

NOAA predicts near- or above-normal hurricane season **See page A-4**



Voting ballots available **See page B-4**



Ohana seeks energy heroes **See page B-4**



LGBT Pride Month observance **See page B-5**

“Navigator” HO'OKELE

FOR THE NAVY AND AIR FORCE TEAM IN HAWAII

June 10, 2016

www.cnic.navy.mil/hawaii www.hookelenews.com

Volume 7 Issue 22

Japan training squadron visits

Story and photo by
MC2 Tamara Vaughn

U.S. Pacific Fleet Public Affairs

A Japan Maritime Self Defense Force (JMSDF) training squadron comprising three ships began a three-day port visit at Joint Base Pearl Harbor-Hickam June 1 as part of a round-the-world deployment to 16 ports in 13 countries.

During the port visit Adm. Scott Swift, commander of U.S. Pacific Fleet, toured the JTS flagship JS Kashima (TV 3508), reviewed sailors in formation and spoke to newly-commissioned Japanese ensigns about the strong and lasting U.S./Japan partnership at sea.

“All of you embody this shared heritage, which is based on the past 70 years of the rule-based order that was forged in war and sustained in peace and allowed our nations and many others in this region to achieve incredible levels of prosperity,” Swift said.

“Maritime forces play a crucial role in guarding and sustaining this prosperity by preserving access for the broadest possible base of maritime nations in accordance with international law.”

More than 750 Japanese sailors and 200 newly com-

missioned ensigns are on the first leg of the 168-day cruise that will take them around the world while developing seamanship and leadership skills. The squadron's ships include two training vessels, JS Setoyuki (TV 3518) and JS Kashima (TV 3508) and one Asagiri-class destroyer,

JS Asagiri (DD 151).

While in Hawaii, members of the squadron laid wreaths at the USS Arizona Memorial, Makiki Japanese Naval Graveyard, National Memorial Cemetery of the Pacific (Punchbowl Cemetery) and Ehime Maru Memorial. The JTS band also teamed up with the Pacific

Fleet Band for a joint engagement at the Ala Moana Shopping Center.

Additionally, JTS Commander Rear Adm. Hidetoshi Iwasaki, along with the three ships' commanding officers, met with Swift and Hawaii Gov. David Ige on a goodwill visit aimed at promoting interna-

tional friendship.

Later this month, JMSDF ships will participate in the biennial Rim of the Pacific exercise, scheduled June 30 to Aug. 4, in and around the Hawaiian Islands. Japan's participation in the 2016 iteration marks the 19th time the country has participated in the exercise.

515th AMOW welcomes new commander

Tech. Sgt. Terri Paden
15th Wing Public Affairs

The 515th Air Mobility Operations Wing (AMOW) is under new management after a change of command ceremony at the Historic Hickam Officers' Club. Col. Casey Eaton officially handed over the reins to Col. Scott Zippwald in the June 2 ceremony.

During the ceremony, Eaton was presented the Legion of Merit for his outstanding service and accomplishments as commander of the 515th AMOW. Eaton expressed his gratitude to 15th Wing, Joint Base and 154th Wing leaders.

He also thanked residing officer Maj. Gen. Frederick

“Because of what this wing does, our national leaders have choices. They can move almost anything, almost anywhere, at almost any time.

— Col. Casey Eaton

Martin, U.S. Air Force Expeditionary Center commander. “During my tenure here I can proudly say that I witnessed the men and the women of the 515th absolutely execute rapid mobility within the Pacific, ‘Safely, by the book ... and then on time,’” he said. “No one provides operation agility more than the 515th AMOW. Nothing in this area of responsibility flows by air without this team touching it and that is extraor-

dinary.”

After admitting to not quite understanding rapid global mobility early in his career, Eaton now fully understands the importance of the 515th AMOW's mission.

“Because of what this wing does, our national leaders have choices,” he said. “They can move almost anything, almost anywhere, at almost any time.

“Whether those are in instances of war, or in instances of humanitarian relief, no one else on this planet can do what our Air Force can do, thanks to this wing. Every single Airman in this wing should be proud of their accomplishments, but even more of the incredible purpose that they serve in supporting our national security enterprise.”

Eaton said he was both humbled and grateful to have served as the unit's commander and now hand the wing over to incoming

commander Zippwald.

As commander, Zippwald will oversee the wing, which is comprised of two air mobility operations groups, six air mobility squadrons, three detachments, six operating locations, and five air terminal ground handling service contracts, while also providing assistance to terminals operated by other services. In total, the 515th AMOW is responsible for nearly 1,600 geographically-separated personnel across nine Pacific time zones and an annual budget of more than \$50 million.

The 515th AMOW also serves as the forward air mobility liaison to United States Pacific Command, Pacific Air Forces, United States Forces-Korea, United States Forces-Japan, and Alaska Command for theater air mobility operations and capabilities.

Zippwald accepted command of the unit thanking Martin for the huge responsibility, promising to give his complete focus and ability.

“To the 515th team ... you should be proud of your outstanding reputation here in the Pacific,” he said. “Your reputation of excellence and reliability forged on your hard work and dedication. I will push you to up your game and to reach our collective potential and deliver what America expects and demands—the very best. I look forward to being part of this team's legacy and continuing the wing's tradition of excellence and service to the nation, ensuring we deliver rapid global mobility throughout the Pacific.”

USS Arizona Memorial to undergo dock replacement

National Park Service

From June 13 through June 26, the dock for the USS Arizona Memorial will be dismantled, removed, and replaced. Visitors will not be able to disembark onto the USS Arizona Memorial during this time, although a boat ride to observe the memorial will still be available. Tickets can be obtained through www.recreation.gov or on a same day, first come/first-served basis.

All other visitor services will remain unchanged. The USS Bowfin Submarine, USS Battleship Missouri Memorial, and Pacific Aviation Museum will continue to be open to the public.

“We are grateful for our close partnership with the US Navy and all of the work that they're doing to ensure that visitors during this period will still get to see the USS Arizona and its memorial, even while the new dock is being installed,” World War II Valor in the Pacific Superintendent Jacqueline Ashwell said. “The patience shown by those interested in the memorial is deeply appreciated.”

The dock was designed in Hawaii by a local company and constructed in Bellingham, Washington by a vendor accustomed to fabricating docks destined for Hawaiian waters. The dock will be transported by truck to a staging area on Ford Island and then floated to the memorial, where it will be attached using anchor blocks and mooring chains. A series of skid-proof ramps will replace the combination of steps and ramps that currently provide walking and wheelchair access from the dock to the memorial.

For more information, please visit the Facebook page at facebook.com/ValorNPS and website at www.nps.gov/valr.



Col. Scott Zippwald, incoming 515th Air Mobility Operations Wing commander, speaks during the 515th AMOW change of command ceremony, June 2.

Photo by David D. Underwood Jr.



Adm. Scott Swift, commander U.S. Pacific Fleet, inspects the sailors assigned to the Japanese training vessel JS Kashima (TV 3508) honor guard detail at Joint Base Pearl Harbor-Hickam, June 1.

U.S. Pacific Fleet pays tribute to Battle of Midway heroes

MC2 Tamara Vaughn

U.S. Pacific Fleet Public Affairs

The U.S. Pacific Fleet staff gathered to pay tribute to naval heroes during the commemoration ceremony at PACFLT headquarters, marking the 74th anniversary of the Battle of Midway, June 7.

“It was a combination of intelligence, tactics, courage and sacrifice that forever changed the course of the war and world history,” keynote speaker Rear Adm. Paul Becker, special assistant to the director of Naval Intelligence said. “That’s in part why we gather together and recount this story in early June every year to remember Midway; to reinforce our identities as thinkers, fighters and as winners.”

The Midway battle, fought June 4-7, 1942, was widely considered one of the turning points of the war in the Pacific. In May 1942, intelligence experts at the Combat Intelligence Unit at Pearl Harbor, known as Station Hypo, intercepted nearly 1,000 Japanese radio messages per day and deciphered and translated about 25 percent of them. They provided Fleet Adm. Chester Nimitz with information that the Imperial Japanese navy intended to attack the Midway Atoll. Acting on this intelligence, naval forces were able to deliver a decisive blow, driving

the enemy back, which ultimately resulted in their surrender Sept. 2, 1945.

As the commander of the U.S. Pacific Fleet, Adm. Scott Swift now fills the same role as Nimitz and recounts the importance of learning from history.

“This is much more than about history,” Swift said during the ceremony. “I frequently raise in my discussions with the staff and the fleet about being predictive and thoughtful rather than be descriptive and reactionary. Nimitz was predictive and thoughtful. He took incredible strategic risk when he committed to the intelligence he had and he trusted in his intelligence officers and task force commanders to make the decisions necessary to turn the tide in the battle of the Pacific.”

Spectators reflect during a Battle of Midway 74th anniversary commemoration ceremony. 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.

U.S. Navy photo by MC2 Brian Wilbur



Pearl Harbor bids aloha to USS Houston honoring sub’s service

MC2 Michael Lee

Commander, Submarine Forces Pacific

The Pacific Submarine Force and the Pearl Harbor waterfront bid farewell to the Los Angeles-class fast-attack submarine USS Houston (SSN 713) in an aloha celebration at Joint Base Pearl Harbor-Hickam (JBPHH), June 6.

Sailors, submarine veterans, friends and families of the crew celebrated the Houston’s 33 years of honorable service to the U.S. submarine force.

Homeported at Pearl Harbor since January 2012, Houston departed Pearl Harbor for Bremerton, Washington, where it will be decommissioned on Aug. 26. Houston will spend the following year going through deactivation



U.S. Navy photo by MC2 Shaun Griffin

Tim Seipp, a member of the Submarine Veterans Bowfin Base, bids Cmdr. Scott McGinnis, commanding officer of the Los Angeles-class fast-attack submarine USS Houston (SSN 713), farewell, June 6.

and disassembling of components for historical archiving.

Cmdr. Scott McGinnis, Houston’s commanding officer,

thanked everyone for their support of warship Houston and its crew.

“It is a celebration of our time

in Pearl Harbor,” McGinnis said. “You can see the energy and amount of people here who are just happy to be a part of the Houston family and celebrate the success.”

During Houston’s 33 years of successful service, the boat has seen more than 15 deployments while performing missions vital to national security and developing maritime partnerships with foreign western Pacific nations.

Recently, it has served as a training platform for not only its crew, but 46 submariners, across five other boats, and provided command courses for prospective commanding officers.

