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“Navigator” HO'OKELE

FOR THE NAVY AND AIR FORCE TEAM IN HAWAII

July 8, 2016

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

Volume 7 Issue 26

RIMPAC 2016 BEGINS



Photo illustration
Photos by Staff Sgt. Christopher Hubenthal,
MC1 Ace Rheau, MC1 Joseph M. Buliavac

RIMPAC ship tour schedule announced

Rim of the Pacific Exercise 2016 (RIMPAC) participants, active duty/reserve and retired military personnel and their families, Common Access Cardholders and their sponsored guests are invited to tour RIMPAC ships Saturday, July 9 from 8 a.m. to 4 p.m. unless otherwise stated.

- Guests must be 8 years old or older.
- Must be independently mobile and able to walk, climb ladder wells and on gridded deck plates.
- Dress comfortably and wear covered shoes; no heels or slippers. Sunscreen recommended.
- Bags are not allowed.
- Photography is limited to the immediate area where the ship is moored and aboard the ship during the tour, as permitted by the respective ships' commanding officers.
- Be prepared to show your ID at security gates and check points.
- Parking is available in surrounding parking lots; no parking allowed on the piers.



Ships moored at Joint Base Pearl Harbor-Hickam display maritime signal pennants and flags from their masts during Rim of the Pacific 2016.

The following ships are available for tours and are subject to change:

Bravo Pier (along Pearl Harbor Boulevard)
Enter via pedestrian gates located at B 24 and B 26:

- USS Chung Hoon (DDG 93)
- USS Princeton (CG 59)
- USS Mobile Bay (CG 53)
- USCGC Stratton (WMSL 752)

- JS Chokai (DDG 176, Japan)
 - USS William P. Lawrence (DDG 110)
- Enter via pedestrian gates located at B 19:
- RSS Steadfast (FFG 70, Singapore)
 - KRI Diponegoro (FS 365, Indonesia)
 - CNS Cochrane (FFGH 05, Chile)
 - JS Hyuga (DDH 181, Japan)
 - USS Stockdale (DDG 106)
 - INS Satpura (FFG 48, India)
 - FS Prairial (FFGH 731, France)

Mike Pier

- Enter via pedestrian gate at M 4
- USS San Diego (LPD 22)
 - ROKS Shejong (DDG 991, Korea)
 - ROKS Kang Gam Chan (DDG 979, Korea)
 - USS Coronado (LCS 4)

Sierra Pier

- Enter via pedestrian gate at Sierra 10
- HMAS Ballarat (FFGH 155, Australia)
 - HMCS Vancouver (FFGH 335, Canada)
 - HMCS Calgary (FFGH 335, Canada)

Hotel and Kilo Piers

- Enter at pier security gate checkpoints
- USS John C Stennis (CVN 74)
 - HMAS Canberra (LHD 02, Australia)
 - PLA(N) Peace Ark (AH 866, China)
 - USS America (LHA 6)
 - PLA(N) Xian (DDG 153, China)
- For more information, contact the RIMPAC Combined Information Bureau at (808) 472-0240/0235.

USS America arrives in Hawaii for RIMPAC 2016

**USS America (LHA 6)
Public Affairs**

Sailors and Marines manned the rails of the amphibious assault ship USS America (LHA 6) as it pulled pierside at Joint Base Pearl Harbor-Hickam in preparation for the Rim of the Pacific

2016 Exercise, June 30.

This is America's first time participating in the world's largest international maritime exercise, but according to Capt. Michael W. Baze, America's commanding officer, the ship's crew understands the importance of strengthening ties with our partners throughout the globe.

"America's maiden voyage around South America during the

summer of 2014 was an incredible opportunity to reinforce relationships with our brothers and sisters throughout the continent," Baze said. "Now, during RIMPAC, we have the same opportunity, but with even more partner nations. I know the Sailors and Marines serving aboard America look forward to meeting new friends from foreign navies and military services."

During America's time in Hawaii, the ship will host distinguished visitors, participate in community relations projects, explore the Hawaiian culture,

and make final preparations for the underway portion of the exercise.

