contributed to the Midway victory.”

“Take a few moments to contemplate why the U.S. Navy takes care to remember the Battle of Midway,” Fuller said to the

audience. “Think about how it defined the character and values we honor, and how we want to carry that banner forward for our future generations.”

The ceremony concluded with a wreath dedication and a flyover from authentic vintage aircraft commemorating the Navy’s victory during the Battle of Midway.

Photo illustration

Rear Adm. John Fuller, commander, Navy Region Hawaii, and commander, Naval Surface Group, Middle Pacific, delivers remarks during a ceremony commemorating the 74th anniversary of the Battle of Midway, May 31.

Memorial Day ceremony honors nation’s veterans

Story and photo by
MC2 Gabrielle Joyner

*Navy Public Affairs Support Element
Detachment Hawaii*

Service members, veterans, distinguished guests and spectators gathered for the 67th annual Memorial Day ceremony at Punchbowl, the National Memorial Cemetery of the Pacific, May 30.

Hosted by the Mayor of Honolulu, Kirk Caldwell, the ceremony commenced with a Hawaiian ‘Oli (chant) by Kahu (minister) Dean Kapuni Harvest, followed by the posting of the 50 state flags by Junior Reserve Officer Training Corps cadets and the posting of the National Colors performed by the U.S. Pacific Command Joint Service Color Guard.

Caldwell delivered remarks to honor the men and women who are buried at the memorial, and the sacrifices they made.

“It’s so very peaceful and very beautiful, and it’s hard to reconcile the pain and the horror that our brave service members faced when they were in the midst of battle, the last measures they took to reach this most hallowed ground and the family and friends they left behind to save all of us,” Caldwell said.

According to Caldwell, approximately 2,500 local Boy and Girl Scouts participated in decorating each grave at Punchbowl with a lei.

“We asked for 38,000 leis and we got 43,000. They came from all over the city, every single island delivered to firehouses, to satellite city halls and then they were brought here,” Caldwell said. “For those who make leis, they know that you have to go pick the flowers then you have to string those flowers. As you do, you’re putting your love, your mana, and your thoughts into this lei, in turn imparting that love and gratitude to the men and women who served and are buried here at Punchbowl.”

Guest speaker, Adm. Harry B. Harris, commander of U.S. Pacific Command, also gave remarks and told the stories of four service members who recently made the ultimate sacrifice and called Hawaii home.

“Memorial Day speeches often harken back to those great defining conflicts of the 20th century, World Wars I and II, Korean and Vietnam, and rightfully so,” Harris said. “But today I want us to reflect on the fact that America has been at war for most of the 21st century, and I would like us to take a minute to remember the few local men who were killed during Operation Enduring Freedom. These men were our neighbors here in Hawaii, our guardians, and now they are our heroes. Remember them, our neighbors who lived among us oh so recently. Each had their own unique story, each was someone’s

MEMORIAL DAY > A6



Members of the Disabled American Veterans Department of Hawaii present a memorial wreath May 30 during the 67th Mayor’s Memorial Day Ceremony at the National Cemetery of the Pacific at Punchbowl.



RIMPAC 2016: 27 nations to participate in maritime exercise

U.S. Third Fleet Public
Affairs

SAN DIEGO—Twenty-seven nations, 45 ships, five submarines, more than 200 aircraft and 25,000 personnel will participate in the biennial Rim of the Pacific (RIMPAC) exercise scheduled June 30 to Aug. 4, in and around the Hawaiian Islands and Southern California.

Hosted by U.S. Pacific Fleet, RIMPAC 2016 will be led by U.S. Vice Adm. Nora Tyson, commander of the U.S. 3rd Fleet (C3F), who will serve as the Combined Task Force (CTF) commander. Royal Canadian Navy Rear Adm. Scott Bishop will serve as deputy commander of the CTF, and Japan Maritime Self Defense Force Rear Adm. Koji Manabe as the vice commander. Other key leaders of the multinational force will include Commodore Malcolm Wise of the Royal Australian Navy, who will command the maritime component; Brig. Gen. Blaise Frawley of the Royal Canadian Air Force, who will command the air component; and the amphibious task force will be led by Royal New Zealand Navy Commodore James Gilmour.

The world’s largest in-

ternational maritime exercise, RIMPAC, provides a unique training opportunity that helps participants foster and sustain cooperative relationships that are critical to ensuring the safety of sea lanes and security on the world’s oceans.

RIMPAC 2016 is the 25th exercise in the series that began in 1971.

The theme of RIMPAC 2016 is “Capable, Adaptive, Partners.” The participating nations and forces will exercise a wide range of capabilities and demonstrate the inherent flexibility of maritime forces. These capabilities range from disaster relief and maritime security operations to sea control and complex war-fighting. The relevant, realistic training program includes amphibious operations, gunnery, missile, anti-submarine and air defense exercises, as well as counter-piracy, mine clearance operations, explosive ordnance disposal and diving and salvage operations.

This year’s exercise includes forces from Australia, Brazil, Brunei, Canada, Chile, Colombia, Denmark, France, Germany, India, Indonesia, Italy, Japan, Malaysia, Mexico, Netherlands, New Zealand, Norway, People’s Republic of China, Peru, the Republic

of Korea, the Republic of the Philippines, Singapore, Thailand, Tonga, the United Kingdom and the United States.

This is the first time that Brazil, Denmark, Germany, and Italy are participating in RIMPAC. Additional firsts will involve flexing the command and control structure for various at sea events and incorporating a submarine rescue exercise. This year will see amphibious operations in the Southern California operating area, feature a harpoon missile shoot from a U.S. Navy littoral combat ship and highlight fleet innovation during the Trident Warrior experimentation series.

The Department of the Navy’s Great Green Fleet yearlong initiative will also play a major role in RIMPAC. The initiative highlights global operations using energy conservation measures and alternative fuel blends to demonstrate how optimizing energy use increases resiliency and operational readiness. During RIMPAC, almost all participating units will operate using an approved alternate-fuel blend.

Details of RIMPAC activities and imagery are available at <http://www.cpf.navy.mil/rimpac>.

COMSUBPAC honors the fallen on Memorial Day

MC2 Shaun Griffin

Commander, Submarine Forces Pacific

Veterans, active duty service members, friends and family of the Pacific Submarine Force gathered May 30 at the USS Parche Submarine Park and Memorial on Joint Base Pearl Harbor-Hickam, to honor those who made the ultimate sacrifice.

The ceremony's guest speaker, Capt. Craig Blakely, commander of Submarine Squadron 7 based at Pearl Harbor's historic submarine piers, spoke of the importance of Memorial Day and the sacrifices that are made every day by service members around the world.

"Their sacrifice is time away from family and loved ones. Their sacrifice is dedication to a cause larger than themselves, the defense of our nation and way of life," Blakely said. "As we witness these daily events, it is altogether fitting and proper to remember those who came before us. On Memorial Day, we remember the men and women who made the ultimate sacrifice while serving in the armed forces."

The ceremony, organized by the U.S. Submarine Veterans Bowfin Base chapter at Pearl Harbor, included a posting of the 50 state flags by the Radford High School Naval Junior Reserve Officers Training Corps, posting of the colors by members of National Sojourners, a



U.S. Navy photos by MC2 Michael H. Lee

(Above) Retired Lt. Cmdr. Paul T. Jurcsak, base commander of the U.S. Submarine Veterans Bowfin Base, salutes the national ensign during the Memorial Day ceremony at the USS Parche Submarine Park and Memorial, May 30. (Above right) John Dugan, a retired submarine master chief, places a lei on each of the plaques representing submarines on Eternal Patrol.

tolling of the bells for submarines and submariners that have been lost, wreath presentations from several support organizations, and a three-gun volley by the Joint Base Pearl Harbor-Hickam Navy Honor Guard Detachment.

Other groups in attendance included the Pacific Fleet Submarine Memorial Association, the U.S. Submarine League Aloha Chapter and the Pearl Harbor Submarine Officers' Spouses Association, and U.S.

Ladies Auxiliary Subvettes.

Blakely said the lessons of our s on to the next generation of submariners as they sail the waters their predecessors won through courage, sacrifice and heroism.

"Since the Battle of Leyte Gulf, the Navy has kept command of the seas and remains the dominant force on the ocean," Blakely said. "It is not lost on me today, more than 70 years later, that we are still deploying boats to the same waters where the 'Shark',

'Tang' and other boats like them gave the full measure of devotion."

Joan Peters, national president of the U.S. Ladies Auxiliary Subvettes, an organization of wives and sweethearts of submariners, said that Memorial Day took on a new meaning when she married her husband, John Peters, a 30-year veteran of the submarine force.

