# EKOMO MAIRIMPAC 2016! \*\*VALUE OF THE NAVY AND AIR FORCE TEAM IN HAWAII July 1, 2016 WWW.cnic.navy.mil/hawaii www.hookelenews.com Volume 7 Issue 25





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# SS Chung-Hoon returns from 7th fleet deployment

**USS Chung-Hoon Public Affairs** 

The guided-missile destroyer USS Chung-Hoon (DDG 93) returned to Joint Base Pearl Harbor-Hickam June 28 from a five-month deployment to the western Pacific.

While on deployment, the ship and crew of more than 300 Sailors conducted various theater security operations and goodwill activities with partner nations.

"The Sailors and officers of Chung-Hoon performed exceptionally while deployed to the western Pacific," said Cmdr. Tom Ogden, the ship's commanding officer.

"During exercises and operations with our allies and partners in the Asia Pacific, we flew helicopters and sailed the ship in accordance with international laws and were able to show strong, persistent presence in the region."

Helicopter Maritime Strike Squadron (HSM) 37 Detachment 7, homeported at Marine Corps Base Hawaii, embarked aboard Chung-Hoon during the deployment. They flew 245 sorties, totaling more than 680 hours with two MH-60R aircraft in support of multi-national exercises and presence operations in the Indo-Asia Pacific.

The relationship with Chung-Hoon was outstanding from day one," adopted the nickname licopters night after night, Hoon participated in Foal Chung-Hoon received fuel (RIMPAC).



U.S. Navy photo by MC2 Jeff Troutman

Family members greet USS Chung-Hoon (DDG 93), June 28, as it arrives at Joint Base Pearl Harbor-Hickam after a five-month deployment to the western Pacific, conducting various theater security operations and goodwill activities with partner nations.

said Lt. Cmdr. Justin Eckhoff, HSM-37, Detachment 7 air boss. "The crew was professional and very welcoming, allowing us to form a great team."

According to Eckhoff, the camaraderie he experienced during the evolution was not only remarkable, but valuable and directly impacted mission success.

As a detachment, we

'Paniolo,' a word for the cowboys of the Hawaiian Islands. The original Paniolo were hard working, resourceful, and shared a strong tie of brotherhood. Those same traits were evident every day from the maintainers, aircrew, and pilots of HSM 37, Detachment 7. Thanks to their efforts, we operated the world's most advanced he-

safely, and effectively."

During the deployment, Chung-Hoon made port visits to Japan, South Korea, Singapore, and the Philippines, and participated in numerous community service projects including volunteering at local elementary schools, orphanages, and soup

In February, Chung-

Eagle, an annual bilateral training exercise designed to enhance the readiness of United States and Republic of Korea forces and their ability to work together during a crisis.

In June, Chung-Hoon participated in Malabar, a trilateral naval exercise with Japan and India to increase inoperability. During Malabar, from the Indian oiler INS Shakti, further showcasing the ability of the nations to operate together.

Chung-Hoon also participated in a group sail across the Pacific Ocean with ships from the Japan Maritime Self-Defense Force and the navies of India, Singapore and Indonesia in preparation for exercise Rim of the Pacific

# 15th Wing welcomes new commander to Joint Base

Tech. Sgt. Terri Paden

15th Wing Public Affairs

Col. Kevin Gordon became the 72nd commander of the 15th Wing following a ceremony at the Joint Base Pearl Harbor-Hickam flightline, June 27.

Gordon took command of the Wing as Col. Randy Huiss, outgoing commander, bid the base one final "Aloha."

"It's hard to believe it's been two years to the day I stood on this stage taking the guidon of the best wing in the Air Force," he said. "I felt incredibly humbled then and nothing has changed today.'

Huiss noted that during his tenure as commander, the Wing and Airmen lived up to his first impression.

"I've been nothing but impressed since day one. The impact this wing has on world events is simply amazing and it's all because of the work you

Lt. Gen. Russell Handy, Pacific Air Forces commander, said the day marks a celebration of "a tremendous command coming to a close and another tremendous command about to begin."

During the ceremony, Huiss was awarded the Legion of Merit for exceptional meritorious conduct and performance of saving lives. When our senior heights under Col. Gordon's





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

(Left) Col. Kevin Gordon, 15th Wing commander, speaks during the 15th Wing change of command ceremony at Joint Base Pearl Harbor-Hickam, June 27. (Right) Col. Randall Huiss, 15th Wing commander, receives his final salute from the Airmen of the 15th Wing as commander June 27.

outstanding services as the 15th leaders called on us to deliver leadership," he said. Wing commander.

tions," he said.

"Whether that be an open hand with humanitarian assistance or a closed fist ... that's our job and you did it magnificently. When the devastating earthquake in Nepal happened, our C-17s and fellow Airmen on the ground sprang to life, delivering hope and

a closed fist, the Hawaiian curacy and a total force style all their own."

Huiss said the list of accolades and accomplishments the Wing achieved during his tenure, "is simply phenome-

"I'm forever grateful to have had the opportunity to serve with you and I know you'll continue to excel to greater

"When I took command one of the things I charged you with was giving our president opwas giving our president op"When I took command one of the things I charged you with was giving our president opwas giving our president op"When I took command one combat ops with pinpoint actions as commander at a previous assignment said he is with more than 3,100 hours truly "humbled and honored," in the C-17A, T-1A and T-37B. to take command of the Wing following Huiss, though he knows he has big shoes to fill.

"I know the Wing has the exact right focus and has been extremely well-led," he said. "You [Randy] and Sarah have led masterfully, and please know I will do my best to care for our Wing like I know you

Gordon is a 1994 gradu-Gordon, who also replaced ate of the University of New Prior to taking command of the 15th Wing, he was vice commander of the 436th Airlift Wing, Dover Air Force Base, Del. where he served as assistant to the commander for leadership in the combined C-5 and C-17 wing, providing worldwide movement of high priority personnel and cargo.