"It's exciting to be a part of RIMPAC this year and to visit Hawaii," Culinary Specialist Seaman Chelsea Milton, assigned to America," said. "I can't wait to see the island culture, the hiking trails, meet new people, and check out the Hawaiian food scene."

Throughout the exercise, America will host members of the Royal New Zealand Navy, Marines from Marine Expeditionary Battalion Hawaii (MEB-HI), and serve as the

USS AMERICA > A4

Sailors assigned to the amphibious assault ship USS America (LHA 6) salute the USS Missouri Memorial and the USS Arizona Memorial as the ship transits into Pearl Harbor for Rim of the Pacific 2016, June 30.

U.S. Navy photo by
MCSN Jacob Holloway



Pearl Harbor survivor's children, grandchildren carry out final request

Story and photos by
MC2 Johans Chavarro

Navy Public Affairs Support Element Detachment Hawaii

An ash-scattering ceremony was held for Pearl Harbor survivor Chief Petty Officer William F. White, June 28, at the USS Utah Memorial on Ford Island, Joint Base Pearl Harbor-Hickam.

Sailors, friends and family members of White, who passed away 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 White's life and spoke about his experiences on the morning of Dec. 7, 1941.

White joined the Navy in 1938 and served aboard USS Beaver, USS Sperry, USS Bushnell, Submarine Base Midway Island, and USS Mathews.

According to Taylor, White was at Hickam Air Force Base, waiting to be discharged from the Navy to return to civilian life on the morning of Dec. 7. White had been sleeping, with his weapon and gear already turned in, when he began to hear distant explosions.

"When he realized the loud noises were bombs exploding, he and another Sailor dived under the same desk and they



banged heads," Taylor said. "It was his only injury for the entire war!"

With his discharge canceled, White went on to serve on several ships throughout the duration of the war. It was during his time in the service that White met his wife, Bobbie.

Bobbie had been working alongside White's father when he requested Bobbie write White a letter. From the exchange of those letters, White went on to marry Bobbie and build a family with her.

"Earlier I referred to [White] as a hero," Taylor said. "I would guess he would say he was not a hero, he was just doing his job, doing what he was trained to do. I differ with that thinking—to me, all those who wear the military uniform to defend our country are heroes."

At the end of the ceremony, White 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. White's oldest child, Diane Lage was presented with the national ensign.

White and Bobbie requested their ashes be scattered in the ocean. With their children and grandchildren present, their ashes were scattered at the USS Utah Memorial in honor of White's military service.

NCTAMS PAC remembers Navy SEAL Healy with ceremony

Lt. Jessica Alexander

Naval Computer and Telecommunications Area Master Station Pacific Public Affairs

Naval Computer and Telecommunications Area Master Station Pacific held a ceremony June 28 in remembrance of the late Senior Chief Information Systems Technician (SEAL) Daniel R. Healy of Exeter, New Hampshire.

Healy was killed in action, along with seven other SEALs and eight Army "Nightstalker" commandos, when their MH-47D Chinook helicopter was shot down during a rescue mission in Kunar Province, Afghanistan June 28, 2005.

The ceremony took place outside of the Dan Healy Communications Center in Wahiawa, which was dedicated to honor Healy in May of 2010. The communications center became operational almost two years later in January of 2012.

Capt. William A. Dodge, NCTAMS PAC commanding officer, explained how the building came to be dedicated in honor of Healy. He read the original letter submitted to the Chief of Naval Operations in April 2008, requesting to have the building named after Healy.

Dodge reflected on an emotional experience that oc-



Senior Chief Information Systems Technician (SEAL) Daniel R. Healy

curred a few months earlier when Healy's wife Norminda visited the building for the first time.

"She had never been here before. She spent quite a bit of time by the plaque outside the front door with her husband's face and story on it, just touching it," Dodge said. Dodge also remembered taking Norminda inside the building and showing her the shadowbox case that holds her husband's personal affects.

"That was really emotional for her. She sent us some of his things for the building dedication in 2010, but didn't know what we had done with



U.S. Navy photo by Lt. Jessica Alexander

Personnel assigned to Naval Computer and Telecommunications Area Master Station Pacific stand outside the Dan Healy Communications Center.

them. She was impressed by the display case our chiefs' mess made for the items, and was happy that hundreds of Sailors and visitors on a daily basis are able to view them and get a small sense of who her husband was and what he stood for," Dodge said.