"When I first attended a ceremony and saw all the boats that had been lost, and all the people

that died ... it was such an emotional event," Peters said. "When I married my husband, the day truly became more meaningful."

Retired submariner John Peters said the Memorial Day ceremony is important to him because it honors our lost veterans as well as many of his friends and family.

"A lot of friends and family of mine died in World War II and after," Peters said. "Today was a suitable memorial to them and those who came before us."

Pacific Submarine Force bids aloha to USS City of Corpus Christi

MC1 Jason Swink

Commander, Submarine Forces Pacific

The Pacific Submarine Force and the Pearl Harbor waterfront said farewell to the Los Angeles-class fast-attack submarine USS City of Corpus Christi (SSN 705) in a decommissioning ceremony on Memorial Day, May 30, at Joint Base Pearl Harbor-Hickam.

City of Corpus Christi is the 18th ship of the Los Angeles-class fast-attack submarines and the 2nd ship to bear the name of Corpus Christi, Texas. The submarine is 362-foot long, displaces 6,100 tons, and can be armed with sophisticated Mk-48 advanced capability torpedoes.

Guest speaker for the ceremony, retired commanding officer Rear Adm. Winford "Jerry" Ellis, first commanding officer of the City of Corpus Christi, shared some of the highlights during the commissioning of the boat at Groton, Connecticut on January 8, 1983. His last assignment was as commander of the Pacific Submarine Force.

"It was an incredible beginning of the life of this wonderful submarine," Ellis said. "I am now standing on the decks again after an absence of more than 33 years. What a feeling of both happiness and sadness."

Ellis said officers and enlisted



U.S. Navy photo by MC2 Michael H. Lee

Tom Stone performs a Pula Aloha, a traditional Hawaiian blessing, during a Memorial Day decommissioning ceremony of the Los Angeles-class fast-attack submarine USS City of Corpus Christi (SSN 705).

of that first crew established a superb reputation that continued throughout its years of service.

"All who have served on this submarine, whether in the audience today, standing on the decks, on watch below, or located some place in the world can be proud of being a part of the success this submarine has always had," Ellis said.

Representing the city of Corpus Christi, Texas, the Veterans Band of Corpus Christi performed a Memorial Day tribute to open the ceremony, and Corpus Christi city councilman Mark Scott expressed his pride and gratitude to the crew.

"Today we pause to recognize a job well done and a journey ending," Scott said. "To the men who served aboard the City of

Corpus Christi, we say, 'thank you.' We know that it has not always been easy, but we know you have done it well, with pride, and have made it a better ship."

City of Corpus Christi's current commanding officer, Cmdr. Travis Petzoldt from Beaver Falls, New York, a graduate of the Rensselaer Polytechnic Institute in Troy, New York, said

that we are here to recognize that the City of Corpus Christi is larger than the sum of all its people, and all its parts; our unity.

"It is the manifestation of our collective will not only to survive, but to thrive as a nation of free people," Petzoldt said. "On behalf of the United States, thank you to all the men and women who have touched this fine ship, who have designed, built, took care of and sailed it."

During its 33 years of patrolling the world's oceans, City of Corpus Christi has circumnavigated the globe, completed multiple overseas deployments and several first-in-class distinctions such as the first to complete an engineering refueling overhaul in record 24 months.

City of Corpus Christi has been assigned to Submarine Force, U.S. Pacific Fleet, since its arrival to Apra Harbor, Guam, in October 2002, becoming the first-ever forward deployed fast-attack submarine. In May 2011, City of Corpus Christi came to Pearl Harbor for a final overhaul and to serve out its final years.

Following today's decommissioning ceremony, City of Corpus Christi will transit to the Pacific Northwest where the submarine will be prepared for inactivation and removal from the roles of active U.S. naval warships.

Relic of USS Arizona finds a new home at Joint Base

Brandon Bosworth

Assistant Editor, Ho'okele

Joint Base Pearl Harbor-Hickam recently became the home of an unusual relic: an anchor cross made from the salvaged metal of the USS Arizona. It was crafted by retired U.S. Navy captain Charles (Chuck) Swanson in the early 1970s. At the time, Swanson was the commander of Pearl Harbor Naval Shipyard.

The anchor cross formally became part of JBPHH during a ceremony held June 1 at Pearl Harbor Memorial Chapel. Among those in attendance were Capt. Stanley Keeve Jr., commander, JBPHH, Cmdr. George Mendes, senior installation chaplain, JBPHH, and Right Reverend Robert Fitzpatrick,

Episcopal Bishop of Honolulu. Members of the St. Andrew's Cathedral Choir were on hand to sing hymns.

For many years, the anchor cross was kept at St. George's Episcopal Church. When St. George's closed a few years ago, the cross went to the Episcopal Diocese of Hawaii. Fitzpatrick contacted Lt. Richard Tiff, who then serving as a chaplain at Pearl Harbor Memorial Chapel.

"Bishop Fitzpatrick called Chaplain Tiff and told him he had a unique relic made from the hall of the Arizona," Mendes said. "We are honored and privileged to receive something so richly symbolic on so many levels."

Keeve also commented on the symbolism of the anchor cross.



Photo courtesy of Anne Swanson

The late retired Navy captain Charles (Chuck) Swanson crafted the anchor cross made from the metal of the USS Arizona that was presented to JBPHH during a ceremony held June 1 at Pearl Harbor Memorial Chapel.



U.S. Navy photo by MC2 Laurie Dexter

Capt. Stanley Keeve Jr., receives a cross made of metal of the USS Arizona from Bishop Robert Fitzpatrick (far left) during a ceremony at Pearl Harbor Memorial Chapel, June 1. Lt. Richard Tiff (left) and Cmdr. George Mendes (right) also participated in the event.

"It's more than just a piece of steel," he said. "It's a tie to the past... a symbol of sacrifice, of the ship and of faith."

Upon presenting the anchor cross to Tiff and Keeve, Fitzpatrick said "There is no better place for this cross to rest than with you all and those who will care for it."

Charles Swanson died last year, so he was unable to see the cross he made arrive at its

new home. However, his wife Anne Swanson attended the June 1 ceremony.

"Chuck would have been delighted that it has found new life beyond its old home at St. George's," she said. "He crafted it as a token of spirit and hope."

The anchor cross will be placed in a shadowbox and then displayed in the foyer of Pearl Harbor Memorial Chapel.

Diverse VIEWS



Share a tip to stay safe this summer.



Senior Airman Joseph Odenwald
Det. 2, 18th Force Support Squadron

"If you go out drinking and partying, always have a plan to get back home prior."

ABE2 Richard Pavey
JBPHH TPU

"Sunscreen. I highly recommend using as much as you can if you're out and about in the summer. We are close to the equator and this means the UV index is much higher here, making it much easier to burn. I learned this lesson first hand."



Tech. Sgt. Veronica Tannery
15th Maintenance Squadron

"Bring a wingman to enjoy the adventures and watch out for each other."



SH2 Athena Su
Transient Personnel Unit

"I would say stay hydrated is the best tip to stay safe in the summer. Heat exhaustion is no joke, especially for those who live in this region."



Lt. Col. Dave Van Pelt
HQ PACAF

"Check surf and wave conditions before deciding which beach to visit."



STGC Alan Votapka
USS Michael Murphy (DDG 112)

"The tip I would recommend using to stay safe this summer is obvious — don't drink and drive."



Britt Wills
Air Force spouse

"Stay hydrated and use sunscreen."



*Provided by David D. Underwood Jr.
and Staff Sgt. Christopher Stoltz*

*Want to see your command featured in Diverse Views?
Got opinions to share?
Drop us a line at editor@hookelenews.com*

Commentary

What can you do to speed change?

Chief Master Sergeant Jerry Williams

15th Wing Command Chief



Chief Master Sergeant Jerry Williams

"Change is ever constant," a quote that rings ever so true today especially if you are in Air Force.

The force continues to go through constant change from the recent changes in retirement benefits to the ever-constant budgetary changes. One major change that has directly affected everyone is the introduction of the current enlisted evaluation system.

This new process brought the largest

change to our enlisted force in over 45 years. With that said, many of us are not receptive to significant change. Likewise, these significant changes were executed in order to eliminate the over-inflation that in-

filtrated our legacy enlisted evaluation system.

Historically, and it's still relevant today, supervisors have been driven by their fear of limiting promotion potential of their Airmen; therefore, supervisors do not accurately capture performance ratings on EPRs due to concerns of how organizationally assigned Airmen are being assessed outside of their respective area of responsibility.