“The Houston is going to be sending off some outstanding Sailors,” Senior Chief Sonar Technician (Submarine) Paul R. McCrory, and Houston’s chief of the boat said. “Everybody has

put their best foot forward. We’ve come through so much with the age of this ship, it’s really hard to maintain after 33 years of active service. It’s been special to watch the guys take advantage of being a part of what’s going to be history.”

McGinnis thanked current and former shipmates for flawlessly maintaining the ship and upholding the responsibility of representing the city of Houston.

“To the people of Houston, our relationship has never been stronger with the city,” McGinnis said. “We look forward to seeing you again. Just because we are decommissioning, we have another year of crew life. It’s really never about the ship, but the hard work and effort of the crew. I can’t wait to bring Sailors back out to see Houston to see the outpouring of Navy support.”

15th MDG hosts annual resiliency festival to raise awareness

Story and photo by Tech. Sgt. Aaron Oelrich

15th Wing Public Affairs

The 15th Medical Group’s (MDG) Mental Health Clinic highlighted resiliency by hosting the second annual Resiliency Festival at Joint Base Pearl Harbor-Hickam (JBPHH), May 26.

According to Staff Sgt. Steven Parsell from the 15th MDG Mental Health Clinic, the festival was held to raise awareness about mental health and the different aspects of human wellness. The event kicked off the 101 Critical Days of Summer safety campaign and ended May’s Mental Health awareness campaign.

Representatives from the Chaplain Corps, the JBPHH Fitness Center, Airmen and Family

Readiness, and the 15th MDG Mental Health Clinic, along with several other helping agencies, supported the event.

“We are here to talk about and offer resources to make JBPHH’s members the best they can be and have some fun doing it,” Parsell said.

Learning about safety and wellness was only a piece of the festival’s attractions. The attendees connected with other members of the community by participating in fun activities.

These activities included a DUI simulation, conducted by Airmen from the 647th Security Forces Squadron; a sumo wrestling suit challenge, dunk tank and other games. In addition to the activities, a free lunch was provided from various agencies.

“I think this [event] was very successful,” Staff Sgt. Brian



Airmen participate in the sumo wrestling suit challenge during the second annual Resiliency Festival, hosted by the 15th Medical Group’s Mental Health Clinic at Joint Base Pearl Harbor-Hickam, May 26.

Miles from the 15th Wing safety office said. “Everyone got a chance to come out and partake in all the booths and have some fun. Any time you can get some free food and educate people is a plus.”

Maj. Emily Rougier, director of psychological health for the 15th MDG, thanked everyone who helped with the event. She also noted this event is for the entire JBPHH community, not only the 15th Wing, and hopes it will continue for years to come.

If you or someone you know would like to learn more about different aspects of wellness or just need to talk to someone, please contact the 15th MDG Mental Health Clinic at 448-6000, Military and Family Support Center at 474-1999, or the JBPHH Chaplain Corps at 449-1754.

Diverse VIEWS



What is your favorite animated TV show or movie?



Senior Airman James Jefferson
647th Civil Engineer Squadron

“The ‘Lion King’ is my all-time favorite because it showed although all of the animals were different, they still treated each other with respect. It also showed the tragedies of life, and how we can rise up from those tragedies.”

LN2 Domingo Rodriguez
Navy Legal

“My current favorite cartoon is ‘Rick and Morty.’ It is a cartoon that is definitely not for children. I enjoy the type of humor on the show, and it is smarter than it seems.”



Lt. Col. Shannon Phares
HQ PACAF

“My favorite animated TV show is from the past, but I think still part of the present and hopefully the future — ‘Scooby Doo.’ Loved trying to solve the mysteries, and of course the sweet van and all the characters. Oh and I love dogs!”

Jeanne Arakaki
Navy Legal

“My favorite cartoon movie would be ‘Sleeping Beauty.’ I loved the music and the movie evokes a sense of nostalgia from my childhood, and that’s something you can’t compete with.”



Tech. Sgt. Kosiasko Sullivan
690th Cyberspace Operations Squadron

“My favorite animated TV show is ‘G.I. Joe’ from the 80s. I was a big ‘G.I. Joe’ fan as a kid and watched the show every week.”

STG Arvin Combs
CSCS Detachment Pearl Harbor

“My favorite cartoon would have to be ‘Family Guy,’ simply because it is something you can just sit back and laugh at. Obviously the show has situations and content which isn’t necessarily work appropriate, but it’s nice to sit back once in a while and enjoy the show, and not have to take things so seriously.”



Staff Sgt. Davina Theiss
392nd Intelligence Squadron

“I’ve always wanted to be ‘Sailor Moon.’ And who can forget Tuxedo Mask? It was a great show.”

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

Honoring ‘Panorama of Diversity’ in Pride Month

Rear Adm. John Fuller

Commander, Navy Region Hawaii and Naval Surface Group Middle Pacific



Rear Adm. John Fuller

Last week my family and I attended a colorful Memorial Day lantern floating ceremony at Ala Moana. Although it was in many ways a traditional Buddhist ceremony, people of all faiths—and of no faith—attended. Thousands of people launched lanterns of remembrance into the sea to honor lost loved ones. I found the entire ceremony a moving experience. Without trying to, that ceremony showcased once again the panorama of diversity here in Hawaii – second to nowhere else I’ve seen. There is no dominant majority ethnicity, race or culture here in Hawaii. Instead, there is deep and abiding respect for a fusion of cultures and backgrounds and points of view. And

there is wide overall acceptance of what is “different”—where “honor” is achieved by what people do and how they live their lives, not what they look like. The Navy’s celebration of LGBT Pride Month for service members and civilians demonstrates an inclusive recognition of all our Sailors in the all-volunteer force, where people are judged by the content of their character, not by demographics or other aspects of who they are.

We can wonder how many Sailors and Marines of a different sexual orientation fought and died here in the Pacific during the Second World War and in our nation’s other wars. Untold numbers, I’m sure. Our Navy has always been on the leading edge of innovation and inclusion. We can be proud of how our military has knocked down barriers and opened doors. We are one team. Our common goal is to promote our core values of honor, courage and commitment and a warrior’s ethos. We appreciate diversity. And those of us who are successful in the Navy must strive to strengthen the culture of dignity and respect for service members and civilian employees and to eliminate behavior that could jeopardize our mission and combat readiness. On the deckplates, on the flightlines, in the

field, and in the work spaces, we develop and further a culture where dignity, respect and professional behavior are the expected norm. Hawaii’s spirit of aloha and love of family—ohana—teaches us to be tolerant, inclusive and understanding. We value and appreciate each person’s contribution, and we want each person to be proud of who they are. So, if anyone asks why we celebrate the panorama of diversity here at Navy Region Hawaii and Naval Surface Group Middle Pacific during Pride Month, tell them: This is another opportunity to honor a portion of the one percent of Americans who volunteered to wear the uniform and who swore an oath—prepared to give their last measure to defend the Constitution and protect our homeland. We are honored to include and recognize everyone who gives honorable service to our nation.

Finish the fight: An Airman’s journey through Army combatives shows what tenacity, heart can do

2nd Lt. Kaitlin Daddona

15th Wing Public Affairs



U.S. Air Force photo by SrA Michael Reeves

Editor’s Note: Joint Base Pearl Harbor-Hickam is conducting a security information campaign focusing on VEST: Vigilance, Engagement, Speed, Together to provide community involvement and awareness in the military community.

I walked into the 2-14 Calvary Squadron’s gym with a confidence my fellow classmates found unsuspecting. After all, I was the only member wearing tiger stripes and a gold rank on my collar. And, in all honesty—I loved it. Although I’m a young Air Force officer at the age of 23, I’ve already heard all the jokes—chair force, desk-jockey, butter bar. So, being a somewhat experienced fighter, I started the Modern Army Combatives Program (MACP) level one course at Schofield Barracks ready to prove to my Soldier comrades exactly what an Airman, who has tenacity and heart, can do. I wasn’t always interested in martial arts. In fact, growing up, I veered as far away from it as possible. I participated in team sports in high school and got two certifications to teach yoga while I was in college. Then, as a student in my career field’s technical school, I stepped out of my comfort zone and signed up for a boxing class. My life changed. My incredible fear of being hit in the face transformed into an eagerness to learn to defend myself,

and then a slight obsession with the true beauty that lies within the art of combatives. Driven by the desire to learn more, I incorporated more boxing classes into my schedule, and later supplemented them with classes in Muay Thai, Brazilian Jiu-Jitsu, and mixed martial arts. When that wasn’t enough, I looked for ways fighting could fit into my job, a difficult feat for a second lieutenant in public affairs. The training consisted of 11 early mornings of striking and grappling with 21 fearless Soldiers from the 2-14 Calvary. We learned that to master the basic fight strategy, one must close the distance and gain dominant body positions. Considering the expert instructions we were given, these tasks weren’t too difficult. The third piece of this strategy was learning how to finish the fight.

How could I learn to apply the skills I was taught as a student of combatives into my life as an Airman? While I had my past fight training to back up the poise and self-assurance I had walking into the Cavalry’s gym, the things I learned from those Soldiers will go unmatched. I have a lot to learn—about martial arts, about being an officer, about being an Airman. The opportunity to delve into new endeavors with newfound perspective comes with the chance to teach and be taught. I hope to continue to live with the warrior ethos to “finish the fight,” even when my hands aren’t in gloves and my feet aren’t on the mat. To get involved with the Modern Army Combatives Program, contact the Combat Readiness Center, Schofield Barracks, at 655-0534.

Avenger poised for launch



A U.S. Navy Avenger of Torpedo Squadron (VT) 8 is poised for launch from the aircraft carrier USS Bunker Hill (CV 17) for a strike against Saipan on June 10, 1944, 72 years ago today.

U.S. Navy photo



Connect with us on ISSUU at issuu.com/navyregionhawaii. Download the app and view a digital copy of Ho'okele. Flip through the pages on your mobile device.

STORY IDEAS?

Contact the Ho'okele editor for guidelines and story/photo submission requirements
Phone: (808) 473-2888
email: editor@hookelenews.com



HO'OKELE

Commander,
Navy Region Hawaii
Rear Adm. John V. Fuller

Chief of Staff
Capt. Mark Manfredi

Commander, Joint Base
Pearl Harbor-Hickam
Capt. Stanley Keeve Jr.