# HIANG aircrews return from Southwest Asia deployment

Senior Airman Orlando Corpuz

154th Wing Public **Affairs** 

More than 50 Hawaii Air National Guard (HI-ANG) members and three KC-135 Stratotankers from the HIANG 203rd returned to Joint Base June 20 marked the full

(JBPHH) June 16 and 20 following a deployment to Southwest Asia.

The Airmen were desupport of Operation Inherent Resolve.

Homecoming began when one group of Airmen and one tanker ar-Air Refueling Squadron rived here June 16, and

Pearl Harbor Hickam celebration as the remaining Airmen and tankers arrived home at JBPHH.

ployed for four months in greeted in the Hawaiian sunshine by family, friends, and the 154th wing commander Brig. Gen. Gregory Woodrow.

'It's great to have our Airmen home, they rep-

the nation with honor nance crews and other maintain a 24/7 presence and distinction," Wood-support personnel from over areas of Daesh oprow said. "I consistently BPHH. get incredibly positive The Airmen were feedback on the professionalism and aloha our members bring to the fight. Way to represent while serving the nation's

> HIANG's 203rd Air Refueling Squadron, along

support personnel from the 154th Wing were part of an 18-nation air coalition engaged in the fight against Daesh or ISIS.

Aerial refueling makes it possible to extend the range and persistence of coalition air operations in Iraq and Syria, enabling the United States and coalition aircraft to over areas of Daesh operations. The air presence protects at risk targets from falling into the hands of Daesh.

The 203rd ARS has deployed to the U.S. Central Command area of responsibility numerous times. This latest deployment was part of an air expeditionary force rotation.





How do you plan to spend the Fourth of July holiday?



Tech. Sgt. Dorothy Cadenas 37th Intelligence Squadron

"I plan to be mentoring the Civil Air Patrol cadets at their first cadetled encampment. It's important to remember our professional image. Following the encampment, we will be flying home to spend the Fourth of July surrounded by family.

Military Working Dog Blinki Joint Base Security Department

"I plan on eating whatever leftovers I can get my paws on, hiding from the loud fireworks when they go off and getting lots of sleep. Woof.'





**Shaka Charles** 735th Air Mobility Squadron

"I am going to spend the day with my wife and son, and relaxing on the beach.'

**MA1 Justin Sosa** Joint Base Security Department

"I plan on spending time with my family and friends, enjoying the fireworks and seeing the concert on base."



Master Sgt. Trevor Olson 735th Air Mobility Squadron

will be traveling to Vacaville, California to reunite with my wife and three kids who I have not seen since February. Super pumped!"

**OS2 Dominique Wells** U.S. Third Fleet

"Our vessel just arrived here in Hawaii, so I'm looking forward to seeing more of this island, enjoying the fireworks and seeing what the land of aloha has to offer.





Senior Master Sgt. Jeramie Riddle 15th Aircraft Maintenance Squadron

"I plan on spending the holiday weekend with my wife, son, and my younger brother. We plan on attending the festivities at the U.S.S. Missouri on

Ford Island and possibly relax on the beach the rest of the weekend. Additionally, my brother and I may go out fishing on my kayak."

Staff Sgt. Elisha "Dory" Rister 613th Air and Space Operations

"I will be packing to take my first vacation in two years. My sister and her family will be meeting my daughter and [me] in Gulf Shores, Alabama. My



daughter and I haven't seen our family in four years so it's going to be incredibly special for us."

> 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

# Pau Hana concerts planned

U.S. Pacific Fleet Band's Pipeline group will join the Royal Australian Navy Band for two free Pau Hana public performances. They will be held July 1 at the Hale Koa from 5 to 6:15 p.m., and July 8 for a concert at the Hickam Harbor Marina from 5 to 6:15 p.m.



# Aloha! A warm welcome to RIMPAC 2016 guests

Capt. Stan Keeve

Commander, Joint Base Pearl Harbor-Hickam

Aloha and welcome to RIMPAC 2016!

Hosted by Commander, U.S. Pacific Fleet and conducted by Commander, U.S. Third Fleet, RIMPAC is the largest maritime exercise in the world.

The Rim of the Pacific exercise is designed to promote capable, adaptive partners through relevant, realistic training. And our job here at the Joint Base is to ensure the safety, security and comfort of our guests throughout the exercise.

My team and I are proud that Joint Base Pearl Harbor-Hickam is the primary base of operations for thousands of guests from more than two dozen nations.

This week we've seen most participants arrive here in Hawaii, and the waterfront, flight-line and the rest of the base are already operating at a higher tempo.

Just as trust and confidence are the bedrock of maritime security and international cooperation built at RIMPAC, these same qualities are also key to our commitment 24/7



Capt. Stan Keeve

here on base throughout the exercise.

### To our guests...

I hope you'll enjoy your time here in these beautiful islands. Please take advantage of the many Morale, Welfare and Recreation activities that will be offered to you: tours, adventure, entertainment and more.

We have world-class fitness centers and other facilities for your enjoyment, and our team can show you how to safely explore the trails, beaches and waters of the islands.

Pearl Harbor-Hickam is rich in history and heritage. You'll find many opportunities to learn about Hawaiian culture and U.S. military history on and off

Speaking of which, please join us for a hometown-style celebration of Independence Day—our nation's birthday, July 4th. We have a huge celebration planned for Monday at Ward Field near Nimitz Gate from 3:30 to 9:30 p.m., and I hope to see you there.

To JBPHH Ohana

As part of the team, we want to be sure we fully support Vice Adm. Tyson, Commander, U.S. 3rd Fleet, as well as Rear Adm. Fuller, Commander, Navy Region Hawaii and Naval Surface Group Middle Pacific, who is leading Task Force Energy and Environ-

Safety and security are our watchwords for RIM-PAC 2016.

Let's be extra vigilant in the weeks ahead. With the significantly increased numbers of personnel on the installation, it is paramount that we all keep safety a priority.

We all need to watch for distracted pedestrians on and off base. When behind the wheel, slow down and be extra patient.