The biggest takeaway to remember is that YOU, as a supervisor, rater, or commander, have the power to influence our new enlisted evaluation system. As influencers, we must en-

sure that we don't inflate this system as we did with our legacy system.

There is nothing wrong with supervisors sharing lessons learned in order to gain a better understanding of how their Airmen may compare to other assigned Airmen. Personally, I encourage this type of dialogue. It'll help both supervisors obtain a broader perspective relating to our enlisted evaluation system.

I leave you with a quote from playwright George Bernard Shaw, "Progress is impossible without change, and those who cannot change their minds cannot change anything."

Fitness in the summer – Tips to beat the heat

Staff Sgt. Christopher Stoltz

Joint Base Pearl Harbor-Hickam Public Affairs

With summer temperatures above 90-degrees accompanied with humidity, exercising outdoors can be difficult for service members stationed at Joint Base Pearl Harbor-Hickam.

The heat and humidity poses challenges for many, especially for those who are not from a tropical region. This applies more when it comes to attending physical training and completing the required Air Force physical fitness test.

"Be sure to take the allotted amount of time to acclimate to the new environment before exerting yourself too much," Lt. Col. Michael Morman, 15th Wing chief of safety said. "Additionally, it is recommended to slowly increase your workout when arriving to a new duty station where the climate is significantly different."

Morman said people who are new to the area exercise good judgment and personal risk management when they plan their workouts. He said it is smart to assess your physical conditioning, the climate and how the environmental conditions change.

The chief of safety recommended these following tips:

- Stay on top of your hydration. Sports drinks can help, but they can contain large amounts of sugar and other counterproductive ingredients.
- Have you gotten muscle cramps in the past? Know how to recognize your symptoms and stop to recover before you get to a point where you can't recover.
- Instead of the midday or late afternoon run you normally enjoy, look for an early morning or late evening opportunity where the temperatures aren't so high and direct sun exposure is reduced.
- Consider reducing the intensity level of your workout, especially if you are new to this climate.
- Start easy, don't push too hard



U.S. Air Force photo by Tech. Sgt. Aaron Oelrich

Airmen from the 15th Wing start their 1.5-mile run, one of the four fitness components of the Air Force fitness assessment at Earhart Field at Joint Base Pearl Harbor-Hickam, Jan. 14, 2016.

and know when to quit early at least until you are acclimated.

- If you have to be out in the sun, wear loose, light and light-colored clothing and wear plenty of sunscreen.
 - If you know you'll have to test in the summer heat, start training early. Build your strength and stamina gradually to withstand the harsher conditions and pass the physical fitness assessment comfortably without having to push your limits.
 - Understand the heat impact, know your limits and know when to stop before it's too late. Heat stroke and heat exhaustion are definite possibilities here.
 - Work out with a wingman. Push each other to do better while ensuring each of you remains safe.
- Technical Sergeant Jarret Espiritu of the 647th Force Support Squadron, had some tips of his own for individuals preparing for their Physical Training test this summer.

"It may seem intimidating with your new environment at first but you may actually be surprised," he said. "Get focused with your goals and get familiar with the programs the fitness center has to offer. Participate in the group sessions they advertise and I highly encourage everyone to attend them."

Espiritu said this lack of preparation has led to some Airmen falling out during their physical fitness assessment. He said the climate lends to some Airmen falling out, but the majority of the incidents that happen are because of the former. Espiritu said preparation is nearly as important as the test itself.

"Fail to prepare, prepare to fail," he said. "You cannot come in to any test thinking that you'll pass miraculously. Some are harder than others. Be prepared for anything."

For more information, or for more summer fitness safety tips, visit www.ready.gov or <http://www.cdc.gov/men/summer/index.htm>.

Thunderbolts readied to strike

Republic P-45 Thunderbolts are pushed into place on the deck of the aircraft carrier USS Natoma Bay (CVE 62) which will ferry the planes from Pearl Harbor to Saipan during World War II in this photo taken June 1, 1944.

Photo courtesy of the Hawaii Department of Transportation



Scott Pool parking lot closed during RIMPAC

Joint Base Pearl Harbor-Hickam Public Affairs

The Scott Pool parking lot will be temporarily closed from June 15 to Aug. 4 in support of RIMPAC

2016. The parking lot will reopen for normal operations on Aug. 5. Any vehicles left parked in the confines of the Scott Pool parking lot after June 14 will be towed at the owner's expense.

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HO'OKELE

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PACFLT participates in multi-national missile defense forum

Story and photo by
MC2 Brian Wilbur

U.S. Pacific Fleet Public Affairs

The head of U.S. Pacific Fleet Maritime Operations participated in the Maritime Theater Missile Defense (MTMD) forum’s planning session in Waikiki, May 24.

Rear Adm. Patrick Piercey spoke at the opening session, which was held for the first time in Hawaii. It serves as a precursor to the At Sea Demonstration (ASD) scheduled for this summer at the Pacific Missile Range Facility during the Rim of the Pacific exercise (RIMPAC) and allows participating nations to plan the event.

“The MTMD Forum has already made impressive advances in the European theater building a collaborative missile defense team that is preparing our forces for the ‘Integrated Air and Missile Defense (IAMD) challenge,’” Piercey said.

“European and Pacific nations share the same



(Above and right) Rear Adm. Patrick Piercey, U.S. Pacific Fleet director of maritime operations, gives opening remarks before participating in the Maritime Theater Missile Defense forum in Waikiki.

interoperability goals for IAMD and MTMD collaboration in the Pacific and during RIMPAC this year increases our ability to respond to present and future threats.”

The MTMD is a multi-national organization that promotes and builds on the interoperability of sea-based In-

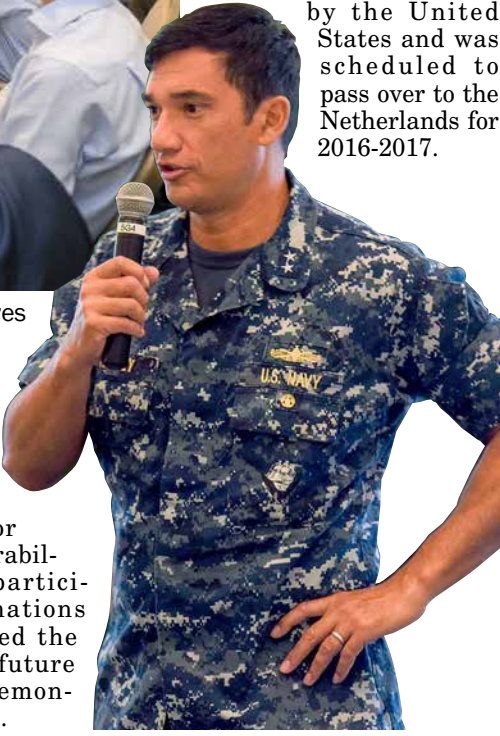
tegrated Air and Missile Defense.

Last year’s ASD in the North Atlantic gave the MTMD forum its first opportunity to gather ships from participating nations and conduct various naval interoperability tests. During the demonstration, a Standard Missile 3 was launched for

the first time in Europe and resulted in the first exo-atmospheric intercept from European waters.

Additionally, the demonstration marked the first time an object was launched into space from United Kingdom soil. Participants in the forum expressed how these milestones helped

establish a new foundation for interoperability for participating nations and paved the way for future at-sea demonstrations.



The MTMD forum consists of members from Australia, Canada, France, Germany, Italy, Netherlands, Norway, United Kingdom and United States. Since it is not specific to one country, the chairmanship rotates among its member nations. The chairmanship was held by the United States and was scheduled to pass over to the Netherlands for 2016-2017.

U.S., China militaries meet to enhance cooperation, safety

Story and photo by
MC2 Tamara Vaughn

U.S. Pacific Fleet Public Affairs

Military representatives from U.S. Pacific Fleet (PACFLT), U.S. Pacific Air Forces and the People’s Republic of China (PRC) People’s Liberation Army Navy and Air Force met for recurring consultations to improve coordination on maritime issues and safety at Ford Island, May 24-25.

The overall goal of the two-day talks, known as the Military Maritime



Representatives from U.S. Pacific Fleet, U.S. Pacific Air Forces and the People’s Republic of China People’s Liberation Army Navy and Air Force met May 25.

Consultative Agreement (MMCA), is to strengthen ties through open communication between U.S. and PRC naval and air forces to improve operational safety in the air and maritime environments.