Deputy Commander
Col. Richard Smith

Director, Navy Region
Hawaii Public Affairs
Agnes Tauyan

Deputy Director,
Public Affairs
Bill Doughty

Director, Joint Base
Pearl Harbor-Hickam
Public Affairs
Grace Hew Len

Managing Editor
Anna Marie General

Editor
Don Robbins

Assistant Editor
Brandon Bosworth

Sports Editor
Randy Dela Cruz

Sr. Graphic Artist
Antonio Verceluz

Graphic Artist
Michelle Poppler

Ho'okele is a free unofficial paper published every Friday by The Honolulu Star Advertiser 500 Ala Moana Boulevard Suite 7-500 Honolulu Hawaii 96813, a private firm in no way connected with DoD, the U. S. Navy, Air Force or Marine Corps, under exclusive contract with Commander, Navy Region Hawaii. All editorial content is prepared, edited, provided and approved by the staff of the Commander, Navy Region Hawaii Public Affairs Office: 850 Ticonderoga, Suite 110, Pearl Harbor, Hawaii, 96860-4884. Telephone: (808) 473-2888; fax (808) 473-2876; e-mail address: editor@hookelenews.com World Wide Web address: <https://www.cnrc.navy.mil/Hawaii/> or www.hookelenews.com. This civilian enterprise newspaper is an authorized publication primarily for members of the Navy, Air Force and Marine Corps military services and their families in Hawaii. Its contents do not necessarily reflect the official views of the U. S. Government, the Department of Defense, the U.S. Navy, Air Force or Marine Corps and do not imply endorsement thereof.

The civilian publisher, The Honolulu Star Advertiser, is responsible for commercial advertising, which may be purchased by calling (808) 521-9111. The appearance of advertising in this newspaper, including inserts or supplements, does not constitute endorsement of the products and services advertised by the Department of Defense, the U.S. Navy, Air Force or Marine Corps, Commander, Navy Region Hawaii or The Honolulu Star Advertiser. Everything advertised in this paper shall be made available for purchase, use or patronage without regard to race, color, religion, gender, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron. A confirmed violation of this policy of equal opportunity by an advertiser will result in the refusal to print advertising from that source. Ho'okele is delivered weekly to Navy & Air Force housing units and Navy and Air Force installations throughout Oahu.



Sailors assigned to the Skinny Dragons of Patrol Squadron (VP) 4 perform a man-on-the-stand coordinated check on a P-3C Orion maritime patrol aircraft at Kaneohe Bay.

U.S. Navy photo by MC3 Amber Porter

‘Skinny Dragons’ conduct 2016 deployment operations

Lt. j.g. Hunter Broten

*Patrol Squadron (VP) 4
Public Affairs*

COMALAPA, El Salvador—The “Skinny Dragons” of Patrol Squadron (VP) 4 are conducting 2016 deployment operations after performing upgrades and completing personnel qualifications, resulting in 12 combat-ready aircrews and an adept maintenance department prepared for the squadron’s multi-site deployment.

This deployment consists of visiting past deployment sites of Sigonella, Sicily and Djibouti, Africa. Additionally, the squadron detached multiple crews

to Comalapa, El Salvador to conduct maritime interdiction operations (MIO) in support of Operation Martillo.

“Our crews and maintainers have worked hard and prepared diligently for this deployment,” officer-in-charge Lt. Cmdr. John Houston said. “They are truly excited to hit the ground running.”

VP-4’s El Salvador detachment consists of three combat aircrews and nearly 40 maintenance personnel working at Co-operative Security Location (CSL) Comalapa. The assets stationed at CSL Comalapa are a small piece of a larger operation led by Joint Interagency

Task Force (JIATF)-South to detect and deter drug trafficking in the eastern Pacific and western Caribbean.

For 20 years, JI-ATF-South has been instrumental in combatting the threat of “narcoterrorism” in the region. The task force consists of the Department of Defense, FBI, and the U.S. Drug Enforcement Administration and Border Patrol working cohesively to provide widespread coverage on land and at sea using various assets. Since 2003, maritime patrol squadrons have deployed aircrews flying the P-3C Orion in support of JIATF-south.

“This is the third time

I’ve had the opportunity to be involved in the JI-ATF-South/4th Fleet mission,” Houston said. “If this is anything like the past, I look forward to an immensely rewarding experience, and so far the aircrews have been immensely successful in their missions.”

The capabilities of the P-3C make it an outstanding platform for MIO. It’s sensor capabilities and extended ranges allow it to cover wide swaths of the ocean, identifying surface ships and suspicious activities at various altitudes. Accurate identification and plotting of surface shipping traffic allows Orion crews to vector Coast Guard as-

sets into position to conduct boarding operations and seizures.

Mission Commander Lt. j.g. Sarah Freshwater shared her perspective on how well the P-3C works in coordination with other military air assets supporting JIATF-S.

“This unique mission set provides our crews with opportunities to work hand-in-hand with multiple platforms all focused on suppressing drug operations in [U.S. Southern Command],” Freshwater said.

So far into deployment VP-4, in conjunction with surface units including Navy warships and Coast Guard cutters with de-

ployed law enforcement detachments, are credited with drug busts totaling over 11,900 kg. of cocaine worth more than \$230 million and detaining 29 suspected smugglers.

The P-3C Orion’s mission in El Salvador is a far cry from the submarine hunting skillset for which the aircraft is known. However, the versatility of the platform’s capabilities and the skill of the aircrew make it a perfect fit for JI-ATF-South’s mission.

As summer continues on, the squadron is continuously working to refine its mission and become even more proficient in countering the efforts of drug traffickers in the region.

NOAA predicts near- or above-normal central Pacific hurricane season

National Oceanic and Atmospheric Administration

NOAA’s Central Pacific Hurricane Center recently announced the 2016 seasonal hurricane predictions for the central Pacific region. This year’s outlook calls for an equal 40 percent chance of a near- or above-normal season with 4-7 tropical cyclones likely, and only a 20 percent chance of a below-normal season.

An average season has 4-5 tropical cyclones, which includes tropical depressions, tropical storms and hurricanes.

This outlook is based on the expectation that El Niño conditions will likely be transitioning to La Niña during the hurricane season. La Niña typically suppresses central Pacific hurricane activity by increasing the wind shear and causing an irregular

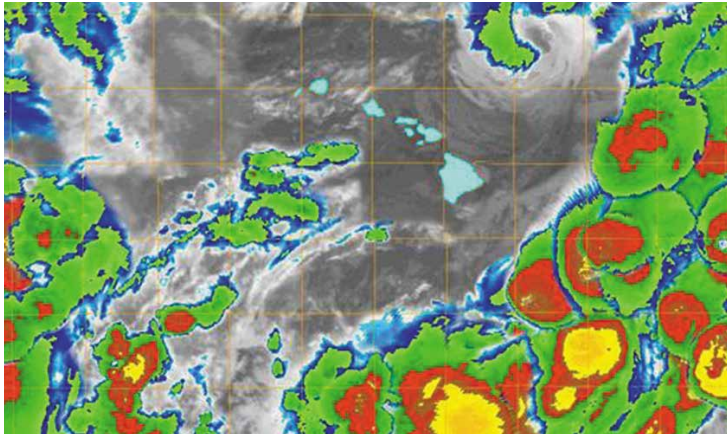


Image courtesy of NOAA

sinking motion in the atmosphere, both of which suppress storms from forming and intensifying.

However, the central Pacific basin might be shifting toward a more active decadal cycle, in

response to changing global sea surface temperatures patterns in both the Atlantic and Pacific Ocean. This combination of competing climate factors, along with model predictions for weaker vertical wind shear and

warmer sea surface temperatures in the central Pacific hurricane region, suggest that the hurricane season will likely be near- or above-normal.

This outlook is a general guide to the overall seasonal hurricane activity in the central Pacific basin and does not predict whether, or how many, of these systems will affect Hawaii.

NOAA issued its Central Pacific hurricane outlook at a news conference in Honolulu on May 26, and urged Hawaii residents to be fully prepared before the hurricane season, which runs until November 30.

“Preparation is the key. We all need to engage in planning and preparing right now for the upcoming hurricane season,” Gerry Bell, Ph.D., NOAA’s lead seasonal hurricane forecaster at the Climate Prediction Center said.

“Assess the structure in which you live, and take any steps necessary to strengthen it so that it will withstand the tremendous force of a hurricane. Have a plan of where you will go and what you will take with you should an evacuation be necessary. Practice your plan, ensure you have a way to get the latest official forecast and emergency information, and assemble the supplies you might need. Doing these things now will ensure we will all be weather-ready and disaster resilient well before the storms threaten.”

The Central Pacific Hurricane Center continuously monitors weather conditions, employing a network of satellites, land- and ocean-based sensors and aircraft reconnaissance missions operated by NOAA and its partners.

For more information, visit www.weather.gov/cphc.

Navy Community Service Awards deadline July 30

Ensign Madison Cumbo

Navy Region Hawaii Public Affairs

All Navy commands are invited to participate in this year’s annual 2016 Navy Community Service Program (NCSP).

Things you should know about the NCSP: The program promotes volunteerism and awards commands for their service to enrich and revitalize their communities.