It's always important to follow traffic regulations at all times, so our Joint Base Security Dept will be out and about to ensure com-

In addition to safety, security always remains a priority. So it something does not look right, please let our security professionals and Joint Base leadership know.

There will be minor temporary inconveniences, such as aircraft noise on or near Ford Island, possible increased waits at base entry gates, and increased shoppers at our exchanges and mini-marts. Our workforce and the local community will see and hear more crowds, more activities and possibly more noise.

That's all part of having the world's biggest maritime exercise on our doorstep. Thank you in advance for your understanding and cooperation. Your positive attitude will be big factor contributing to the success of this important exercise.

Our overall goal is to help all RIMPAC participants achieve success in their training, communication and partnership-building in a climate of trust, confidence and mutual respect. In the weeks ahead, please read our region/base paper "Hoʻokele" each week. İt's the best way see not only what's going on at the base but also the latest news about RIMPAC 2016.

# International ships sail to Hawaii for Rim of the Pacific 2016

### Commander, U.S. Third Fleet Public Affairs

SAN DIEGO-Four multinational groups are participating in Group Sail in support of the Rim of the Pacific (RIMPAC) exercise.

USS America (LHA 6) departed San Diego June 21, leading Canadian ship HMCS Vancouver, Chilean ship CNS Cochrane, USS San Diego (LPD 22), and USS Howard (DDG

USS Princeton (CG 59) departed San Diego June 22 along with Canadian ship HMCS Calgary, US-CGC Stratton, and USS Pinckney (DDG 91).

USS Coronado (LCS 4) departed San Diego June

Singaporean ship RSS Steadfast departed the western Pacific Ocean June 18 with Japanese ship JS Hyuga, Indonesian ship KRI Diponegoro, Indian ship INS Satpura, and USS

USS Stockdale (DDG 106) departed the western Pacific Ocean June 18 with USS William P Lawrence (DDG 110), and the People's Republic of China vessels PLA(N) Hengshui, PLA(N) Peace Ark, PLA(N) Xian, PLA(N) Gaoyouhu, and PLA(N) Changdao.

Chung Hoon (DDG 93).

Conducted prior to the start of RIMPAC, Group Sail offers participating units the chance to operate together and conduct basic training-like tacti- complex exercises concal maneuvering drills and communication system checks. Group Sail helps prepare participating units for the more cpf.navy.mil/rimpac/.

ducted during RIMPAC.

Details of RIMPAC activities and imagery are available at http://www.

# Fourth of July 'Shout-Out' for all Sailors available

**Navy Office of Community Outreach** 

This Fourth of July, Navy Office of Community Outreach (NAVCO) is offering the opportunity to create and share short, recorded shout-outs (15-20 seconds) with a Navy key message for all Sailors to their families

To participate, Sailors can call 1-855-OUR-NAVY (1-855-687-6289) and record their shout-outs before July 1 at 11:59 p.m. EST., mentioning their hometown, current duty station and a message for all Americans.

# Signal Corps aircraft arrives on Oahu

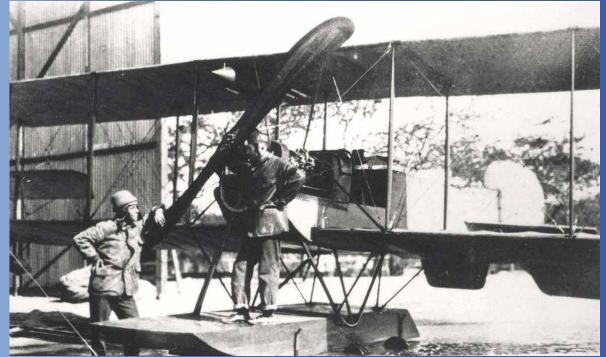


Photo courtesy of the Hawaii State Department of Transportation

Signal Corps aircraft No. 21, (a Curtiss Model G Tracktor Scout) arrived at Fort Kamehameha on Oahu, July 11, 1913, which took place 103 years ago this month. The person standing on the plane's float is believed to be Army Lt. Harold Geiger.

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

# HO'OKELE

# Ash scattering ceremony reunites Pearl Harbor survivor with shipmates

MC2 Johans Chavarro

Navy Public Affairs Support Element Detachment Hawaii

An ash scattering ceremony was held for Pearl Harbor survivor torpedoman 1st Class Richard P. Erico, June 23, at the USS Utah Memorial on Ford Island, Joint Base Pearl Harbor-Hickam.

Sailors, friends and family members of Erico, who passed away June 16, 2009, at the age of 87, attended the event, which overlooked the sunken USS Utah.

Jim Taylor, Pearl Harbor survivors' liaison, who presided over the ceremony, gave an overview of Erico's life and spoke about his experiences on the morning of Dec. 7, 1941.

Born on June 22, 1922 at Peaks Islands, Maine, Erico joined the Navy in 1940 and became a torpedoman. On the morning of Dec. 7, 1941, Erico was serving aboard the destroyer USS Case (DD 370).

According to Taylor, Erico was preparing to go ashore to play baseball when the attack began.

"Bombs were dropping everywhere, guns firing in return," Taylor said. "He was part of an ammo handling team, there wasn't time to be mad at the Japanese. Everyone had a job to do and they did it."

The ship was able to get underway the next day and was successful in sinking a Japanese mini-submarine. As time went by, USS Case escorted ships carrying de-



pendents and wounded personnel. Erico spent the duration of the war aboard USS Case, participating in numerous battles in the Pacific, receiving nine Battle Stars.

"Richard [Erico] died on the 16th day of June, 2009," Taylor said. "A hero to his country, and a hero to his family. His wish was to make a final voyage to Pearl Harbor and have his ashes scattered here so he could be with his brothers lost that terrible day in December of 1941."

At the end of the ceremony, Erico received full military honors for his dedication and loyalty to service, including a rifle salute by the Joint Base Honors and Ceremonial Guard and the sounding of Taps by a Navy bugler.

Erico's daughters, Kendra Erico O'Connell and Kim Erico Macisaac, were both presented with the national ensign.