“Engagements like the Military Maritime Consultative Agreement help the U.S. and Chinese militaries work towards common goals while also candidly addressing differences,” Capt. Donald Cribbs, head of International Plans and Policy for PACFLT said. “This dialogue helps both sides reduce the likelihood of

incidents at sea and in the air.”

The MMCA was established by the Department of Defense and the PRC Ministry of National Defense January 1998 as an instrument to promote common understanding and mutual respect. The agreement was designed to prevent incidents and strengthen regional safety for U.S. and PRC maritime and air forces operating in accordance with international law. The last MMCA meeting was held at the U.S. Pacific Air Forces Headquarters November 2015.

Pearl Harbor-Hickam Highlights

(Right) Service members of the Joint Services Color Guard retire the colors during the 18th Annual Roll Call of Honor in Remembrance Ceremony May 29 at the National Memorial Cemetery of the Pacific. The purpose of the remembrance ceremony was to honor and respect all United States veterans for their past and continuing service to the nation.

U.S. Air Force photo by Staff Sgt. Christopher Hubenthal



(Left) Service members and their family members receive information about moving to Hawaii during a relocation fair hosted by the Joint Base Pearl Harbor-Hickam Military and Family Support Center at the Pearl Harbor Memorial Chapel, May 18.

Photo by Helen Ko



Photo by Tawny Browning

(Above) Capt. Stanley Keeve, commander, Joint Base Pearl Harbor-Hickam congratulated Armed Services YMCA preschool graduates during a ceremony at Sharkey Theater, May 25.

(Left) The Missile Defense Agency and U.S. Navy Sailors aboard USS Hopper (DDG 70) successfully conducted two developmental flight tests of the Standard Missile-3 (SM-3) Block 1B Threat Upgrade guided missile on May 25 and 26 off the west coast of the Big Island.

Photo courtesy of Missile Defense Agency

(Below) Military working dog handler Sgt. Nicholas Majerus, HQ Battalion PMO K9, takes a break during a joint-K9 training exercise held in Honolulu, May 25.

U.S. Air Force photo by Staff Sgt. Christopher Stoltz



(Below) Musicians from military service bands across Oahu, including the U.S. Marine Corps Forces Pacific Band, the Navy's U.S. Pacific Fleet Band, the U.S. Air Force Band of the Pacific Hawaii, and the Hawaii Army National Guard's 111th Army Band perform during the 31st annual Combined Military Band Appreciation Concert held at the Hawaii Theatre, May 21.

Photo by David C. Livingston



USS Olympia holds change of command

Story and photo by
MC2 Michael Lee

Commander, Submarine Forces Pacific

Los Angeles-class fast-attack submarine USS Olympia (SSN 717) held a change-of-command ceremony on the submarine piers in Joint Base Pearl Harbor-Hickam, May 25.

Cmdr. Thomas H. Shugart III, commanding officer of USS Olympia, was relieved by Cmdr. Benjamin J. Selph.

Guest speaker, Capt. Marc Stern, Maritime Operations Center director, Commander Submarine Force, U.S. Pacific Fleet, commended Shugart for his successful tour and professional development.

“While we celebrate Cmdr. Shugart’s success today, I know he would be the first to point out that all the great things he did in command were accomplished because of the hard



Capt. Craig Blakely, commodore, Submarine Squadron Seven, center, observes Cmdr. Benjamin J. Selph, left, relieving Cmdr. Thomas H. Shugart III, right, during the change-of-command ceremony.

work of the incredible team assembled here today,” Stern said. “The things you accomplish contribute to our nation’s

security and you should be justifiably proud.”

Under Shugart’s leadership and guidance, Olympia com-

pleted a seven-month western Pacific deployment and recently completed a successful docking selected restricted availability at Pearl Harbor Naval Shipyard, April to May 2016.

Stern presented Shugart with the Meritorious Service Medal for outstanding meritorious service as commanding officer of Olympia from November 2013 through May 2016.

Following the award presentation, Shugart thanked his submariners for their support and loyalty to the mission.

“Sailors are the reason we serve, and the reason our Navy is as strong today as it was in the days of John Paul Jones,” Shugart said. “Over and over again, the Sailors in front of you have stepped up to the plate, keeping Olympia at sea and accomplishing its mission.”

After the formal reading of official orders and passing of leadership, Selph thanked

the Olympia crew.

“I am deeply honored and thoroughly excited to be on this platform taking command of this ship,” Selph said. “What a privilege to lead such a fine crew of men on this outstanding ship.”

Selph, a native of Prescott, Arizona, graduated from the U.S. Naval Academy in 1999 with a bachelor of science in chemistry. Selph’s operational tours include serving aboard USS Salt Lake City (SSN 716), submarine watch officer for Commander, Submarine Group Eight, engineering officer aboard USS Nebraska (SSBN 739) (Gold), material officer for Commander, Submarine Squadron 17 and executive officer aboard USS Topeka (SSN 754).

Most recently, Selph served as lead planner for U.S. Naval Forces Africa and as deputy executive assistant to Commander, U.S. 6th Fleet.

TSA hosts regional K-9 training, opens doors to military services

Story and photo by
MC2 Johans Chavarro

Navy Public Affairs Support Element Detachment Hawaii

Military working dogs participated in a training scenario hosted by the Transportation Security Administration (TSA) during a regional explosives detection canine training event at Aloha Stadium, May 24. The event included detection, passenger screening, vapor wake and patrol protection mock scenarios.

“Any time that we can get multiple teams of canines together, representing many different agencies, it speaks to our ability to perform at the highest levels,” Nico Melendez, TSA spokesman said. “So in a time of crisis, we can rely upon each other and know the skillset each agency, each dog handler, or each canine brings to the table.”

The event hosted approxi-



Staff Sgt. Terry Pasko and military working dog Bary, assigned to Joint Base Pearl Harbor-Hickam, search an aisle during a training scenario at Aloha Stadium, May 24.

mately 30 military working dog teams, including Army, Marine Corps, Air Force and Navy military working dog units.

According to Tara J. Corse, main event coordinator and TSA regional canine training instructor, the event also served

to encourage networking and communication between organizations and dog handlers in addition to providing a new training environment for military working dog units to run their canine partners through.

“You work so closely with

other agencies during large scale situations that it’s important everyone can come in and work well together,” Corse said. “We love to communicate new and exciting training ideas in order for all of us to keep relevant.”

“Any type of new training for the dog helps us know that if I have a large scale event here, or I have a large scale event somewhere else, I know that my dog is ready to go, my dog is able to search these areas,” Corse said.

“We set these big training environments together because we understand that we have precious cargo, our Hawaiian public. We want to make sure that our dogs are 100 percent proficient on any area, any time.”

For Chief Master-at-Arms Marc Jones, kennel master at Joint Base Pearl Harbor-Hickam (JBPHH), the networking opportunity brought valuable information for dog handlers who might be experiencing sticking points in their training program.

“Anyone will tell you, there are a million ways to train a dog to do the same thing,” Jones said. “So when you bring this many dog teams together, not only does it make a cohesive network of people, but it also helps others with training issues and problems. I think by doing joint ventures like this really makes for a highly productive product for the end of the day to go on for future handlers.”

Staff Sgt. Matthew Zantene, assigned to the JBPHH military working dog unit expressed how the Navy and Air Force takes the mission first-hand as a team.

“Being able to understand each organization’s mission, and security operating procedures is an informative experience on how branches work successfully and efficiently together,” Zanene said.

“Understanding what the Navy’s mission is on the security side of it has been eye-opening, especially on JBPHH,” he said.

Memorial Day

CONTINUED FROM < A1

son or brother, husband or friend, and each gave his last full measure.”

The ceremony continued with the initial wreath presented by Hawaii Gov. David Y. Ige, U.S. Sen. Brian Schatz, Caldwell and Harris, and was followed by a procession of presented wreaths from veterans and other organizations.

The ceremony wrapped up with a Three Volley Rifle Salute performed by the U.S. Air Force Hickam Honor Guard, Taps performed by U.S. Navy Musician 1st Class Brandon Barbee, and a F-22 Raptor flyover by Hickam’s Hawaiian Raptors.

“The many thousands of patriots interred here, around us and amongst us, serve as a vivid reminder of whom and of what we must remember,” Harris said.

“If we fail to ritualize and evangelize this day and this purpose, we risk forgetting all of these patriots. A Byzantine emperor famously said ‘a nation that forgets its defenders will soon be itself forgotten.’ The sacrifices we saw in the wars of the 20th century we can still see in the present day.”