Recognizes five flagship categories:

- Campaign Drug-Free
- Environmental Stewardship
- Health, Safety, and Fitness
- Personal Excellence Partnership
- Project Good Neighbor

All packages reflect community service involvement from July 1, 2015 to June 30, 2016. A complete package includes:

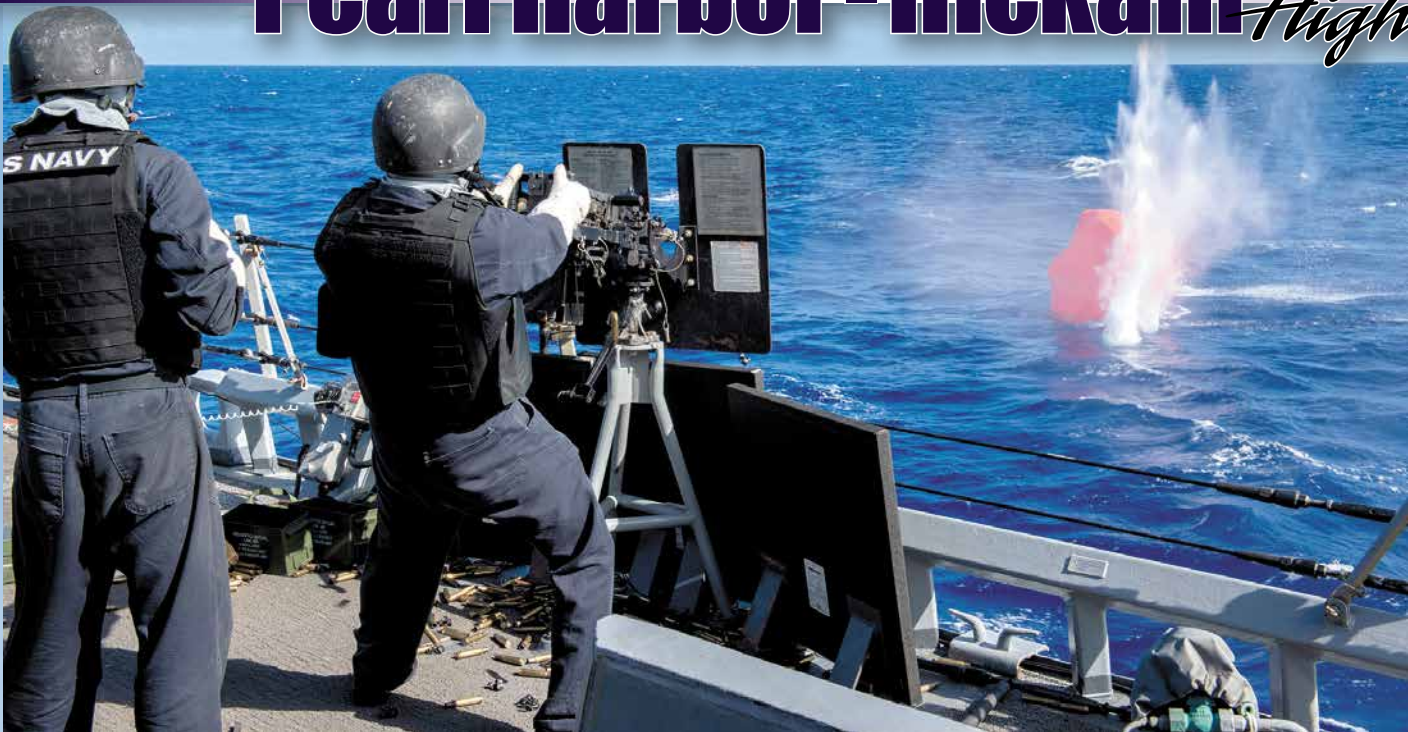
- Nomination data sheet (found on link below)

- CO letter of endorsement
- Five-page statement maximum
- Five-page supporting document maximum

All package submissions are due to madison.cumbo@navy.mil no later than July 30.

Please refer to the program guidelines and package requirements on the following websites: <http://ow.ly/Y4yi300Z18c> or <http://cnic.navy.mil/> and select NCSP under program links.

Pearl Harbor-Hickam Highlights



(Left) Sailors aboard the USS Hopper (DDG 70) conduct a .50 caliber machine gun live-fire exercise May 23 during a scheduled underway.

U.S. Navy photo by MC1 Nardel Gervacio

(Below) Ensign Stefanie Cotner lets a student at the Olongapo Social Development Center for Girls take a “selfie” during a community service project for Sailors from the guided-missile destroyer USS Chung-Hoon (DDG 93) as part of a scheduled port visit to Subic Bay.

U.S. Navy photo by MC2 Marcus L. Stanley



(Right) Airman 1st Class Shawn Daley, 647th Security Force Squadron, administers a sobriety test to Staff Sgt. Reyna Castro, from the 15th Medical Group, as part of a DUI simulation during the Second Annual Resiliency Festival hosted by the 15th Medical Group’s Mental Health Clinic at Joint Base Pearl Harbor-Hickam, May 26.

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



(Left) Alan Lloyd, right, Honolulu Council of the Navy League and expert on the Battle of Midway, and U.S. Navy Rear Adm. T.J. White, director for intelligence, U.S. Pacific Command, talk about the attack on Pearl Harbor and the Battle of Midway during the 74th Commemoration of the Battle of Midway at the Pacific Aviation Museum located on Ford Island June 3, at Joint Base Pearl Harbor-Hickam.

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

(Below) Rear Adm. Paul Becker, special assistant to the director of Naval Intelligence, delivers remarks June 4, during a Battle of Midway commemoration ceremony and honored the contribution of Naval Intelligence at Joint Base Pearl Harbor-Hickam.

U.S. Navy photo by MC2 Johans Chavarro



Tripler Army Medical Center mobilizes neo-natal emergency infant care

William F. Sallette

Regional Health Command Pacific

More than 250 infants are born at Tripler Army Medical Center (TAMC) every month, many who require no special treatment.

However, a small percentage of infants are born with difficulties that require specialized care, and they need to be transported to specialty clinics throughout the country.

TAMC is prepared and annually transports about six infants a year.

Recently, the TAMC staff conducted a difficult transport involving an infant who required a special type of gas called Nitric Oxide while being transported, and the TAMC staff had never needed to use the gas during a transport before.

Nitric Oxide is a special blend of gas used to assist in the oxygenation of blood by dilating the blood vessels for an easier transfer of oxygen to the blood.

“The infant’s blood flow from the heart to the lungs was being impeded and regurgitating back into the heart,” Maj. Aaron Clark, neo-natologist with the Neo-Natal Intensive Care Unit said. “The use of this gas allowed the doctors to lower the blood pressure in the lungs, which aided the blood from the heart to flow into the lungs where it could receive oxygen.”

Once notified of this unique transport, Sgt. Matthew Mault and Sgt. Rebecca Proffitt, respiratory care specialists with the TAMC Respiratory Care Clinic, fashioned a plan to attach essential respiratory equipment to the transport ventilator.



Photo by Mila French

Tripler Army Medical Center staff make final adjustments to a ventilator carrying a very sick infant to a pediatric cardiologist in San Diego.

“There is only so much room on the ventilator, and we aren’t the only ones attaching things to it,” Mault said. “The NICU has their equipment, and it is just a matter of figuring out where and how it will all go on, but we made it happen.”

Infants usually require transport a week or more after birth. In this case it had to be done immediately.

“Since we don’t usually transport infants so soon after birth, this trip was a little scary,” Proffitt said. “It took a little while to get her stabilized in the transport ventilator, but once she was, she was perfect the rest of the trip.”

Commonly, when a patient is transported to another facility, the crew, which includes a doctor, nurse and respiratory care specialist, accompany them. However, on this particular trip, the staff felt it was necessary to

double that crew.

“The reason we doubled the crew ... was two-fold,” Clark said. “The infant was very sick and an extra set of hands was definitely needed, but these transports aren’t common, so it gave us an opportunity to train additional nurses and doctors on transport procedures.”

This transport was unique: Within 24 hours the TAMC staff birthed a newborn, stabilized the infant, prepared a ventilator for transfer with a special type of gas and was in the air headed to see a specialist on the west coast.

“We conducted training many years ago on this type of transport, but never had a patient that needed it,” Robert Berger, chief of Respiratory Care Services said. “It was great seeing the team come together ... to research, build and then make this happen.”

Mental wellness program helps Pearl Harbor’s silent service

MC2 Michael Lee

Commander, Submarine Forces Pacific

Years of constant training, separation from family, long deployments and work-ups or even misconceptions can lead even the best submariners down a terrifying and lonely state of mental illness in a submarine community historically known as the silent service.

Two hospital corpsmen, loaned from the Makalapa Clinic in Pearl Harbor, schedule daily visits and client hours to the boats and its crews, from Commander Submarine Force, U.S. Pacific Fleet (COMSUBPAC), to identify and educate Sailors with various psychiatric illnesses at Joint Base Pearl Harbor-Hickam.

Hospital Corpsman 2nd Class Seth Sweger and Hospital Corpsman 3rd Class Michael D. Vance,

behavioral health technicians (BHT), rotate their time between the Makalapa Clinic and COMSUBPAC to work closely with submariners to educate them about mental wellness.

“We assist Sailors with everything from depression, anxiety, anger, relationship issues, work stress, loss of a loved one and sleep hygiene,” Sweger said. “A large portion of our job is education, but we’re also there in case a Sailor wants to blow off steam.”

The COMSUBPAC wellness program stemmed from a pilot program from the submarine community on the east coast lead by Brian McCue, Ph.D., Center for Naval Analyses Representative, Commander, Submarine Force Atlantic.

“Historically, there has been a separation between operational commands and mental health providers,” McCue said in a July 29, 2015 Mental health pilot pro-

gram final report to Submarine Squadron Six. “Decisions impacting fitness for duty were based only on the service member’s subjective report, without the benefit of command input or appropriate collateral information such as behavioral observations.”

Since Jan. 4, Sweger and Vance have mirrored the pilot program and split their time on boats and client hours at their temporary office at the Naval Submarine Support Command office in Pearl Harbor.

“Submariners have a high level of resiliency, and it’s finding those outliers,” Sweger said. “The guys, if you’re looking at the stress continuum, who are in the yellow or orange and seeing what we can do to stop them from hitting the red.”

For Vance, serving the submarine community is more than a job. It’s feeling that he’s making a difference in improv-

ing the lives of Sailors.

“I joined this field because I wanted to help people,” Vance said. “I get to make a difference whenever a person comes to see me. I can change their viewpoint on life, and make them feel a little bit better about their situation.”

The wellness program offers confidential assistance in line with services offered by Navy chaplains. Disclosed information is restricted unless there are red flags concerning self-infliction and/or harm to others.

“They have a stigma that if you go see mental health, then you’re going to be removed from the boat,” Sweger said. “That if you do, it’s going to hurt the rest of the crew. They keep struggling, they keep fighting on doing their work until they break and then they have to be removed.”

Selected hospital corpsmen are pipelined into the Behavioral Health Technician “C” school for

four months. Training includes three months of practicing in-take interviews, doctoral notes and diagnosis manuals for psychiatric diagnosis and a month of clinical apprenticeship at an in-patient psychiatry or hospital.

For Sweger and Vance, the goal of the wellness program is to continue their work at COMSUBPAC until permanent billets are created and filled by qualified BHTs, along with a permanent on-site provider, to continue the much appreciated work these BHTs are providing to the submarine community.

“If you have some things going and you’re stressed out, please put me to work,” Sweger said. “I love what I do, I love helping these guys, and I love talking to the submarine community.”

For more news from Commander, Submarine Force, U.S. Pacific Fleet, visit www.csp.navy.mil.

Navy Medicine updates Zika virus infection guidance

U.S. Navy Bureau of Medicine and Surgery Public Affairs

FALLS CHURCH, Va. (NNS)—Navy Medicine released updated Zika Virus Infection guidance in NAVADMIN 121/16, May 26, communicating current information, travel precautions, and risk reduction measures to Navy and Marine Corps personnel.