It's a little bittersweet," said O'Connell, regarding scattering her father's ashes at the USS Utah Memorial.

"But it provides a closure, because this is something he wanted," O'Connell said. "He felt guilt all of those years surviving when so many other people did not. This is what he wanted and that was our job, to fulfill his final wishes."

"Dad loved the Navy," Macisaac said. "He always regretted not staying in. He always wanted to go back to Navy after the war...As Kendra said, it's closure for us. Dad wanted to be here and now he is."





(Above) Midshipmen 2nd Class Alex Harper is transferred from the guided-missile destroyer USS Chung-Hoon (DDG 93) to the fast combat support ship USNS Rainier (T-AOE 7) June 22 during a high line passenger transfer.



(Above) From the front, the guided-missile destroyers USS William P. Lawrence (DDG 110), USS Stockdale (DDG 106), and USS Chung-Hoon (DDG 93) transit together June 17 at the



### U.S. Navy photo by MC3 Class Holly L. Herline

(Above) Sailors assigned to the Arleigh Burke-class guided-missile destroyer USS Shoup (DDG 86) moor the ship June 20 after pulling into Joint Base Pearl Harbor-Hickam.

### U.S. Navy photo by MC1 Marcus L. Stanley

(Left) Sailors aboard the guided-missile destroyer USS Chung-Hoon (DDG 93) conduct a low-light gun shoot on the flight deck June 17.



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

conclusion of Malabar 2016.

(Right) Airmen from the 15th Wing stand in formation during the 15th Wing change of command Ceremony at Joint Base Pearl Harbor-Hickam, June 27. During the ceremony, Col. Randall Huiss, former 15th Wing commander relinquished command to Col. Kevin Gordon. Gordon became the 72nd commander of the 15th Wing following the ceremony.



























# RIMPAC 2016 activities, ship tours, closures announced

Joint Base Pearl Harbor-Hickam **Public Affairs** 

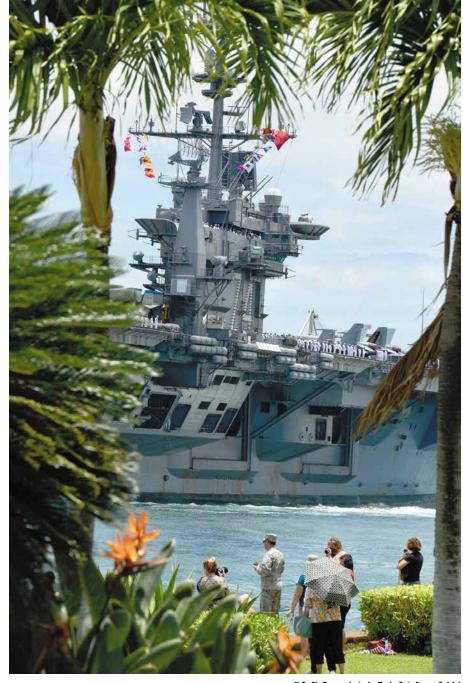
The biennial Rim of the Pacific (RIM-PAC) exercise began June 30 at Joint Base Pearl Harbor-Hickam. Twenty-six nations, 45 ships, five submarines, more than 200 aircraft and 25,000 personnel will participate in the exercise. Base personnel, residents and visitors should be aware of the following activi-

•Helicopter operations on Ford **Island:** Increased flight activities will take place on the north side of Ford Island near the vicinity of the Ford Island Navy Lodge from July 6 to Aug. 1, daily, during daylight hours. The flights will not interfere with normal activities on Ford Island. Traffic barriers, road guards, and warning signs will surround the designated landing zone, but residents and visitors should remain clear of the area for their own safety.

 Temporary road and parking **closures:** The parking lot between Scott Pool and the Fleet Exchange is closed now until Aug. 4. The parking lot will resume normal operations on Aug. 5. Also, motorists should be prepared for possible delays in support of the RIMPAC 5K Run on Wednesday, July 6 and Thursday, Aug. 4, starting at 9 a.m. The course starts and finishes at "Bravo Central" across from Bravo Piers 23/24. Other traffic advisories will be announced as needed.

• Photography: While personal photography is allowed in many areas of the base, photography is strictly prohibited at submarine piers, security posts, Hickam airfield, and other controlled areas. During ship tours and open houses, photography may be allowed in the immediate area where the ship is moored and onboard the ship during the tour as permitted by the ships' commanding officers.

•Base camps: JBPHH residents may notice "camp sites" or laydown areas near Alpha Dock, Honeymoon Beach and on Ford Island. These sites support the various training events for RIMPAC. Residents may see a slight increase in military vehicular traffic at various times throughout the day on June 29-30 as units transport equipment from vessels on JBPHH to the Ford Island camp site.



U.S. Air Force photo by Tech. Sgt. Aaron Oelrich USS John C. Stennis (CVN-74) arrives at Joint Base Pearl Harbor-Hickam June 29 for

• Harbor activities: Military swimmer and small boat activities in the harbor are scheduled throughout July,

Rim of the Pacific 2016.

boaters to easily identify.

 Open ship tours, Saturday, July 9, 8 a.m. - 4p.m.: RIMPAC particibut will be well marked for recreational pants, military and DoD ID cardholders

and their sponsored guests are welcomed to tour visiting U.S. and foreign ships on July 9 from 8 a.m. to 4 p.m. (Not open to the general public.) For safety reasons, guests must be 8 years old or older, independently mobile and able to walk and climb ladder wells, and should wear covered shoes (no heels or slippers). Do not carry bags on the tours, and photography will be limited to the immediate area and onboard the ship during the tour as permitted by the respective ships' commanding

•Hickam Field aircraft static display, Saturday, July 9, 9 a.m. - 3 p.m.: All RIMPAC participants, active duty military, and DoD government civilians (no dependents, families or guests permitted) can tour aircraft static displays on July 9 from 10 a.m. to 2 p.m. at Hickam Field 23 Row. Military ID required. No cameras or cell phones allowed.