USS Tucson returns from deployment

MC2 Michael Lee

Commander, Submarine Forces Pacific

The Los Angeles-class fast-attack submarine USS Tucson (SSN 770) returned to its homeport of Joint Base Pearl Harbor-Hickam after the completion of its scheduled deployment to the western Pacific, May 24.

The successful completion of its western Pacific deployment was attributed to the exceptional performance of its crew, Cmdr. Michael C. Beckett, commanding officer of USS Tucson said.

“The crew had an extremely successful deployment,” Beckett said. “One of our goals as a team was to improve qualifications across the ship.”

Five officers and 25 Sailors earned their submarine warfare qualifications and now wear the submarine warfare insignia. Additionally, the crew completed more than 200 individual qualifications, Beckett said.

Commissioned on Aug. 18, 1995, Tucson entered its 20th year of commissioned service, and for many of its crew members this marked their first deployment.

“With many Sailors, this was their first deployment and the crew performed in a very professional manner,” Senior Chief Electronics Technician Billy Daly, from Albert Lea, Minnesota, and Tucson’s chief of the boat (COB) said. “The Sailors also maximized their time while we were

underway to get the job completed so they could make the best out of the time they had off.”

During deployment, Tucson built relationships with allies across the Pacific and conducted five port-call visits to Guam, Japan, Republic of Korea, Republic of the Philippines and Singapore.

“My favorite parts of this deployment were the port calls,” Machinist’s Mate (Nuclear) 2nd Class James Cullum said. “One of the reasons why I joined the Navy was to travel the world. I had a blast visiting various locations in Asia and getting a feel for their culture and what they had to offer.”

While Tucson submariners prepared to return to Pearl Harbor, the crew reflected on the success and challenges on the deployment. Lt. j.g. Jimmy Aylward, said the most rewarding part was the successful completion of missions vital to national security.

“As a proud member of the USS Tucson these past two years, these missions were the culmination of every exercise, evaluation, and maintenance completed to ensure that the ship and crew were equipped to meet the strenuous demands of a western Pacific deployment,” Aylward said.

“Participation at this level of national defense is the reason I joined the Navy more than six years ago, and why I selected the submarine force in the first place.”



(Above) Electrician’s Mate 1st Class Christopher Neilson, from Wilmington, North Carolina, is greeted by his wife Ashley and daughter Ellie, 2; and meets for the first time, his 2-month old son, Maverick, following the return of the Los Angeles-class fast-attack submarine USS Tucson (SSN 770) from a regularly scheduled deployment.

(Top right) Sailors stand topside aboard the Los Angeles-class fast-attack submarine USS Tucson (SSN 770) as the ship moors in Pearl Harbor.

U.S. Navy photos by MC2 Shaun Griffin

Life & Leisure

Fleet and Family Readiness
marketing photos

CLOUDS COULDN'T KEEP CROWDS AWAY FROM BEACHFEST



Reid Tokeshi

Joint Base Pearl Harbor-Hickam
Morale, Welfare and Recreation

The skies were a little dark but the mood was much lighter at Joint Base Pearl Harbor-Hickam's annual Beachfest held May 30 at Hickam Harbor. Mother Nature cooperated in keeping the rain away, and patrons were treated to nearly four straight hours of activities for the whole family.

A variety of contests were held on the lawn fronting the harbor, with kids competing in donut eating, hitting water balloons, scavenger hunts and more.

Other free activities included a dunk tank, kid's obstacle course, beanbag toss, fitness challenges and even a mini golf putting green for the little ones.

Command Master Chief Robert Lyons, Navy Operational Support Center Pearl Harbor, JB-PHH, brought his children to Beachfest and said they got their fill of activities.

"We tried to hit about everything," he said. "They did some of the other contests... I think it was enjoyable."

Air Force spouse Meriel Bernal brought her two children to play as her husband volunteered to work a tent at the event.

"It was really great," she said. "The kids had a lot of fun. It's good to have all the little games to keep them occupied."

Bernal said her family also enjoyed the performance of the Pacific Fleet Band, who played a variety of musical hits throughout the course of the event.

"They really enjoyed the band," she said. "They had fun dancing and watching them."

One activity that drew a lot of spectators was the cardboard regatta. Four teams had an hour to build boats out of just cardboard and duct tape. They then raced the boats in the water, using paddles fashioned out of the same materials.

CMC Lyons said he learned about Beachfest from the Great Life Hawaii website and thinks more of these types of events would be a good thing.

"Absolutely," he said. "There are lots of things to do on the island but not everything is family-friendly. This is obviously a family-friendly event. We had a great time."





U.S. Navy photo

Family mobile app now available

Chief of Naval Personnel Public Affairs

WASHINGTON — Sailors who are starting or expanding their families now have a mobile app that will provide resources that will help them understand Navy’s pregnancy and parenthood policies, launched May 27.

The Navy Pregnancy and Parenthood app, available for both Android and iOS/Apple devices, provides important Navy guidance for command leadership, as well as service members who are starting or expanding their families.

“Pregnancy and parenthood can be compatible with a successful military career when service members and the command both understand their roles and responsibilities,” Capt. Candace Eckert, director of N1 Diversity,

said. “This app makes that task easier by identifying regulations, instructions and references from a wide variety of sources and offering them in one easy-to-use app. The app includes information regarding assignments, retention, separation, standards of conduct and much more.”

Some of the topics included in the Pregnancy and Parenthood app are roles and responsibilities, planning, contraception, pregnancy, pregnancy loss, healthcare benefits, breastfeeding, physical readiness, maternity uniforms, adoption, leave, operational deferment and separation from service. The app also offers a selection of references and resources.

Sailors and command leadership are responsible for understanding Navy policies and procedures regarding pregnancy

and parenthood. This app is a resource to help all Navy personnel understand actions required by everyone.

Sailors will find information regarding many of the personal and professional responsibilities that come with parenthood while serving in the Navy and how to understand what needs to happen when and how to accomplish it. Command leaders will find information regarding their roles, appropriate expectations and required actions when advising Sailors who are starting or expanding a family.

To download these apps on your mobile device, visit <http://ow.ly/3cBW300Pcyf> for Android, and <http://ow.ly/sIco300PcC5>.

(For more news from Chief of Naval Personnel, visit www.navy.mil/local/cnp/.)

Upcoming blood drives

Tripler Army Medical Center Blood Donor Center has updated its schedule of upcoming blood drives as part of the Armed Services Blood Donor Program. Dates and locations are updated regularly online as new drives are scheduled. Donors are encouraged to schedule an appointment online, call to make an appointment, and check www.militaryblood.dod.mil for the latest information.

Currently scheduled drives include:

- June 13, 9 a.m. to 1 p.m., MCBH Chapel, Marine Corps Base Hawaii
- June 14, 11 a.m. to 3 p.m., PX, Schofield Barracks
- June 20, 9 a.m. to 1 p.m., Makalapa Clinic, Joint Base Pearl Harbor-Hickam
- June 21, 9 a.m. to 1 p.m., Schofield Barracks Health Clinic, building 683, Schofield Barracks

(For more information, contact Michelle Lele-Himalaya, Armed Services Blood Program, Tripler Army Medical Center, at 433-6699 or email Michelle.Lele.civ@mail.mil.)

Free museum admission offered for military

More than 2,000 museums across America will offer free admission to the nation’s active duty personnel, including National Guard, Reserves and their families from now through Labor Day.

The museums on Oahu participating are the African American Diversity Cultural Center Hawaii, Iolani Palace, Lyon Arboretum of the University of Hawaii at Manoa, and the Hawaii State Foundation on Culture and the Arts/Hawaii State Art Museum.

The Blue Star Museums program also provides families an opportunity to enjoy the



nation’s cultural heritage and learn more about their new communities after a military move.

Blue Star Museums is a collaboration among the National Endowment for the Arts, Blue Star Families, the Department of Defense and the participating museums.

The complete list of participating museums is available at www.arts.gov/bluestarmuseums.

Go-to stir-fry results in tasty, quick meal

Defense Commissary Agency

To promote health and wellness, MyPlate recommends that Americans aim to fill half their plates with fruits and vegetables for most meals. One of the barriers being reported in being able to meet this goal is that fresh produce is too expensive. MyPlate does not distinguish between fresh, frozen or canned fruits and vegetables in encouraging Americans to meet this goal.

The true intent of the goal is to encourage Americans to eat more fruits and vegetables, in general. Ideally, though, in choosing frozen and canned vegetables, care should be taken to choose no added salt and no added sugar options. Frozen and canned fruits and vegetables are some of the most nutritious foods in grocery stores and they truly compare nutritionally to fresh produce.