"Senior Chief Healy was an IT, he was a Navy SEAL, but we also need to remember that he was a husband, a son, a brother, and a father. Anytime you're coming into the building, think about Senior Chief Healy. He is our

legacy," Dodge said.

Senior Chief Information Systems Technician Daniel W. Hallman read the Bronze Star with Combat "V" for Valor citation, which Healy was awarded posthumously during Operation Red Wings. A moment of silence followed to remember Healy and other fallen comrades.

NCTAMS PAC is the largest communications station in the world, and has been operational since its genesis as Naval Radio Station Pearl Harbor in 1917. Operations

moved to Wahiawa following the attack on Pearl Harbor, and from Dec. 10, 1941 until today, NCTAMS PAC has been at the forefront of naval communications. Their motto is "The Pacific Voice of Command," and through the state-of-the-art Healy Communications Center in Wahiawa, more than 700 Sailors and civilians work to keep the U.S. Pacific Fleet and much of the nation's Joint forces around the globe connected through multiple long range communications mediums.

Great Green Fleet arrives at JBPHH for RIMPAC

Lt. j.g. Emily Wilkin

John C. Stennis Strike Group Public Affairs

The USS John C. Stennis Strike Group (JCSSG) arrived at Joint Base Pearl Harbor-Hickam June 28 and 29 to participate in the Rim of the Pacific (RIMPAC) exercise.

JCSSG, also known as the Navy's first Great Green Fleet (GGF) strike group, consists of USS John C. Stennis (CVN 74) with Carrier Air Wing (CVW) 9 and Destroyer Squadron (DESRON) 21 embarked, guided-missile destroyers USS Stockdale (DDG 106), USS Chung-Hoon (DDG 93), and USS William P. Lawrence (DDG 110), and guided-missile cruiser USS Mobile Bay (CG 53).

"The strike group has accomplished our mission in 7th Fleet, fulfilling a vital role in a region the U.S. Navy has operated in for a century and a half," Rear

Adm. Marcus A. Hitchcock, JCSSG commander, said. "I am very proud of our Sailors, and I look forward to watching them excel during the upcoming Rim of the Pacific exercise, when they have the opportunity to operate with maritime professionals from 26 different nations."

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

More than 40 ships and submarines, more than 200 aircraft and 25,000 personnel are participating in RIMPAC from June 30 to Aug. 4, in and around the Hawaiian Islands and Southern California.

RIMPAC began in 1971 and is held every two years. In 2012, the exercise met



U.S. Navy photo by MC2 Ryan J. Batchelder

Fire Controlman 2nd Class Michael Klimek stands at the rails aboard USS Mobile Bay (CG 53) as the ship prepares to moor at Joint Base Pearl Harbor-Hickam, June 28.

one of Secretary of the Navy Ray Mabus' five energy goals, to demonstrate a Green Strike Group operating on alternative fuel. U.S. Navy ships and air-

craft used 900,000 gallons of a 50-50 blend of renewable diesel and traditional petroleum as a proof of concept.

This year, RIMPAC par-

ticipating countries will use 11.2 million gallons of a 10 percent alternative fuel blend during the exercise. This is the same fuel used earlier this year

by JCSSG, during the first operational deployment of a GGF strike group. The principles behind the GGF initiative direct the use of energy efficiency measures, to include technologies and operational procedures, and alternative fuel in the course of normal operations.

The alternative fuel that will be used during RIMPAC is derived from waste beef fat from the Midwest. Alternative fuels can be made from animal waste oil, algae, or non-food crops. The fuel must be "drop-in," requiring no modifications to engines or procedures. Having alternative fuel in the supply chain increases operational flexibility by allowing forces to obtain fuel from more sources worldwide.

Providing a combat-ready force to protect collective maritime interests, JCSSG is on a regularly scheduled western Pacific deployment.

Diverse VIEWS



What's your favorite quote?