•MWR sporting events: Base personnel are invited to watch the numerous sporting and special events sponsored by MWR. Visit "Bravo Central" located across Bravo Piers 23/24 for up-to-date information. Sporting events include: basketball, soccer, volleyball (indoor and sand), softball, tennis, bowling, indoor triathlon, bench press contest, strong arm contest, swim meet, and golf tournament.

**Show aloha!** There will also be more foreign military personnel walking around the base, dining at restaurants and shopping at the stores. Please drive with caution and look out for pedestrians. All foreign military RIM-PAC participants are required to have a RIMPAC sticker on their ID card. If you see them wandering around the base confused or lost, please show some aloha and assist, if able.

For general inquiries on RIMPAC, call 808-472-0235. For the latest RIM-PAC news, visit the official RIMPAC website, www.cpf.navy.mil/rimpac and on Facebook at https://www.facebook. com/RimofthePacific/. You can also find info on Pacific Fleet, Navy Region Hawaii, Joint Base Pearl Harbor-Hickam, PMRF and MWR RIMPAC Facebook sites. Official RIMPAC imagery will be released by the appropriate Public Affairs Office and made available at www. cpf.navy.mil/rimpac.

# Protecting Hawaii's environment during RIMPAC

Rebecca Kimball Faunce

Navy Region Hawaii Environmental Counsel

Many Hawaii residents endorse the concept of "aloha aina"—love of the land, which is marked by stewardship and reverence for the environment, attributing spiritual power to the many features of the earth as well as its wildlife. That environment can also bite back and cause un-

wanted injuries. Here are some tips to enjoy Hawaii's environment and

stay safe at the same time. While on rest and relaxation on Hawaii's beaches or in the near shore areas during an operation, please watch out for the highly endangered Hawaiian monk seal. Ha-

on beaches or feeds in the near shore habitat. Sea turtles can often be seen as well. Both are endangered species and by law have the right of way and must be left alone. Enjoy taking photos of them from a distance.

 While snorkeling or diving, avoid stepping on corals feet. Live creatures, corals die when stepped on. In addition, stepping on coral can hurt you, yielding a nasty infection. An even more painful experience can come from filling your heel with sea urchin spines. Step on sand and stay safe.

•On land, hiking near or in freshwater streams can present two invisible risks beyond the usual trip and fall: flash floods and catching a disease called leptospirosis due to wild

uplands. The feces of these animals contain bacteria. That contamination then drains into our streams. The disease can manifest itself causing severe nausea, chills, high fever which appears seven to 14 days after exposure. In some cases, death has resulted.

or striking them with fins or can lead to a very narrow, oneway path with no choice but to back up. Too many hikers have lost their lives, and caused others to try to rescue them, when they tried their own special path. Ending up as the victim of blunt-force trauma at the bottom of the fall is no way to enjoy Hawaii's rainforests or ocean scenery.

·Back on the water, kayaking to or landing on many of Oahu's offshore islands is illegal. Some of the is-

waii's only species of seal rests (pigs mostly) that live in the bird sanctuaries and monk seal resting places. Residents watch over these islands with powerful binoculars and have no problem calling the police to meet you upon your return

to shore. •Rip tides kill several people each year. Even the strongest can get caught then worn out •Departing the usual trail fighting to get back to shore. Swim parallel to the shore until the tide shifts, which could be a very long time.

 Box jellyfish floating in Hawaii's near shore waters can cause ripped skin and allergic reactions as they tangle around feet or arms. Signs are usually posted when they are present. They usually arrive on the tides seven to 11 days after full moon.

•Portuguese man-of-war look like floating plastic and are present year-round, usually on windward (east-facing) beaches such as Bellows. Their stings can be extremely pain-

•Reef fish are not good eating as they may contain a toxin (ciguatera) and are usually too small to be of much value. While no fishing license is needed to fish from shore in Hawaii, there are size minimums and catch limits for many kinds of fish. The best choice is to leave the fish in the sea and enjoy them while snorkeling rather than injuring and wasting them.





# MWR to host RIMPAC sports, recreational activities at Joint Base Pearl Harbor-Hickam

Joint Base Pearl Habor-Hickam Morale, Welfare and Recreation

Numerous sports and special events are planned for this year's RIMPAC exercise at Joint Base Pearl Harbor-Hickam.

First in-port period events (June 30 to July 10) will be eligible for the RIMPAC cup. The sports competition program allows maximum participation by all RIMPAC 2016 participants.

The following sports events will be held at Joint Base Pearl Harbor-Hickam from June 30 to July

•Basketball tournament at Joint Base Pearl Harbor-Hickam Fitness Center.

•Nine-person soccer tournament at Ward Field.

•Indoor volleyball tournament at Joint Base Pearl Harbor-Hickam Fitness Center and Naval Station Gym.

• Four-person sand volleyball tournament at Wentworth volleyball sand courts.

•Softball tournament at Millican

 Open singles and doubles tennis tournament at Wentworth tennis facility.

Other sports events include:

•June 30, (9 a.m., noon and 3 p.m.) - Bowling tournament at Naval Station Bowling Center.

•July 5, 9 a.m. - Indoor triathlon (running, cycling and rowing contest) at Joint Base Pearl Harbor-Hickam Fitness Center.

•July 6, 9 a.m. - Bench press contest at Joint Base Pearl Harbor-Hickam Fitness Center.

•July 6, 9 a.m. - Strong arm contest at Joint Base Pearl Harbor-Hickam Fitness Center.

•July 6, 7:30 a.m. – Golf tournament at Mamala Bay Golf Course.

•July 6 and Aug. 4, 9 a.m. - 5K run will begin and end at Bravo Central across from Bravo Pier.

•July 7, 8 a.m. – Swim meet at Scott Pool.

•Aug. 3, 9 a.m. - Sailing regatta at Rainbow Bay Marina.

Times and locations may be subject to change. For a complete list of RIMPAC sports schedules, standings, calendar of events and activities, visit www.greatlifehawaii.com.

# Hawaii recreation and safety tips for RIMPAC participants

Hiking safety tips:

•Be prepared – take extra food, water.