In fact, The U.S. Food and Drug Administration and the International Food Information Council both confirm that these options provide the same essential nutrients and health benefits as fresh produce. Additional benefits are that these options tend to be more economical than fresh produce, have a longer shelf-life, and do not require time to wash, peel and chop.

A flexible and economic habit to enjoy seasonal produce and assure that vegetables are the main feature at every meal is to combine fresh produce with frozen and or canned vegetables. This will ensure that vegetables make up the majority of your plate. This meal features fresh produce and frozen vegetables that results in a tasty, quick, go-to stir-fry when you are craving Chinese take-out.

Directions:

1. Begin cooking instant brown rice according to package directions for four servings.
2. While the rice is cooking, cut 1 lb. of raw, boneless, skinless chicken (breast or thighs) into half-inch strips and begin cooking in a heated skillet with 2 tbsp. of olive oil over medium high heat.
3. While the chicken is cooking, wash and then cut the bok choy into big chunks (discard the stem).
4. While still in their bag, microwave the frozen vegetables (12-16 oz.) for 2 minutes. Use your favorite kind of vegetable, like broccoli, or try a stir-fry blend.
5. Add 2-3 tbsp. of low sodium soy sauce or 2-3 tbsp. of teriyaki sauce/marinade and 1 cup of almonds to the chicken. Add bok choy.
6. When the bok choy begins to wilt, add the microwaved vegetables. Stir, cover and let cook until desired level of tenderness for vegetables. (One or two additional minutes will be just enough to have the same “crunch” as Chinese take-out vegetables.)
7. Serve each plate with one-fourth of the rice, topped with one-fourth of the chicken/vegetable stir-fry.

Notes:

- Vary the flavor the next time by using different proteins like lean beef or pork. Add some drained, canned water chestnuts and/or bamboo shoots.
 - Use whole wheat pasta instead of rice.
 - Use up leftover cooked meats and make this meal really quickly. Just skip Step 2 and add cooked meat in Step 5.
 - Try it with rotisserie chicken.
 - Turn things up a notch with some spice heat by using just a tad of Sriracha sauce.
- (For more meal solutions, visit commissaries.com.)*





Staff Sgt. Nick Peeler barely avoids being tagged out to arrive safely at third base.

HQ PACAF keeps playoff hopes alive and well

**Story and photo
by Randy Dela Cuz**

Sports Editor, Ho'okele

With only a couple of weeks remaining in the regular season, Headquarters Pacific Air Forces (HQ PACAF) entered the third place 94th Army Air and Missile Defense Command (94 AAMDC) Seadragons needing a win to stay alive in the tight Red Division pennant race.

Standing on the outside looking in from the No. 5 spot — only four teams from each division would qualify for the postseason — HQ PACAF entered the game as a decided underdog. As a testament as to why they play the games, the team, behind a superlative pitching performance by Chief Master Sgt. Chris Roth, walked away with a surprisingly easy

11-0 win at Ward Field, Joint Base Pearl Harbor-Hickam. It was called after five innings due to the league's 10-run-mercy rule.

The win improved HQ PACAF's record to 4-3, while the Seadragons lost for only the second time this season and fell to 5-2.

"My job was pretty much just to get the ball over the plate," Roth said. "I had great fielders and it was a total team effort to-night. It was an awesome feat."

Knowing that the team faced a must-win situation, HQ PACAF opened up the top of the first inning with an aggressive attack to try and get an early lead.

After leadoff hitter Mike Brown, a retired veteran, failed to get on base in the first at-bat of the game, Staff Sgt. Nick Peeler went deep to the opposite field and sliced the ball past

the Seadragons' right fielder.

With the ball headed to the outfield fence, Peeler stepped on the gas and motored around the bases for an inside-the-park homer that put HQ PACAF ahead at 1-0.

"I was just looking to hit the ball hard and in the gap to give my team a shot," Peeler said about his blast to right. "It's a team effort. I just think one person picks up the team and the others keep slugging."

The run wasn't a one-shot rally, as HQ PACAF went for the jugular and bit into the Seadragons for two more runs to take a 3-0 lead after the top of the first.

After Peeler's shot, HQ PACAF got RBI base hits from Master Sgt. Walter Webster and Master Sgt. Shawn Hallor.

For his first appearance on the mound, Roth gave a preview of what he was about to

do for the rest of the game by easily retiring the side in order on only four pitches.

Then, in the top of the second, HQ PACAF bats went to work again with Brown cracking a single to drive in a run and Peeler coming up with his second RBI on a sacrifice fly to extend the lead to 5-0.

As Roth held down the fort, the HQ PACAF bats kept pecking away to increase their lead.

In the third, Hallor hit a sacrifice fly to drive in his second of the game, while Master Sgt. Michael Ledford added run number seven on an RBI single to make it 7-0.

While no game is ever over before its over, HQ PACAF got about as far as you can get without calling it over in the top of the fourth inning.

Brown lined a shot up the middle to drive in the first run of the inning and then was fol-

lowed by three more RBI singles to finish off the scoring for the night.

Roth ended the game with a scoreless fifth, allowing only one base runner due to an error and facing only four batters.

"Tonight, we didn't have any fielding errors, so there was a solid field behind me," Roth said. "That's what it's about. My job is to get it over the plate and the guys behind me, keep the ball in front."

While Roth is keeping his fingers crossed that HQ PACAF has a shot to make the playoffs, he said that all the team can do is go out and give it their all for the next two weeks.

"We have to win out obviously," he said. "That's the only way we control it this point. If we continue to play like we've been playing the last couple of weeks, we do our part. That's all that we can do."

Shipyard is too much for PACOM/JIOC to handle

**Story and photo
by Randy Dela Cruz**

Sports Editor, Ho'okele

The showdown between Pearl Harbor Naval Shipyard and Pacific Command/Joint Intelligence Operation Center (PACOM/JIOC) on May 31 wasn't just for the undisputed lead at the top of the Red Division, but may have also been for the bragging rights on who has the inside track to this season's softball championship at Joint Base Pearl Harbor-Hickam.

With both teams entering the Red Division's biggest matchup of the season with identical 6-0 records, fans sat in anticipation of either a pitching dual between Mike Todd, Department of Defense civilian, of PACOM/JIOC and Senior Chief Machinist's Mate Charles Phelps or a slugfest between two of the most explosive offenses on Joint Base.

Instead, after all the hoopla came to an end, fans sat in disbelief as Shipyard handed PACOM/JIOC a 17-1 drubbing that was halted after five innings due to the league's 10-run-mercy rule.

"There was no love in this game," Phelps said. "We were going for the throat. Put them down and then there's love after the game."

PACOM/JIOC, who has been down by as much as 15 runs and still came back to win, just couldn't mount any type of a comeback due to the pitching of Phelps, who was pitching in his first game this season.

Phelps, who has been the team's rock on the mound in



Senior Chief Machinist's Mate Charles Phelps scoots over to third base in the first inning near third baseman Tech. Sgt. Drew Duguay.

previous seasons, has been manning shortstop, while teammate Machinist's Mate 1st Class Brian Love has handled pitching duties this year.

However, with so much on the line, Love said that the decision to put Phelps on the rubber was a no-brainer and was decided way before the first pitch.

"Tonight? Without a doubt," Love said. "There was no question in my mind that he was going to take the bump to-night."

Before squaring off against

the first batter, Phelps said he had a game plan and if he stuck to it, he knew he would be successful in shutting down PACOM/JIOC.

"I pitch to them all the time and I kind of know their weakness," Phelps said. "I watch where they stand in the box. So if they're way up in the box, they're going get high and deep because I want them to chop down and give me some ground balls. If they're back, I'm going to try and get that first strike and then I'm going to come

short to get them to reach. And that's what was working."

Pitching wasn't the only thing working for Shipyard as the team, sparked by a two-out single by Phelps, scored the first run in the top of the first.

A shutout by Phelps in the bottom of the first opened the door for Shipyard to do more damage at the plate.

In the bottom of the second inning, Shipyard marched a total of 11 batters up to the plate and scored five times to take a 6-0 advantage.

During the inning, Shipyard helped themselves with four singles, but was aided by a couple of fielding errors and two walks by PACOM/JIOC.

Phelps lost his chance for a shutout by allowing a single run in the bottom of the second, but the run only seemed to fire up Shipyard even more.

In the top of the third, Shipyard broke the game wide open when four straight singles picked up two more runs for the team.

Then a single by Machinist's Mate 2nd Class Kawika Hines ushered in two more runs, before Phelps helped his own cause by smashing a three-run, inside-the-park homer en route to a 15-1 lead.