“The updated NAVADMIN includes the latest Centers for Disease Control and Prevention (CDC) recommendations for the prevention of sexual transmission of Zika virus; it also highlights recommendations for couples who are considering conception,” Cmdr. Alan Lam, deputy associate director, U.S. Navy Bureau of Medicine and Surgery (BUMED) public health, emergency preparedness and response said.

The updated NAVADMIN also directs installation commanders to implement the secretary of defense guidance to control Zika virus-transmitting mosquitoes at Navy installations and in housing areas. Installation commanding officers will ensure public health emergency officers and installation vector control staff coordinate their efforts with state and local counterparts.

BUMED has instructed Navy Medicine providers to follow clinical

guidelines issued by the CDC. In addition, Navy and Marine Corps Public Health Center issued an updated information sheet and trifold pamphlet on their public website for Navy and Marine Corps personnel.

“Navy Medicine implements the latest CDC guidelines and supports installation vector surveillance and control efforts; however, each member of the Navy and Marine Corps family must also do their part to ensure they are protected from the Zika virus,” Lam said.

Zika is a viral infection primarily spread by a bite from an infected mosquito. The virus is also spread by a mother to her fetus during pregnancy, through blood transfusion, and by a man infected

with Zika to his partner during sex. Typical symptoms include fever, conjunctivitis, muscle pain, rash, headache, and joint pain.

Zika virus infection during pregnancy can cause microcephaly and other birth defects.

Currently, Zika outbreaks are occurring in numerous Pacific Islands, the Caribbean, and throughout Central America and South America.

Navy and Marine Corps personnel are at risk when travelling to areas experiencing active Zika virus transmission. Infection risk is reduced by taking measures to avoid mosquito bites.

No vaccine or drug is currently available to prevent Zika virus infection, and there is currently no specific antiviral treatment for the disease. The best way to prevent infection is to avoid mosquito bites while in areas of active transmission and avoid unprotected sex with a man who may have been exposed to Zika. Mosquitoes that spread Zika virus bite mostly during the daytime, but bites

should be avoided day and night.

The CDC recommends pregnant women postpone travel to any area with active Zika virus transmission. Pregnant women who do travel to one of these areas should talk to their Navy Medicine health care provider before traveling and strictly follow steps to

avoid mosquito bites.

The CDC also recommends that, for the duration of pregnancy, pregnant women avoid unprotected sex with any man who lives in or travels to an area of active Zika virus transmission.

For more information on Zika travel information, visit <http://ow.ly/MHMP30143xv>



STORY IDEAS?
Contact the Ho'okele editor for guidelines and story/photo submission requirements
Phone: (808) 473-2888
email: editor@hookelenews.com
HO'OKELE

GOT SPORTS
Phone: (808) 473-2888
editor@hookelenews.com

Contact the Ho'okele editor for guidelines and story/photo submission requirements.

Meet your new ‘neigh-bors’ with large-animal rescue effort

Story and photo by
Lt. j.g.
Krystyna Nowakowski

Navy Region Hawaii
Public Affairs

Adopting a cat or dog from a local shelter provides a second chance at life for an otherwise neglected animal, in addition to being a positive experience for your family. But what happens to large animals in need of assistance?

Many people dream of owning a horse, but it is especially difficult for a military family (that may PCS as frequently as every two years) to adopt an equine. In addition to having higher maintenance costs than a dog, these animals aren’t permitted in base housing.

Service members and spouses who have an affinity for farm animals can spend time working with nine horses, two donkeys, three goats, a pig, and numerous chickens, ducks, turtles, rabbits, guinea pigs, and feral cats during their free time at Equine 808 Horse Rescue.

Master-at-Arms 2nd Class Amanda Forbes, who



MA2 Christan Fea feeds a very hungry Bonnie dinner. Previously left to starve and given only three days to live, Bonnie has made a miraculous recovery.

works for Joint Base Pearl Harbor-Hickam (JBPHH) Security, knew she wanted to be involved with horses upon moving to Oahu.

“I grew up with horses, so I did a Google search [for animal rescues] because I wanted to get back to working with them for a long

time. I have a soft spot for neglected people and animals,” Forbes said.

Forbes, who has been volunteering for nearly two years, explained the importance of participating in community service for military members.

“I think the more you are

involved with the community [in which you live in] the better you understand it.” She is fortunate that she can blend her love of horses with her desire to work within the local community (many volunteers at the rescue call Oahu home).

She especially enjoys working with Bonnie, a horse that was rescued in April, 2014. Severely emaciated, Bonnie was given only three days to live. Thanks to volunteers like Forbes, Bonnie has regained her health and was even used to give pony rides at a recent Girl Scout field trip to the rescue.

Volunteering is not only beneficial for the animal residents, but also serves as a healthy off-duty activity for service members. When fellow JBPHH Security employee, Master-at-Arms 2nd Class Christan Fea, wanted to get involved with animals, Forbes was quick to suggest the rescue.

According to Fea, who works Harbor Patrol and rotates on and off the night shift, “work can get pretty stressful, but it’s nice to come here and love on animals. Plus I can’t have pets in my apartment.”

Navy spouse Morgan Dutkoski is another regular at the rescue. She has been volunteering for over a year, and “loves all [the animals], but the more difficult they are to work with, the more I favor them. I like seeing them progress

and knowing I helped them become more adoptable. It’s very rewarding.”

Dutkoski is one of the few volunteers to work regularly with the two male goats, Zeus and Poseidon. Many people come to the rescue for the horses, but some, like Dutkoski, end up falling in love with the other farm animals.

On a cold, rainy afternoon, all three of these volunteers spent their time wading through mud and puddles to ensure the animals were fed. Forbes took the time to groom the horses and clean their hooves, removing thick mud and rocks (a task that can be challenging for someone not experienced with horses).

All three volunteers cite the rescue as a “place of peace.” Off duty time could easily be spent pursuing more leisurely activities, but for Dutkoski, Fea, and Forbes, they would rather be caring for the animals.

Volunteer orientations are held the first Saturday of every month. Check out www.equine808.org for information on getting involved.

Military Health System improving, expanding sharing of electronic health information

TRICARE

Health records will be shared electronically throughout the entire Military Health System (MHS), plus the Department of Veterans Affairs (VA), and other federal and private sector partners.

As part of the Virtual Lifetime Electronic Record (VLER) Health Information Exchange (HIE) Initiative, the Military Health System joined the eHealth Exchange enterprise-wide

on June 1.

“Sharing information through the eHealth Exchange, your health care providers have a more complete, secure and efficient view of your health record and can help you make the best decisions for your health,” said Dr. William Roberts, the MHS functional champion and the voice for MHS personnel during the electronic health records (EHR) development process.

“In addition, you won’t have to hand-carry cop-

ies of your health records when you seek care from partner providers.”

VLER HIE is available at all military hospitals and clinics for active duty service members and veterans. It was tested for family members at Madigan Army Medical Center at Joint Base Lewis-McChord, Washington, and the Naval Medical Center, San Diego.

Officials are announcing the VLER HIE Initiative now to give non-active duty beneficiaries of the MHS time

to decide if they want to participate in the program. Beneficiaries are automatically enrolled June 1, if they don’t choose to opt out.

“Recognizing that some people might have privacy concerns, those not on active duty, may choose not to participate in VLER Health,” Roberts said. “We’re setting up a process to give those people the chance to opt out. But we do want them to understand that if they do decide to opt out, health care provid-

ers might not have access to medical information, even in an emergency. And if they ever want to opt back in, that’s easy to do.”

The system gives health care providers easier ways to share important information, such as prescriptions, allergies, previously documented illnesses, lab and radiology results, and past medical procedures. A key benefit of VLER HIE is it can connect different health and benefit information systems, no

matter if the care is received at a DoD facility, VA hospital or clinic, or through federal or private providers.

“We’re making sure all of our active-duty, retirees and family members get the care they need and deserve,” Roberts said. “Part of that is making sure everyone is able to share important information easily and seamlessly.”

For more information on VLER HIE Initiative, visit TRICARE.mil/VLER.

HO'OKELE
FOR THE NAVY AND AIR FORCE TEAM IN HAWAII

Life & Leisure

IN THEIR BOOTS



Story and photos by Brandon Bosworth

Assistant editor, Ho'okele



The Armed Services YMCA (ASYMCA) held a special "In Their Boots Day" event for children at Ward Field, Joint Base Pearl Harbor-Hickam, June 22.

Fifty children between the ages of 7 and 12 visited a variety of information and activity stations staffed by volunteers from the Air Force, Navy and Coast Guard. The goal was to help children have a better understanding of what their parents do in the military.

"The idea behind 'In Their Boots' is to allow kids the chance to experience some of the things their parents might be involved with," Laurie Moore, executive director of ASYMCA Honolulu, said. "The more they know the less anxious they will be."

Children had the chance to learn about topics such as base security, rescue operations and diving from military professionals. They also had the chance to do a bit of PT (physical training), including races, push-ups, sit-ups and burpees.

Active-duty volunteers helped give children a small taste of military life.

"I'm really excited and I'm glad I did it," said Cryptologic Technician Technical Danielle Snyder, Navy Information Operations Command (NIOC). "It helps kids know

what we do. Events like this definitely strengthen the bond between parents and kids."