•Do not get lost, bring a map.

•Return before nightfall. •Know before you go.

Check websites or a hikers guidebook.

• Check the weather forecast.

•Know your ability.

Get educated about leptospirosis.

### Ocean safety tips:

•Swim in lifeguard areas.

·Ask a lifeguard about beach and surf conditions before swimming.

Never swim alone.

•Don't dive into unknown water or into shallow breaking water.

• Don't attempt to dive over large waves.

• If unable to swim out of a strong current, or you are having difficulty returning to the beach, signal for help.

• Avoid swimming too close to or standing on

•Avoid murky water.

Know your skill level.Obey the posted warning signs, don't ignore

•When in doubt, don't go out!

### Road/pedestrian safety tips:

Be aware of blind spots when using the cross-

• Drivers must slow down, you can't predict what pedestrians might do.

•Yield the right of way to pedestrians. Be patient with elderly or disabled pedestrians.

• Never wave pedestrians across the street.

•In residential areas and school zones, watch for children especially during the summer.

For more information on recreational safety, visit http://www.greatlifehawaii.com/recreation/ rimpac-2016.

# Welcome RIMPAC 2016, balancing the benefits

Navy Region Hawaii Public Affairs

Dozens of ships from 26 nations are arriving in Pearl Harbor this week for the biennial Rim of the Pacific (RIMPAC) exercise. RIMPAC 2016 will be held in and around the Hawaiian islands and off the coast of Southern Calif. June RIMPAC brings international par-

ticipants together to foster and sustain cooperative relationships. Training during RIMPAC builds credible, ready maritime forces that help to preserve peace and prevent conflict. RIMPAC is hosted by U.S. Pacific Fleet, headquar-

tered here, and led by U.S. 3rd Fleet. The exercise will be based at Navy Region Hawaii, which includes Joint Base Pearl Harbor-Hickam, and the Pacific Missile Range Facility on Kauai. Training will also be held at Marine Corps Base Hawaii and several other locations in the state.

Hawaii's operating areas and ranges offer realistic, relevant training opportunities like nowhere else in the world and environmental stewardship and protection of marine mammals are always top priities during RIMPAC. During the in port p of the exercise, crews receive training on sighting marine mammals and required protective measures. Participants follow established and approved procedures to minimize the potential impact on marine

# Some temporary noise and crowds

With 25,000 participants coming to Hawaii, noise, crowds and traffic will increase in the last week of June and through the end of July. Some residents in Hawaii can expect aircraft noise temporarily in certain areas, including the early evening.

According to the Hawaii State Department of Business and Economic Development and Tourism Research and Economic Analysis Division, RIMPAC is initially anticipated to bring \$52.5 million to Hawaii, based on the number of exercise partici-

pants and their time in port. the overall economic

By the end of RIMPAC 2016, benefit

is expected to be tens of millions of dollars higher than \$52.5 million after purchases of supplies,

fuel and food or the spending by family and friends of participating personnel are cal-

Garage door openers may be

During RIMPAC some remotely operated garage door openers may be temporarily affected. This can occur if the device is a type (FCC-regulated but unlicensed Part 15) that operates on frequencies reserved for federal government

Remotely controlled garage door openers legally operate at a very low power on an unlicensed basis. Therefore, they can be affected by electromagnetic activity that is generated by navy ships, civilian boaters or other sources.

Such devices may not work properly from time to time, especially if they are not pointed directly at the door. If that happens, drivers may have to remove the opener from their sun visor and point it directly at the door. If the opener still doesn't work right, garage door owners may have to open and close their doors manually or consider other options for a short time.

The Navy is required to test commercial surface search radars in port prior to getting underway and as part of scheduled maintenance. Surface search radars are available commercially, used by civilian boaters and not a safety issue. Exercising safety is a top priority for the Navy.

To be sure their garage door opener will function properly, owners may want to check with their garage door company. At least one company in Hawaii asks their customers to be patient in dealing with the inconvenience, "for a short bit of time, [but] for a lifetime of safety and freedom."

To learn more about RIMPAC, please visit http:// www.cpf.navy.mil/rimpac

For concerns, noise complaints or general questions about RIMPAC, please call the Combined Information Bureau at (808) 472- 0235. Media interested in covering RIMPAC can call 808-472-0239.





A Joint Base Pearl Harbor-Hickam RIMPAC volunteer opportunity will be held from 9 to 11 a.m. July 6 at Kalaeloa Heritage Park.

Volunteers from Joint Base and other installations 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 MAC William Matteson at william.n.matteson@navy.mil or call (209) 216-7190. For more information, email Jeff.pantaleo@navy.mil or call 471-1171, ext. 368.



# Pearl Harbor survivor honored at National Memorial Cemetery of the Pacific

Story and photos by MC2 Laurie Dexter

Navy Public Affairs Support Element Detachment Hawaii

The ashes of Chief Aviation Machinist's Mate James W. Dvorak were interred in the National Memorial Cemetery of the Pacific at Punchbowl during a ceremony, June

Among those in attendance were Dvorak's children and other family members.

"We're so appreciative and overwhelmed by the support the Navy has given our father," said Dvorak's son, James Dvorak Jr. "We couldn't have asked for more."

Military honors included a gun salute and the presentation of the burial flag to the family by Joint Base Pearl Harbor-Hickam Honors and Ceremonial Guard.

"This whole procedure was in honor of my father-he was such a great man," said Dvorak's daughter, Sharon Dvorak. "He deserved this honor and the fact the Navy provided it to him is heartwarming and very emotional."

According to Sharon, Dvorak was known for his work ethic, integrity and honesty.

"He taught us the values he learned in the military of hard work and integrity. If you gave him a dime too much, he would drive 10 miles just to give it back to you.'

Dvorak was born Sept. 18, 1918. He was 17 when he enlisted in the Navy and was stationed on Ford Island the day of the 1941 attack on Pearl Harbor.