In the top of the fifth, Love drove in run number 17 for the team and then let Phelps do his thing on the mound to finish off PACOM/JIOC for the win.

While Shipyard has come close before to a league championship, their run has always ended in disappointment.

Both Love and Phelps believe that if this season's team plays as well as it can in the postseason, then this could be the year for Shipyard.

"I think after I saw over this weekend, we can," Love said. "They got what it takes and if we just keep them focused, we'll win some games."

For Phelps, the formula is simple: don't change what has worked so far.

"We've got to stay hot and play great defense," Phelps said. "We got great defense and we're hitting the ball."

June is PTSD Awareness Month

U.S. Department of Veterans Affairs

National Center for PTSD
About PTSD Awareness



The National Center for PTSD promotes awareness of post-traumatic stress disorder (PTSD) and effective treatments throughout the year. Starting in 2010, Congress named June 27 PTSD Awareness Day. In 2014, the Senate designated the full month of June for National PTSD Awareness. Efforts are underway to continue this designation for the third consecutive year in 2016.

After a traumatic event, most people have painful memories. For many people, the effects of the event fade over time. But for others, the memories, thoughts and feelings don’t go away — even months or years after the event is over. Mental health experts are not sure why some people develop PTSD and others do not. If stress reactions do not improve over time and they disrupt everyday life, it is important to seek help to determine if PTSD is present

The purpose of PTSD Awareness Month is to encourage everyone to raise public awareness of PTSD and effective treatments.

We can all help those affected by PTSD. You can make a difference.

“Greater understanding and awareness of PTSD will help veterans and others recognize symptoms, and seek and obtain needed care,” said Dr. Paula P. Schnurr, executive director of the National Center for PTSD.

VA provides treatment for the nation’s veterans and conducts research on PTSD, including the prevention of stress disorders. The campaign supports veterans, their families, and all those who have experienced trauma to get care. Be a part of PTSD Awareness Month.

“Raising PTSD awareness is essential to overcoming the myth, misinformation and stigma surrounding this mental health problem,” said Secretary of Veterans Affairs Robert A. McDonald. “We encourage everyone to join us in this important effort.”

(For more information, visit <http://www.ptsd.va.gov/about/ptsd-awareness/index.asp>.)

MY FAVORITE PHOTO



Tony Verceluz, Ho’okele senior graphic artist, took this picture of the street sign on Ho’okele Street on Maui last week. *How to submit: send your non-posed photos to editor@hookelenews.com.*

festivities featured

Fathers' Day



Joint Base Morale, Welfare and Recreation patrons who want to treat dedicated dads to something special in honor of Father’s Day have several options.

✳ Father’s Day Bowling will be held from 10 a.m. to 1 p.m. Sunday, June 19 at the bowling center on the Hickam side of the base and from 11:30 a.m. to 1:30 p.m. at the bowling center on the Pearl Harbor side. Dads can bowl free with a paying family member, with up to two free games for dads. *For more information, call 448-9959 or 473-2574.*

✳ Father’s Day barbecue brunch will be served June 19 at the Historic Hickam Officers’ Club. Lanai seating will be at 10 a.m. and dining room seating will be at 11:30 a.m. The cost \$29.95 for adults (\$2 discount for Air Force Club members), \$15 for children ages 7–12 years old, \$10 for children ages 4–6 years old, and free for children ages 3 years and younger. Reservations need to be made by June 14.

In addition to food like custom omelets, a waffle station, carved ham and roast beef, patrons can check out the special barbecue items planned, such as beef brisket, pork ribs and fried chicken. The brunch will also include baked beans, cornbread, rice, home fries,

eggs Benedict, assorted salad and desserts. *Call Joint Base Catering at 448-4608 to make reservations.*

✳ IRONS Father’s Day lunch and dinner specials will be offered from 11 a.m. to 8 p.m. June 19 at IRONS table + tavern. Prices vary. Menu items will include prime rib, steak and fish. Special creations will be available in addition to regular menu items. *For more information, call 421-1234.*

✳ Father’s Day dining will be offered from 11 a.m. to 9 p.m. June 19 at Sam Choy’s Island Style Seafood Grille. Prices vary. Reservations are recommended. *For more information, call 422-3002.*

✳ Father’s Day at the movies will take place 2:30 p.m., 5 p.m. and 7 p.m. June 19 at Sharkey Theater. Fathers will receive a free medium drink at the snack bar. They must be accompanied by a family member or have a picture of their son or daughter on their cell phone. Check www.greatlifehawaii.com for the movie schedule. *For more information, call 473-0726.*

Trash Boat Regatta to set sail



Do you and your team have what it takes to compete in the first Trash Boat Regatta at Hickam Harbor? The event will be held from 10 a.m. to 1:30 p.m. Saturday, June 11 at Hickam Harbor Beach Park. The cost is \$15 per boat/team.

Joint Base Morale, Welfare and Recreation patrons can challenge their friends, family, and/or colleagues to build boats out of materials normally found in landfills.

Participants can put their skills to the test to build the most artistic, whacked, or creative vessel to ever circumnavigate Hickam Harbor.

Landlubbers ashore also have a role in this regatta to cheer on captains and crews of these outrageously constructed vessels as they sail, row, or scull around the racecourse, topple over, or slowly sink.

Patrons can watch the regatta from Hickam Beach, barbecue in the park and listen to live music from alt rock band Busekrus. Applications and rules are available online at www.greatlifehawaii.com. Limited space is available.

(For more information, call 449-5215.)

A green recycling symbol consisting of three arrows forming a triangle, surrounded by green leaves and branches.

REDUCE... REUSE... RECYCLE

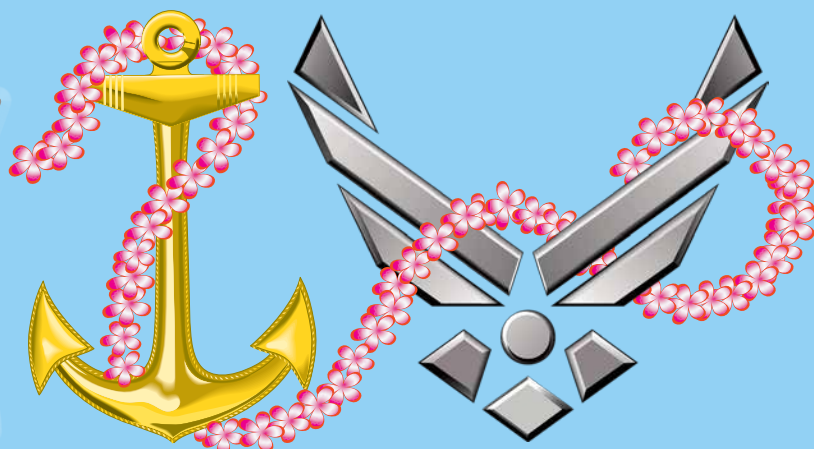
The Joint Base Pearl Harbor-Hickam has two convenient Recycling Center locations standing by to accept your recyclable goods:

Airfield - Bldg. 1715
and Waterfront - Bldg. 159.

For more information call the JBPHH Recycling Program POC at (808) 474-9207.

JUNE COMMUNITY CALENDAR

HO'OKELE
PEARL HARBOR - HICKAM



PICNIC ON THE PIER — TODAY

A Picnic on the Pier will be held from 5:30 to 8 p.m. at the Battleship Missouri Memorial at Ford Island. Tickets are \$10 for adults pre-sale and \$15 at the door. Kids' tickets are \$5 pre-sale and \$10 at the door. Free round-trip shuttle service will be provided to those without base access from the Pearl Harbor Visitor Center. FMI: www.ussmissouri.org/picnic.

EDUCATIONAL PANEL — TODAY

A Battle of Midway educational panel will begin at 2 p.m. at the Pacific Aviation Museum Pearl Harbor. The panel will discuss the military intelligence, events and operations leading up to and through the Battle of Midway 74 years ago in June. Seating is limited, so be sure to get there early. FMI: www.pacificaviationmuseum.org.

BIGGEST LITTLE AIRSHOW

SATURDAY, SUNDAY — Pacific Aviation Museum Pearl Harbor will hold its Biggest Little Airshow from 10 a.m. to 4 p.m. on both days of the event. The event will also pay tribute to the 74th anniversary of the Battle of Midway. Guests can drive onto Ford Island for the event, or take the free shuttle from the Pearl Harbor Visitor Center. Admission to the airshow is \$5 per person (including entry into hangar 79), or \$15 per family (limit six entries per family.) FMI: www.pacificaviationmuseum.org or call 441-1000.