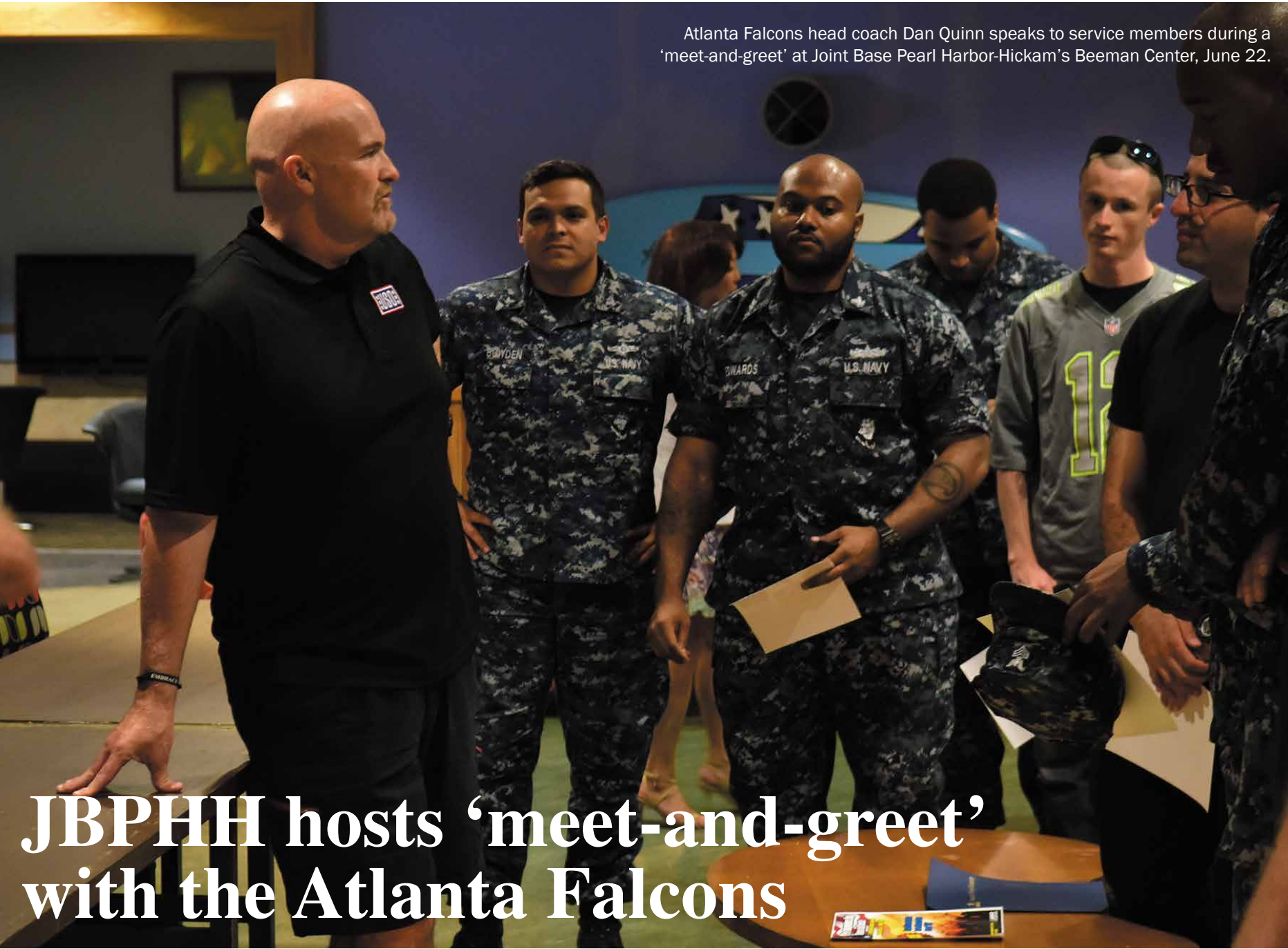
"It's great to see kids play and have fun," Staff Sgt. Jose Lopez, 647th Security Forces Squadron, said. "It gives them a chance to see a little of what their parents do."

"In Their Boots Day" was held in conjunction with the ASYMCA's Camp Hero program.

"Camp Hero provides a fun opportunity to receive academic, recreational and leadership-based enrichment with themes focused on building self-confidence, self-esteem, making friends, and dealing effectively with anxiety," Moore said.

"Through a variety of activities, field trips, crafts, challenging games, and 'In Their Boots Day,' kids tackle tough topics including making new friends, family separation, taking responsibility and conflict resolution. Camp Hero is a chance for kids to build friendships and share common experiences while further developing their self-esteem and resilience."





Atlanta Falcons head coach Dan Quinn speaks to service members during a 'meet-and-greet' at Joint Base Pearl Harbor-Hickam's Beeman Center, June 22.

**Story and photos by
Staff Sgt. Christopher Stoltz**

*Joint Base Pearl Harbor-Hickam
Public Affairs*

Airmen and Sailors had the opportunity to meet-and-greet with players and the head coach of the Atlanta Falcons during the team's visit to Joint Base Pearl Harbor-Hickam, June 22.

The visit, which featured head coach Dan Quinn, kicker Matt Bryant, linebackers Vic Beasley Jr. and Paul Worrilow and defensive tackle Grady Jarrett, was part of a USO-sponsored tour which brought the coach and his team to military bases throughout the Pacific region.

"We are just glad we could come spend some time with you all today," head coach Dan Quinn said. "You guys are true heroes and I cannot thank you all for supporting us and making us feel so welcome."

Quinn and the players visited the Pearl Harbor memorial and conducted a tour of JBPHH before making a stop at Pearl's

Beeman Center, where they did a personal meet-and-greet with Airmen and Sailors stationed here.

The greet allowed service members to ask the team a litany of questions, ranging from off-season moves, future draft prospects and the next season — to the less standard, more personal questions about life experiences and even exercise routines.

Although the visit was only about an hour long, many of those lucky to attend said it was amazing to see the players they love to watch every Sunday there right in front of them.

A few of the players even took their talents and applied them to the virtual world, as some of the players competed against the Airmen and Sailors in a game of Madden NFL. But unfortunately for the fans, the event had to end.

"Seeing everything we have seen in the last week has been pretty surreal," linebacker Paul Worrilow said. "I was ecstatic when I was asked if I wanted to do this tour. Now after seeing and getting to know the men and women who serve our country, I couldn't be more honored to be a part of this."



Atlanta Falcons linebacker Vic Beasley Jr. takes photos with fans.

MY FAVORITE PHOTO

John Burns, administrative support assistant for Navy Region Hawaii, took this photo of a large cane toad near his garden. *How to submit: send photos to editor@hookelenews.com.*

NEX customers donate to NMCRS

**Navy Exchange
Service Command**

Retired Rear Adm. Robert J. Bianchi, chief executive officer, Navy Exchange Service Command (NEXCOM) presented a ceremonial check on June 24 for \$194,984 to the Navy-Marine Corps Relief Society (NMCRS) from money donated by NEX customers.

"Our customers look forward to this time of year where they can purchase the benefit ticket to support Navy-Marine Corps Relief Society," Bianchi said. "Navy-Marine Corps Relief Society offers a great

benefit to our Sailors, Marines and their families. We are proud to be able to present this check to Navy-Marine Corps Relief Society on behalf of our customers."

NEXCOM has been offering customers the ability to purchase a \$5 card to benefit the Navy-Marine Corps Relief Society since 2010. The card entitled customers to specific discounts for a one-time purchase in April.

"The generous support from the worldwide NEXCOM organization has resulted in more than \$1.4 million in contributions since 2011," retired Brig Gen.

Peter B. Collins, U.S. Marine Corps, vice president and chief administrative officer, Navy-Marine Corps Relief Society, said. "This support has made it possible for society volunteers to provide need-based financial assistance for many active duty and retired Sailors, Marines and their families around the globe. The annual NEXCOM coupon sale to benefit Navy-Marine Corps Relief Society is immensely important.

Thank you to all NEXCOM employees and customers — you continue to make an important difference for those who serve."

UPCOMING EVENTS

NEX events to feature fitness focus

Pearl Harbor Navy Exchange (NEX) will hold a series of upcoming health, fitness and athletics-related events for authorized patrons.

- Randy Tetrick, a retired Navy SEAL, will lead a TRX training exercise demonstration from 10:30 a.m. to 4 p.m. daily July 1 to 4 at the NEX mall side tent.
- NBA star Metta World Peace, also known as Ron Artest, UFC fighter Max "Blessed" Holloway and professional boxer Zab Judah will appear at the NEX second floor for a meet-and-greet from noon to 2 p.m. July 2. The event will include an opportunity for patrons to get autographs and take pictures with the celebrities.
- A baby expo will be held from 10 a.m. to 2 p.m. daily from July 13 to 15 at the NEX mall children's department on the second floor. The expo will feature parenting support from organizations such as TRI-CARE and the Joint Base Military and Family Support Center.
- NEX and the Defense Commissary Agency will hold a healthy lifestyle festival from 9 a.m. to 9 p.m. daily July 15 to 17 at the NEX mall side tents. The event will include free massages, food samples and exercise demonstrations.
- Patrons can meet four-time Mr. Olympia winner Jason Poston from 11 a.m. to 3 p.m. July 30 at the NEX mall sporting goods department.

(For more information, email Stephanie.Lau@nex-web.org or call 423-3287.)

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 (ASBP). Check www.militaryblood.dod.mil for the latest information.

Currently scheduled drives include:

- July 7, 9 a.m. to 1 p.m., Pollock Theatre, Camp Smith
- July 13, 9 a.m. to 1 p.m., National Oceanic and Atmospheric Administration (NOAA), 1845 Wasp Blvd., Ford Island, Joint Base Pearl Harbor-Hickam

For more information, call 433-6699 or 433-6148 or email michelle.lele@amedd.army.mil.



Full weekend ahead for RIMPAC sporting events

Story and photos by
Randy Dela Cruz

Sports Editor, Ho'okele

As the world's largest international maritime warfare exercise, the Rim of the Pacific Exercise (RIMPAC) is about as intense as it gets when it comes down to coordinating and synchronizing countries from all over the world preparing for joint combat readiness.

This year's exercise includes forces from Australia, 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.

RIMPAC will also feature a full schedule of sporting events and competitions that offers rest and recreation for the weary.

Already in full swing, RIMPAC has something for everyone to see with a softball tournament at Millican Field, soccer at Ward Field, indoor volleyball at Naval Station Gym, basketball at Joint Base Pearl Harbor-Hickam Fitness Center, singles and doubles tennis at Wentworth Tennis Courts, with sand volleyball at Wentworth Courts to begin on July 5.

Competition for most of the tournaments will be held throughout the Fourth of July weekend with championship games on July 2 for tennis singles at 11 a.m., July 3 for softball at 3 p.m., indoor volleyball at 3 p.m. and basketball at 1:30 p.m.

More championship finals will be held on July 4 for tennis doubles at 11 a.m., July 5 for soccer at 11 a.m. and on July 6 for sand volleyball at 4 p.m.

In softball, the tournament includes 32 teams with USS Chung-Hoon (DDG 93) representing JBPHH.

However, the largest representation of countries is in the international game of soccer, with this year's RIMPAC soccer tournament holding slots for 42 teams.

Basketball is also a popular activity this year, as 38 teams will vie for the RIMPAC hoops title.

Each RIMPAC, the theme of sports seems to be sportsmanship, camaraderie and good will.

Back in 2014, many players said that while the competition was tough, everyone was in awe to participate against so many countries in one place.