"He was a flight engineer who flew the PBY Catalinas that do the patrols," said Dvorak's son, Donald Dvorak. "He up in heard the ald



the Pacific at Punchbowl.

ing and said, 'Oh what's going on now? They're blowing something up' and he didn't think it was an attack. He came running out of the hangar and he saw the Japanese airplanes coming in towards him. The pilot dropped a bomb and luckily the plane was in what is called a skid. When the bomb was released, it drifted away from him.'

during the second wave of airplanes, Dvorak was manning one of several machine guns set up along the tarmac.

airplane and he saw it go

According to Donald,

"He was shooting at an flames," Don-

said. "He doesn't bombtake credit for it

A photo of the late Pearl Harbor survivor Chief Aviation Machinist's Mate James W. Dvorak.

of other people shooting at it."

Dvorak retired after 22 years of service. During that time, he was awarded 11 medals including the Victory Medal World War II, Medal for

because there were a lot Human Action and Ko-don missile. rean Service Medal.

prototype for the Posei- Berlin U.S. Military Vet-

He was a life mem-Following his retire- ber of the Pearl Harbor ment, he worked as a Survivors Association lead machinist at Lock- and Veterans of Forheed Corporation in eign Wars and a previ-Sunnyvale, California, ous member of the Fleet Jr. and Sharon Dvorak; where he worked on the Reserve Association and

erans Association.

Dvorak is survived by his sister Rosemary Barry; his children Ethylyn DeStefano, Donald Dvorak, James Dvorak seven grandchildren; and 10 great-grandchildren.

# Free NEX shuttle service available for RIMPAC participants scheduled

During RIMPAC rialChapel/McDonalds 2016, the Navy Ex•Club Pearl/Instan change will provide a Liberty/Laundromat/ complimentary shuttle JBPHH Fitness Center service from June 29 to Aug. 4 from 9 a.m. to 9

The NEX shuttle bus departs from The Mall at Pearl Harbor every hour on the hour. NEX shuttle bus

route schedule: •The Mall at Pearl Beeman Center

Harbor

- Radford Drive/ Kamehameha Hwy. "The Bus" stop
  - Mathies Hall AMC Terminal
  - Fox Boulevard Penalty Box
- •Bravo Pier/NEX Fleet Store Mini Mart/ Uniform Center/Barber Shop/Food Court/MWR Information, Tickets &Travel Outdoor Adven-
- ture Center •Pearl Harbor Memo-

- •Club Pearl/Instant
- •Oklahoma Hall BQ/ Food Court
- Lockwood Hall/Submarine Training Facil-
- •NEX car care center • NEX Holomoku Mini Mart/Barber Shop/Subway/ATM/
- Radford Drive "The Bus" stop
- Aloha Navy Center/ Moanalua Navy Ser-

Other shuttle services include Bravo Pier Express, Hotel Pier and Kilo Pier Express. Shuttle bus schedule is subject to change.

If you have any questions or comments about the shuttle service, please call 423-3344.

Full Page Ad

# USS Arizona Memorial dock now open

### **National Park Service**

Installation of the new USS Arizona Memorial dock has been completed, and visitors are now able to disembark on the memorial.

The new dock, designed in Hawaii by a local company, was attached using anchor blocks and mooring chains, and features a series of skid-proof ramps, which have replaced the combination of steps and ramps that provided access from the dock to the memorial. This dock replaces the previous one installed in 1990.

Loko'olu Quintero and Kiliona Palauni of the Hawaiian Church of Hawaii Nei gave a Hawaiian blessing at the dock and memorial July 29 prior to its opening.

WWII Valor in the Pacific National Monument superintendent Jacqueline Ashwell said she's thankful for the support the monument has received through this process.

"We are grateful to everyone—the public and our partners—for their patience and understanding during the installation period," Ashwell said. "We hope that you will visit soon."

Tickets to the USS Arizona Memorial are free. About 1,300 walk-in tickets are given away each day, first-come, first-served. Visitors can also make reservations online at www.recreation.gov.

(For more information, please visit their Facebook page at www.facebook.com/ValorNPS or website at www.nps.gov/valr.)



# JBPHH Independence Day event to feature Three Days Grace



Joint Base Morale, Welfare and Recreation

The annual Joint Base Pearl Harbor-Hickam Independence Day celebration will be held July 4 at Ward Field. This free event begins at 3:30 p.m. and will feature a concert by rock band Three Days Grace as well as a fireworks show.

The activities planned for this year's celebration include roller derby, miniature golf, batting cages, a car show, petting zoo, and trampoline and gymnastics lessons. The annual Joint Base Pearl

The annual Joint Base Pearl Harbor-Hickam Independence Day celebration is open to Department of Defense ID cardholders and their sponsored guests. Attendees are allowed to bring small clutches, blankets and folding chairs.

All items are subject to search. For safety reasons, outside food and beverages, pets, backpacks and purses (other than small clutches), barbecue grills, tents, glass or coolers are not permitted. There will be security checks at event entrances.

Designated parking will be in the surrounding area near the event.

(For more information about the event and for additional security information, visit www.greatlifehawaii.com.)

Rock band Three Days Grace headlines this year's July 4th celebration at Ward Field. JBPHH.

Photo courtesy Armed Forces Entertainment and Three Days Grace



# TO SUBMIT YOUR STORY IDEAS:

 $Call~\bf 808\text{-}473\text{-}2890~\textit{or}~\textit{email}~\bf editor@hookelenews.com$ 



**Courtesy photo** 

Members of Team Hickam attend Green Dot leadership training May 6 at Joint Base Pearl Harbor-Hickam.

# Green Dot replaces SAPR training at JBPHH

Tech. Sgt. Terri Paden

15th Wing Public Affairs

In recent years, bystander intervention as a way of thwarting sexual assaults has moved to the forefront of prevention efforts in the Air Force. JB-PHH Airmen have joined the movement to use bystander intervention to decrease interpersonal violence across the force through the Green Dot Bystander Intervention program.