ALL-MILITARY SURF CLASSIC

JUNE 4 — The All-Military Surf Classic will be held from 7 a.m. to 5 p.m. at White Plains Beach. Spectators can watch the event for free. FMI: 682-4925.

SUMMER READING — JUNE 4

A free summer reading program "Read for the Win" event will be held from 10 a.m. to noon at the Joint Base Pearl Harbor-Hickam Library. Refreshments will be served, and there will be prize drawings. Registration for the summer reading program will be offered at this kickoff event. FMI: 449-8299.

CHUCK MILLIGAN COMEDY HYPNOSIS

JUNE 4, 5 — Free comedy hypnosis shows by Chuck Milligan will be held at Sharkey Theater. The adult show will be held at 7:30 p.m. June 4, and the family show will be held at 2 p.m. June 5. First come, first-served seating is limited. No tickets are necessary. Doors open one hour before the show begins. The shows are open to Department of Defense ID cardholders and their sponsored guests. FMI: www.greatlifehawaii.com.

FOCUS ON BONDS INVESTING — JUNE 7

A class on investing with bonds will be held from 1:30 to 3:30 p.m. at Military and Family Support Center Hickam. The class will discuss various types of bonds and long-term retirement income. FMI: www.greatlifehawaii.com or 474-1999.

BOOTS TO BUSINESS — JUNE 7-8

Transition GPS: Boots to Business will be held from 7:30 a.m. to 3:30 p.m. at Military and Family Support Center Pearl Harbor. This two-day optional event is for those who have already attended Transition GPS. The seminar, provided by the U.S. Small Business Administration, can assist participants in understanding how to launch and grow a business as a post-military career. FMI: www.greatlifehawaii.com or 474-1999.

PCS WORKSHOP — JUNE 9

The "Smooth Move" workshop will be held from 8 to 11:30 a.m. at Military and Family Support Center Hickam. This workshop features speakers from various departments to give participants a better understanding of the permanent change of station (PCS) process such as entitlements, travel regulations,

shipping your vehicle, filling out necessary paperwork, clearing quarters, researching a new base and location and financial planning. FMI: www.greatlifehawaii.com or 474-1999.

FBI RECRUITMENT — JUNE 10

Representatives from the FBI will be available from 9 to 11 a.m. at Military and Family Support Center Pearl Harbor to talk about career choices at the agency, qualification requirements and hiring procedures. FMI: www.greatlifehawaii.com or 474-1999.

ADVANCE MOVIE SCREENING — JUNE 11

A free advance screening of the movie "Central Intelligence" will be held at 4 p.m. at the Schofield Barracks Sgt. Smith Theater. Doors open at 2 p.m. Tickets will be available at the Schofield food court. FMI: 237-4502.

LGBT PRIDE MONTH — JUNE 15

A Department of Defense Lesbian Gay Bisexual Transgender (LGBT) Pride Month observance will be held from 9:30 to 11 a.m. at the Historic Hickam Officers Club lanai. In addition, a special meal in observance of LGBT Pride Month will be served from 11 a.m. to 12:30 p.m. at the Silver Dolphin Bistro. The special meal is open to U.S. military, retirees, Department of Defense civilians, and family members of active duty military with a valid ID card. The price of the meal is \$5.55.

TWILIGHT TRIBUTE TO TROOPS — JUNE 18

USO Hawaii will hold its fourth annual Twilight Tribute to the Troops from 3 to 9 p.m. at Sea Life Park. The event will include free admission for all military and their family members. The park will be closed to the public and food will be available for purchase. Free off-site parking will be at Bellows Air Force Station beginning at 2:30 p.m. with continuous shuttle service to and from Sea Life Park. Parking at Sea Life Park will only be available as accessible parking for people with disabilities. FMI: [Facebook.com/hawaiiuso](https://www.facebook.com/hawaiiuso) or call USO Hawaii at 422-1213.

SHARKEY THEATER

TODAY — JUNE 3

7:00 PM Captain America: Civil War (3-D) (PG-13)

SATURDAY — JUNE 4

3:00 PM Ratchet and Clank (PG)
7:30 PM Chuck Milligan Comedy Hypnosis Show (*free admission, ages 18 & older*)

SUNDAY — JUNE 5

2:00 PM Chuck Milligan Comedy Hypnosis Show (*free admission, open to all ages participation limited to ages 14 & older*)
4:50 PM The Jungle Book (3-D) (PG)
7:10 PM Captain America: Civil War (PG-13)

THURSDAY — JUNE 9

7:00 PM The Hunger Games: Mockingjay Part 2 (*free admission*) (PG-13)

HICKAM MEMORIAL THEATER

TODAY — JUNE 3

6:00 PM The Huntsman: Winter's War (PG-13)

SATURDAY — JUNE 4

3:00 PM Zootopia (PG)
6:00 PM Keanu (R)

SUNDAY — JUNE 5

3:00 PM The Jungle Book (PG)
6:00 PM The Huntsman: Winter's War (PG-13)

THURSDAY — JUNE 9

7:00 PM The Huntsman: Winter's War (PG-13)

MOVIE SHOWTIMES



KEANU

Clarence and Rell are two cousins who live in the city but are far from streetwise. When Rell's beloved kitten, Keanu, is catnapped, the hopelessly straight-laced pair must impersonate ruthless killers in order to infiltrate a street gang and retrieve the purloined feline. But the incredibly adorable kitten becomes so coveted that the fight over his custody creates a gang war, forcing our two unwitting heroes to take the law into their own hand.

Swords of Japan in sharp focus at JBPHH Library

**Story and photo by
Brandon Bosworth**

Assistant Editor, Ho’okele

Sword collector Mike Nii was the guest speaker at an event focusing on the history, construction, terminology and etiquette of traditional Japanese swords held May 28 at the Joint Base Pearl Harbor-Hickam Library. Several items from Nii’s personal collection were on display and available for guests to handle. The presentation was held in honor of Asian American Pacific Islander Heritage Month.

Nii is a retired U.S. Army Soldier who served in Vietnam and in the first Gulf War. He retired from the Army in 2009 after 27 years of service. His father was Nisei (an American born to Japanese immigrants) who served in the famed 442nd Infantry Regiment.

As an adult, Nii started researching his family’s Japanese history. He learned his family dates back at least 800 years to the city of Hiroshima. Nii’s discovery that his family had samurai roots led to his interest in traditional Japanese swords. He started collecting them in 1985, and now describes Japanese swords as his “hobby and passion.”

Nii explained that there are three stan-



Traditional Japanese swords from Mike Nii’s personal collection were on display at JBPHH Library, May 28.

dard lengths of Japanese swords. Tanto are the shortest, with blades up to 12 inches long. Wakizashi can be up to 24 inches long. Katana, probably the best known of Japanese swords, have blades ranging from 24 inches to 30 inches. Nii brought examples of all three from his collection. The oldest one dates from 1436 and is still fully

functional.

Katana and wakizashi were primarily associated with samurai.

“Only samurai could wear two swords,” Nii said. “When visiting someone, samurai would give the owner of the house the long sword to hold on to while keeping the short sword.”

The homeowner would place the visitor’s sword

in a temporary mount, always with the handle facing left.

“Samurai were always trained to fight with their right hand,” Nii said. “You would have a hard time drawing your sword with your right hand if it was mounted to the left.”

The left-facing mounting was therefore a safety precaution for the host, just as holding on to their

wakizashi was a safety precaution for the guest. Nii joked about both parties having “trust issues.”

Ironically, there are probably more antique Japanese swords in the United States than in Japan.

“Three-fourths of the blades were taken to the U.S. after World War II,” Nii said.

Swords are still made

in Japan using traditional methods. Their manufacture and sales are strictly regulated, and swordmakers are limited to making four swords a month. New swords can easily sell for \$40,000 or more.

Something as refined as an authentic Japanese sword requires maintenance, even if it isn’t being used. For example, Nii treats his blades once a month with a petroleum-free clove-based oil. Though he considers them art pieces, they are still real weapons capable of doing real damage.

To highlight that point, Nii described how right before New Year’s Day he rolls three tatami mats together and soaks them in water overnight. According to Nii, after 24 hours of soaking the thickness and texture of the rolled mats comes to resemble that of a “human leg.” On New Year’s Day, Nii sliced the rolled mats in half with one of his swords.

“There’s lots of pressure as my whole family is watching,” he said. He added that his record of successfully slicing through the mats is very good.

At the end of his presentation, Nii met with guests and allowed them to handle some of his collection.

“I hope you leave here today with respect and understanding of the Japanese sword,” he said.