Electronics Technician 3rd Class Ryan McConnell, who played for USS Ronald Reagan (CVN 76) Combat Systems during the last RIMPAC in 2014 said what most felt about the various tournaments.

"It's been a blast," he said. "Seeing all the other navies come in, play against each other, it's pretty awesome."



Aviation Support Equipment Technician 2nd Class Edwin Rodriguez of USS Essex (LHD 2) tries to keep the ball away from a defender in a previous RIMPAC soccer matchup.



Above, Lt. j.g. Brad Harden cracks a grand slam in RIMPAC 2014. At right, USS Ronald Reagan (CVN 76) then-Seaman Apprentice Garry McKnight goes up for two points in a previous RIMPAC basketball game versus USS Lake Erie (GC 70).



Lady Paniolos beat Khaos in four overtimes

Story and photo
by Randy Dela Cruz

Sports Editor, Ho'okele

Back and forth it went, but in the end, the Lady Paniolos broke a 32-32 tie in quadruple overtime. They converted a two-point, point-after-touchdown to beat Khaos, 34-32, in a Hawaii's Finest Flag Football (HF3) women's division showdown on June 25 at Mililani Mauka Community Park in Mililani.

The win kept the Lady Paniolos in a tie for the division's lead with record of 5-1, while Khaos, the league's defending champs, continued their regular-season woes by losing for the fifth time in six games.

The HF3's women's division (there is also a men's division) is owned and run by Mike Todd, a Department of Defense civilian with Pacific Command/Joint Intelligence Operation Center (PACOM/JIOC).

The women's division of HF3 was once the all-military Women's Flag Football League that was started by then Hospital Corpsman 3rd Class Eustacia Joseph back in 2011.

Since then, the league has changed hands three times and now mixes military personnel with civilians.

Both the Lady Paniolos and Khaos are stocked with many active-duty women from various branches of the military including Air Force and Navy personnel affiliated with Joint Base Pearl Harbor-Hickam.

In the team's matchup, Khaos showed flashes of their championship pedigree after the team was restocked with familiar faces that missed the early half of the season.



Lady Paniolos receiver Desiree Vega leaps up to grab a pass in the back of the end zone for a game-ending, two-point conversion.

a huge difference and helped Khaos take the heavily favored Lady Paniolos to the brink of defeat.

Khaos got on the scoreboard first, when quarterback C'ani Kealoha hit Army Sgt. Shawn Hillman in the corner of the end zone for an early 6-0 lead.

Back the other way, the Lady Paniolos paid little time in tying the score after a solid kick-return placed the football on the Khaos 16-yard line.

On the next play, quarterback Spc. Abigail McCoy connected with Britni Ronolo on a catch and run to the end zone to tie

the score at 6-6, which would stay that way until halftime.

In the second half, both teams struggled in the first few minutes, but as time wound down, the Lady Paniolos and Khaos got their offenses in sync in a hurry.

With only 1:46 left on the clock, the Lady Paniolos moved the ball 42 yards in the next 1:06 to score a go-ahead touchdown on a 2-yard sweep into the end zone by McCoy for a 12-6 lead.

Instead of locking things down for the win, the Lady Paniolos were forced into overtime, when Tech. Sgt. Aisya Hinson, 65th Airlift Squadron, hauled in a 10-yard-scoring pass from Kealoha to tie the score at 12-12.

In overtime, teams get the ball first-and-goal at the 10-yard line and have only four plays to score.

The Lady Paniolos got a touchdown and two-point conversion in their first possession to take a 20-12 lead.

Khaos did likewise in their first possession to send the game into overtime number two.

No one scored in the second overtime, but the Lady Paniolos forced the issue once again in overtime number three with a touchdown to make it 26-20.

Khaos tied the score on a touchdown pass from Kealoha to Moki Oponui and then after getting the ball first in the fourth overtime, scored again to make it 32-26, to put the pressure on the Lady Paniolos.

In what would be the final possession of the game, Ronolo misfired on her first pass, but came back on second down to connect with receiver Desiree Vega on the left side of the field.

As the Khaos defense converged on Vega, the Lady Paniolos receiver made a heady

decision and tossed the ball back on a lateral to McCoy.

With nothing but open field in front of her, McCoy streaked down the left sideline and into the end zone for the game-tying score.

The Lady Paniolos finally closed out the marathon when Ronolo hit Vega in the back of the end zone for the two-point conversion and game.

"The quarterback had an original route," Vega recalled. "I saw my defender and she was in front of me, so I just took off behind of her and I caught the ball and tucked it. This was the last chance to end the game. I was like, this is mine, I've got to catch it."

While the season has been a tough one for Khaos first-year head coach Spc. Marcus Brown, he said that the way the girls battled back against the division leader speaks well of the team's future.

"The whole season, we've been running with only seven girls and this was the first time that I had the majority of them back," Brown said. "We still have more girls coming back in the next week or two, so we'll definitely be contenders now. The playoffs is a clean slate and we're definitely going back to the championship."

If the team does make it back to their third consecutive finals, then there is a good chance that Khaos will have to take on the Lady Paniolos one more time.

The two teams met for the title two seasons ago, with the Lady Paniolos beating Khaos.

"The playoff are about to start and the girls are coming together at the right time," Lady Paniolos head coach Shandale Graham said. "We're trying to get back with all cylinders. We'll see what happens."



Peppery pasta to please the palate

When it comes to pasta—and Italian food in general—I have a strong preference for the dishes of Southern Italy. There's just something about Southern Italian cuisine, with its holy trio of garlic, olive oil and tomatoes, that appeals to me way more than the more meat and dairy based staples of the North.

With summer now officially here, it's the perfect time for a zesty, tomatoey pasta, especially if you plan on spending time in the sun: tomatoes contain lycopene, which helps prevent UV damage to your skin. One of my favorites is penne arrabiata. This simple dish is especially popular in and around Rome. In Italian, "arrabiata" means "angry." Why is the sauce so angry? Because of all the peppers! Personally, peppers make me happy, not angry, but I suppose it would be a bit arrogant to change the name of penne arrabiata to penne contento.

My favorite recipe for penne arrabiata is based on one that originally appeared in an issue of Cook's Illustrated magazine. I've simplified it, making it a quick and tasty meal option.

Penne Arrabiata
(Serves 4-6)
1-pound penne pasta
1/4 to 1 1/3 cup olive oil
1 garlic clove, minced
1/4 cup diced pepperoncini
1-teaspoon red pepper flakes
1/2-teaspoon paprika
2 15-oz can diced tomatoes with juices
Salt and pepper to taste

Cook the pasta until al dente ("to the tooth"). Right before you drain the pasta scoop out half a cup of the cooking water and put it to the side. In the same pot you used to cook the pasta, add the olive oil and reduce the heat to me-

Ho'okele assistant editor Brandon Bosworth blogs about food, fitness, philosophy, martial arts, and other topics at www.agentintraining.com.



BY: BRANDON BOSWORTH

dium. Add the garlic and stir frequently for about two minutes. Add the pepper flakes, peperoncini and paprika. Continue to stir. Add the canned tomatoes. Use an immersion blender to blend into a smooth sauce. When the sauce starts to bubble, toss in the cooked penne and the pasta cooking water. Stir and toss until everything is hot and the penne is well coated with sauce. Be careful not to overcook! Goey, overcooked pasta is an insult to Italians everywhere. Serve the pasta immediately topped with parmesan cheese or nutritional yeast to taste and perhaps some fresh ground pepper.

There are a few ways to tweak this recipe if you so desire. An easy one: more stuff! More garlic, more pepper, more oil... whatever you want. For a smokier flavor, use smoked paprika instead of regular paprika. Similarly, using fire-roasted tomatoes will give the sauce a bit of smokiness. I often listen to one of the excellent Cafe del Mar chillout compilations when preparing and enjoying this dish. Granted, Cafe del Mar is based out of Ibiza, which is in Spain, not Italy, but the mood still matches. There are more than 20 volumes in the series. My favorite is probably "Cafe Del Mar — Volume 8," which features artists such as Goldfrapp, Dido and Lamb.

Concert in the Park kicks off summer

Reid Tokeshi

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation held its first Pau Hana Concert in the Park of the year at Hickam Harbor, June 24. This event was the first in a series that MWR's Outdoor Recreation (ODR) department is hosting throughout the summer.

The U.S. Air Force's own Band of the Pacific performed a range of hit pop songs for the crowd. Patrons brought their own chairs and blankets, and picnic tables were available for those who didn't bring their own seating. Children running, playing

and dancing to the music occupied much of the grassy area. MWR invited three food trucks to the event, offering customers a variety of food choices to dine on while listening to the music as sunset neared. There will be three more Pau Hana Concert in the Park events this summer. On July 8 there will be a special RIMPAC edition, as the lineup includes the U.S. Navy's rock band Pipeline and a special guest rock band from the Australian Navy. The July 29 concert will feature local alternative rock band Busekrus. Pipeline returns Aug. 5 to conclude the series. All the concerts are scheduled to begin at 5 p.m. and attendance is free. For more information, contact ODR at 449-5215 or go to www.greatlifehawaii.com.



The U.S. Air Force's Band of the Pacific performs at the Pau Hana Concert in the Park at Hickam Harbor, June 24. Fleet and Family Readiness Marketing photo

Military, families can vote from anywhere

Federal Voting Assistance Program

On July 4, millions of overseas citizens, service members and their families will celebrate U.S. Independence Day — all over the world. Among the many freedoms citizens enjoy is the right to vote from wherever they are. During this election year, Americans living away from their voting residence can easily make absentee voting part of their Fourth of July festivities — with resources from the Federal Voting Assistance Program (FVAP). "Registering and requesting a ballot is a great way for service members and overseas citizens to celebrate July Fourth," Matt Boehmer, FVAP director, said. "The holiday is a perfect reminder that Americans anywhere have the freedom to vote, and FVAP.gov has everything they need to do so." From June 27 to July 5, FVAP is observing the holiday by holding Armed Forces Voters Week and Overseas Citizens Voters Week with support from the Military Services and State Department. During the week, U.S.



military installations, embassies, consulates and overseas citizens groups offer voter registration opportunities as part of holiday celebrations. FVAP recommends voters register to vote and request an absentee ballot by Aug. 1 to ensure they can participate in the general election on Nov. 8. The voting rights of the millions of U.S. citizens living overseas, as well as service members and their eligible family, are protected by the Uniformed and Overseas Cit-

izens Absentee Voting Act (UOCAVA). About 75 percent of the 1.3 million service members are eligible to vote absentee through the UOCAVA process since they are stationed away from their voting residence and polling place. The first step for overseas citizens and service members to vote absentee is filling out and sending in a Federal Post Card Application (FPCA) — the registration and ballot request form accepted by all states and territories — available at FVAP.gov. The sooner voters register and request their ballot, the greater the likelihood they can successfully vote. That's because ballots must be sent back before individual state deadlines, which vary. Voters can visit FVAP.gov for their state's specific voter registration and ballot request deadlines, as well as information on completing their FPCA. Voters can fill out the form by hand or use the online assistant before they print, sign and send the FPCA to their election office. (For more information, visit FVAP.gov, email vote@fvap.gov or call 1-800-438-VOTE (8683).)