The Green Dot program, contracted by the Air Force through the non-profit organization Green Dot etc. and recently rolled out at JB-PHH, will prepare the base to implement a strategy of violence prevention that reduces power-based interpersonal violence, including sexual violence, domestic violence, dating violence, stalking, child abuse, elder abuse and bullying.

The new program is part of the Air Force's five-year strategy to significantly decrease the number of violent acts that occur each year in

military communities. Master Sgt. Warrell Shanklin, 15th Comptroller Squadron and Green Dot coordinator, said the program offers a different perspective on bystander the victim or perpetrator of violent acts.

green dots in any given area than red dots, which represent instances of interpersonal violent acts," Shanklin said.

of green dots. Reactive green dots represent a moment in time when an individual intervened to stop a violent act. A resents things that are act, or red dot, from oc- cember 31. curring.

"It's about changing the environment to create a culture where we program, or to become are making sure red dots involved, contact Masnever occur," Shanklin ter Sgt. Warrell Shanksaid. "It's doing the little lin at warrell.shanklin@ things to prevent violent us.af.mil.

acts, and that's what the green dots represent. They aren't representative of any particular person, but of positive actions. Without green dots, red dots would just build until they over take a base or community."

The Green Dot program offers three actions bystanders can use to intervene: direct, delegate or distract, based on the

One thing everyone will learn in training is how to identify where they draw the line and are willing to step in, and how," Shanklin said. "We want to help you understand what barriers to intervention are and how to use direct, distract and delegate to intervene and overcome those barriers to help. That's the whole point of the training."

Green Dot training will replace the current annual Sexual Assault Prevention and Response

"SAPR training deals with how to respond after something has happened," Shanklin said. "Green Dot will work to prevent sexual assaults and any other acts of violence from occurring in the first place."

The training will be rolled-out in three phases here. During Phase 1, base leadership was intervention and focuses educated on the theoon prevention rather than ries and concept of the Green Dot program. During Phase 2, early "The objective of the adopters will be identiprogram is to have more fied and trained, then planted back in the units to begin inspiring change. Early adopters will be those identified as natural leaders in There are two types the units, and may have already been notified and invited to join the program. The third and final phase will be delivering the training to proactive green dot rep- the masses, with a goal of having all JBPHH done to prevent a violent Airmen trained by De-

> For more information on the Green Dot Bystander Intervention

# NAVFAC Pacific participates in clean energy summit

**Madison Cumbo** 

Navy Region Hawaii Public Affairs

Rear Adm. John Korka, commander of Naval Facilities Engineering Command (NAVFAC) Pacific, participated in a panel discussion on how the Navy intends to achieve its energy goals during the VERGE Asia Pacific clean energy summit in Waikiki, June 21-23.

The summit focused on renewable energy, financing strategies and research which hosted hundreds of entrepreneurs, energy research associates and pioneering business managers.

"In an environment driven by policy, leadership must assume complete commitment to this program," Korka said.

Conservation and innovation are expected to spur change and encourage new methods of saving, using and storing energy.



**US Navy photo by Tom Clements** 

Rear Adm. John Korka, commander of NAVFAC Pacific, second from left, participates with industry and private sector experts in a panel discussion at the VERGE Asia Pacific clean energy summit in Waikiki.



Fifty children between the ages of 7 and what we do. Events like this definitely 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

"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,"

strengthen the bond between parents and

"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 con-

junction 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 effec-

tively 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 said Cryptologic Technician Technical Dan- to build friendships and share common exielle Snyder, Navy Information Operations periences while further developing their Command (NIOC). "It helps kids know self-esteem and resilience."











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.



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

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

benefit to our Sailors, Marines and 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 since 2011," retired Brig Gen. difference for those who serve."



# 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" Halloway 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.

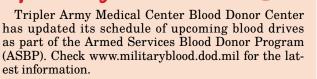
• A baby expo will be held from 10 a.m. to 2 p.m. daily from July 13 to 15 at the NEX mall children's department on the second floor. The expo will feature parenting support from organizations such as TRI-CARE and the Joint Base Military and Family Support Center.

• 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



# Currently scheduled drives include:

• July 7, 9 a.m. to 1 p.m., Pollock Theatre, Camp

• 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  $email\ michelle. le le @amedd. army. mil.$ 



# 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

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

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

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 tourna-

"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, Hoʻokele

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. The added firepower made end zone for an early 6-0 lead.



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

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

kick-return placed the football 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 10yard 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 Opunui 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 con-

verged on Vega, the Lady Pa-

niolos 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

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 1/3 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

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, reduce the heat to me- and Lamb.



dium. Add the garlic and stir frequently for about two minutes. Add the pepper flakes, pepperoncini 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! Gooey, overcooked pasta is an insult to Italians every-

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 Cook the pasta un- is based out of Ibiza, til al dente ("to the which is in Spain, not tooth"). Right before Italy, but the mood still you drain the pasta matches. There are more than 20 volumes in the series. My favorite is probably "Cafe Del Mar — Volume 8," which features artists add the olive oil and such as Goldfrapp, Dido

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

# 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 emergen-

cies 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.

# 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

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.



Fleet and Family Readiness Marketing photo

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

# 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





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 Week and Overseas Citizens Vot- of U.S. citizens living overseas, as ers Week with support from the well as service members and their Military Services and State De- eligible family, are protected by FVAP.gov, email vote@fvap.gov or partment. During the week, U.S. the Uniformed and Overseas Cit-call 1-800-438-VOTE (8683).)

izens Absentee Voting Act (UO-CAVA). 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

# 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



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

operating condition and Clinic Hawaii, attended keys were not available. The winning bidders were required to tow them off the lot.

Miller, Naval Health he said. "It was in great

for the second time after getting lucky on a bid at his first auction.

"I bought a 2005 BMW Lt. Cmdr. Joshua 325 at the last auction,"

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."

### **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 though 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.



# **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 hockeymasked vigilante. As the pizza-loving heroes prepare for battle, the notorious Krang also emerges to pose an even greater threat.

# 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 Neighors 2: Sorority Rising (R)

7:00 PM Alice Through the Looking Glass (PG)