Abandoned vehicle auction draws bargain hunters

Reid Tokeshi

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation (MWR) held an abandoned vehicle auction June 25. more than 120 vehicles in total were up for bid, making this one of the larger auctions held on JBPHH in some time. The condition of the items available varied widely. Some just needed a fresh battery and to be cleaned up, while others were essentially only good for parts. All vehicles up for auction were not in



An abandoned vehicle auction featuring a variety of cars, trucks and motorcycles was held at JBPHH, June 25. Fleet and family Readiness Marketing photo

operating condition and keys were not available. The winning bidders were required to tow them off the lot. Lt. Cmdr. Joshua Miller, Naval Health

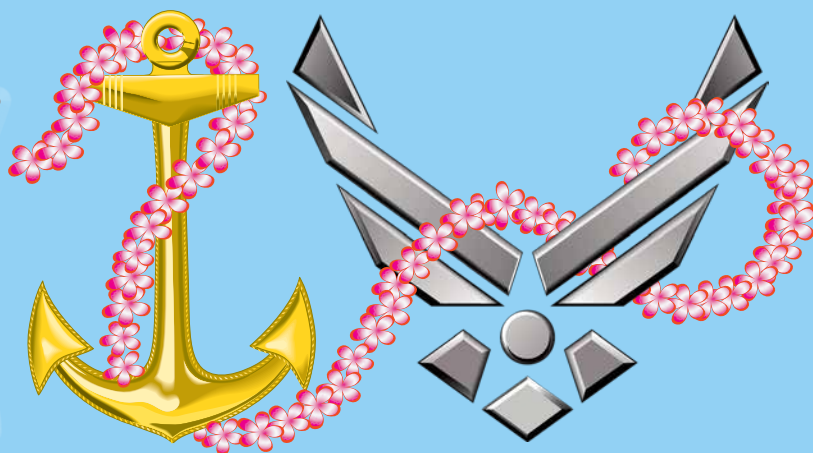
Clinic Hawaii, attended for the second time after getting lucky on a bid at his first auction. "I bought a 2005 BMW 325 at the last auction," he said. "It was in great

condition actually." Miller ended up reselling the car. This time around, he said he was looking for something different. "I put a bid on the dirt bike down there," Miller said. "I also have a friend who's looking for a car so I came down to check things out." Miller acknowledged that the conditions of the vehicles could be hit or miss, adding that the vehicles at Saturday's auction were a little better than the last one he attended. "That's why you have to come out and take a look at them," he said. "It's worth coming out."

MFSC to close for half-day

The Joint Base Pearl Harbor-Hickam Military and Family Support Center (MFSC) will be closing on July 6 at 11:30 a.m. and will reopen on July 7 at 7 a.m. To schedule an appointment call Centralized Scheduling at (808) 474-0129. For domestic violence and child abuse emergencies call (808) 590-7719. For Sexual Assault Prevention and Response (SAPR) emergencies call (808) 722-6192. To leave a message, call (808) 474-1999 or email MFSCHawaii@navy.mil.

JULY COMMUNITY CALENDAR



FOURTH OF JULY CELEBRATION

JULY 4 — A free Fourth of July celebration will be held from 3:30 to 9:30 p.m. at Ward Field, Joint Base Pearl Harbor-Hickam. Free activities include Xpress Train, airbrush tattoos, petting zoo, bean bag toss, batting cage, car show, trampoline and gymnastics mini-lessons and demonstrations by Hawaii Academy. The event will also include scrimmages, demos and an autograph session by Pacific Roller Derby. Three Days Grace will perform in concert at 7:30 p.m., followed by a fireworks display at 9 p.m. FMI: www.greatlifehawaii.com.

PATRIOTIC PROGRAM

JULY 4 — The Fleet Reserve Association Pearl Harbor Honolulu Branch 46 will hold a Fourth of July holiday celebration at its home at 891 Valkenburgh St. The patriotic program will start at 12:30 p.m. Food including ribs, burgers and hotdogs will be served from 1 to 4 p.m. The cost is \$15 for adults, \$10 for children ages 5 to 12, and admission is free for children under 4 with purchase of an adult ticket. FMI: 422-2121 or email frabranch46@gmail.com.

INDEPENDENCE DAY AT MIGHTY MO

JULY 4 — A picnic on the pier in celebration of Independence Day will be held at the Battleship Missouri Memorial, the "Mighty Mo." Doors open at 6 p.m. and guests are welcome to bring their own food and beverages, pack up the coolers, picnic blankets, chairs and other gear (but no glass bottles or grills). Food and drinks will also be available for purchase. The event will include music and activities. The fireworks show begins at 9:05 p.m. Pre-sale tickets are \$10 for adults and \$5 for keiki (children ages 4-12), and can be purchased online. Tickets are also available at the door at

\$15 for adults and \$10 for keiki. Free round-trip shuttle service will be provided to those without base access from the Pearl Harbor Visitor Center. FMI: www.ussmissouri.org/picnic.

FOCUS ON INVESTING

JULY 5 — A class with a focus on investing in mutual funds will be held from 1:30 to 3:30 p.m. at Military and Family Support Center Hickam. FMI: www.greatlifehawaii.com or 474-1999.

SPONSOR TRAINING

JULY 5 — Sponsor training will be held from 1 to 3 p.m. at Military and Family Support Center Wahiawa. The training is designed to give new sponsors information to assist incoming personnel and their families. Spouses are encouraged to attend. FMI: www.greatlifehawaii.com or 474-1999.

INTERVENTION SKILLS TRAINING

JULY 5, 6 — Applied Suicide Intervention Skills Training (ASIST) will be held from 8 a.m. to 4 p.m. at Military and Family Support Center Pearl Harbor. ASIST is a two-day (15 hour) workshop that teaches suicide first aid intervention skills. FMI: www.greatlifehawaii.com or 474-1999.

RIMPAC VOLUNTEER OPPORTUNITY

JULY 6 — A Joint Base Pearl Harbor-Hickam Rim of the Pacific (RIMPAC) volunteer opportunity will be held from 9 to 11 a.m. at Kalaeloa Heritage Park. Volunteers will clear vegetation and trash to sustain ancient Hawaiian grounds. Volunteers will meet in the parking lot off Long Island Street in Kapolei by 9 a.m. Dress to get dirty and bring water. Volunteers should wear hard-sole shoes, gloves and sunscreen. Participants need to sign a waiver. To volunteer, contact Chief Master-At-Arms William Matteson at william.n.matteson@navy.mil or call (209) 216-7190. FMI: email Jeff. pantaleo@navy.mil or call 471-1171, ext. 368.

STARTING YOUR OWN BUSINESS

JULY 6 — A seminar on starting your own business with the Small Business Administration and Business Action Center will be held from 1:30 to 3:30 p.m. at Military and Family Support Center Hickam. FMI: www.greatlifehawaii.com or 474-1999.

ASSESSING HIGHER EDUCATION

JULY 7, 8 — A course called "Transition GPS: Assessing Higher Education" will be held from 7:30 a.m. to 3:30 p.m. over two days at Military and Family Support Center Pearl Harbor. The course is designed to guide participants through the decisions in choosing a degree program, colleges, funding and admissions. FMI: www.greatlifehawaii.com or 474-1999.

SAFETALK

JULY 8 — Trained suicide alert helpers from "safeTALK" will be at a class from 8 to 11 a.m. at Military and Family Support Center Pearl Harbor. They will train participants to apply the TALK steps (Tell, Ask, Listen, Keep Safe) to connect a person to suicide first aid caregivers. FMI: www.greatlifehawaii.com or 474-1999.

PAU HANA CONCERT IN THE PARK

JULY 8 — A free Pau Hana Concert in the Park will be held from 5 to 7 p.m. at the Hickam Harbor waterfront. Food trucks will be on site. Patrons can bring food and beverages. FMI: 449-5215.

BABY EXPO

JULY 13-15 — Authorized patrons who are having a baby and want to speak with parenting support groups can attend a baby expo from 10 a.m. to 2 p.m. daily at the Pearl Harbor Navy Exchange mall children's department. TRICARE and the Military and Family Support Center will be among the participants. FMI: Stephanie.Lau@nexweb.org or 423-3287.

SHARKEY THEATER

TODAY — JULY 1

7:00 PM The Conjuring 2 (R)

SATURDAY — JULY 2

2:30 PM Teenage Mutant Ninja Turtles:
Out of the Shadows (3-D) (PG-13)
4:50 PM X-Men: Apocalypse (PG-13)

SUNDAY — JULY 3

2:30 PM Teenage Mutant Ninja Turtles:
Out of the Shadows (3-D) (PG-13)
4:50 PM Alice Through the Looking
Glass (PG)
7:10 PM Me Before You (PG-13)

THURSDAY — JULY 7

7:00 PM The Conjuring 2 (R)

HICKAM MEMORIAL THEATER

TODAY — JULY 1

6:00 PM The Angry Birds Movie (PG)

SATURDAY — JULY 2

5:00 PM The Angry Birds Movie
3D (PG)
6:00 PM Alice Through the
Looking Glass (PG)

SUNDAY — JULY 3

5:00 PM The Angry Birds Movie (PG)
6:00 PM Neighbors 2: Sorority
Rising (R)
7:00 PM Alice Through the
Looking Glass (PG)

MOVIE SHOWTIMES



TEENAGE MUTANT NINJA TURTLES: OUT OF THE SHADOWS

The turtles face a new challenge when Shredder escapes from custody and joins forces with Baxter Stockman, a mad scientist who plans to use a serum to take over the world. Along for the ride are Bebop and Rocksteady, two dimwitted henchmen who provide plenty of muscle. Luckily, the turtles have their own allies in April O'Neil, Vernon Fenwick and Casey Jones, a hockey-masked vigilante. As the pizza-loving heroes prepare for battle, the notorious Krang also emerges to pose an even greater threat.