1st Lt. Stephanie Green
324th Intelligence Squadron

"The discipline which makes the soldiers of a free country reliable in battle is not to be gained by harsh or tyrannical treatment. On the contrary, such treatment is far more likely to destroy than to make an army", from Maj. Gen. John M. Schofield's address to the graduating class of 1879 at West Point."

MA3 Samantha Harvey
Joint Base Security Department

"My favorite quote is from Abraham Lincoln. 'The best way to predict the future is to create it.' I like it because it is empowering and I believe in the ability to carve your own path in life."



Patrick Hannigan
PACAF

"If I do my full duty, the rest will take care of itself," by Gen. George S. Patton.

MA1 Jeremiah Morgan
Joint Base Security Department

"My favorite quote is from famous surfer Kelly Slater. 'The level of the water is always going to rise and fall. Anything that happened in the past will always be lower than what it will be in the future.' I like the quote because it teaches people to not let their past have a strong grip on what decisions they make in their future."



Tech. Sgt. Brian Matthews
647th Civil Engineer Squadron

"Some people want it to happen, some wish it would happen, and others make it happen," by Michael Jordan.

HM Tyrone Simpson
EMF Bethesda

"My favorite quote is from my parents. They said, 'Don't be the one to start a fight but don't be afraid to be the one to finish it.' I like it because humility is important but so is being able to make a statement."



Staff Sgt. Paul Mayfield
647th Civil Engineer Squadron

"For evil men to accomplish their purpose it is only necessary that good men should do nothing." I like this quote because it means good men should not stand by and simply watch when something bad is happening."

Staff Sgt. Joshua Smith
647th Civil Engineer Squadron

"A rising tide lifts all boats." Surround yourself by great people and they will rise you up through their achievements."



*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

Innovation lessons 'energize' RIMPAC 2016

Rear Adm. John Fuller

Commander, Navy Region Hawaii and Naval Surface Group Middle Pacific Commander, Task Force Energy and Environment



Rear Adm. John Fuller

More than 100 years ago this month—July 16, 1908—President Teddy Roosevelt's Great White Fleet sailed into Hawaii as part of its cruise that circumnavigated the globe.

Then, the armada of 16 battleships, painted white, steamed into the harbor trailing thick black smoke from the coal-fired engines that drove them. One of the goals of the Great White Fleet was to demonstrate the capability of new technologies and platforms to enable the U.S. Navy to establish itself as a worldwide presence.

One of Roosevelt's challenges with operating the Great White Fleet was whether there would be enough sources of fuel to support the trip. So, even then, the availability of fuel determined our ability to operate forward.

In those days, as it does today, Pearl Harbor played a critical role as a strategic logistics hub for the Pacific. The Navy originally established Pearl Harbor as

a coaling station for ships transiting the world's largest ocean.

It was not an easy transition from wooden ships and sail to steel hulls and coal-fired steam engines but, in the purest sense, the Great White Fleet was absolutely bold, innovative, audacious and daring.

Naysayers warned against abandoning the "tried and true" wooden sailing ships for a new technology—steam power—that they saw as too dangerous and unproven. Yet, in a relatively short time the U.S. Navy and all the great navies embraced the new concept.

By the time the Great White Fleet returned to the United States, oil-burning

technology was taking over. And the great ships that made the trip around the world were quickly becoming obsolete.

One hundred years ago, the world was changing and it was changing more quickly than ever before in history. Sound familiar?

During Rim of the Pacific (RIMPAC) 2016 we are linked to last century's Great White Fleet by the innovation chain demonstrated by the Great Green Fleet.

I'd be willing to bet that a hundred years ago, Sailors would scratch their heads (and their beards) if they heard words like photovoltaic, biofuel blend, LED lights, nuclear fission, net zero, and Great Green Fleet.

What would the great leaders of the past think about today's culture of change, about embracing new fuels and efficiencies, and about the construct of using energy as a key element in operations—including directed energy weapons systems?

Today, as part of the Great Green Fleet, we are achieving what Vice Adm. Nora Tyson, commander, U.S. 3rd Fleet, calls a "new normal" in fleet operations, where energy is an operational and tactical resource.

As a "fact of life," we must continue developing the tools and tactics to use energy as part of that chain of events necessary to achieve mission success.

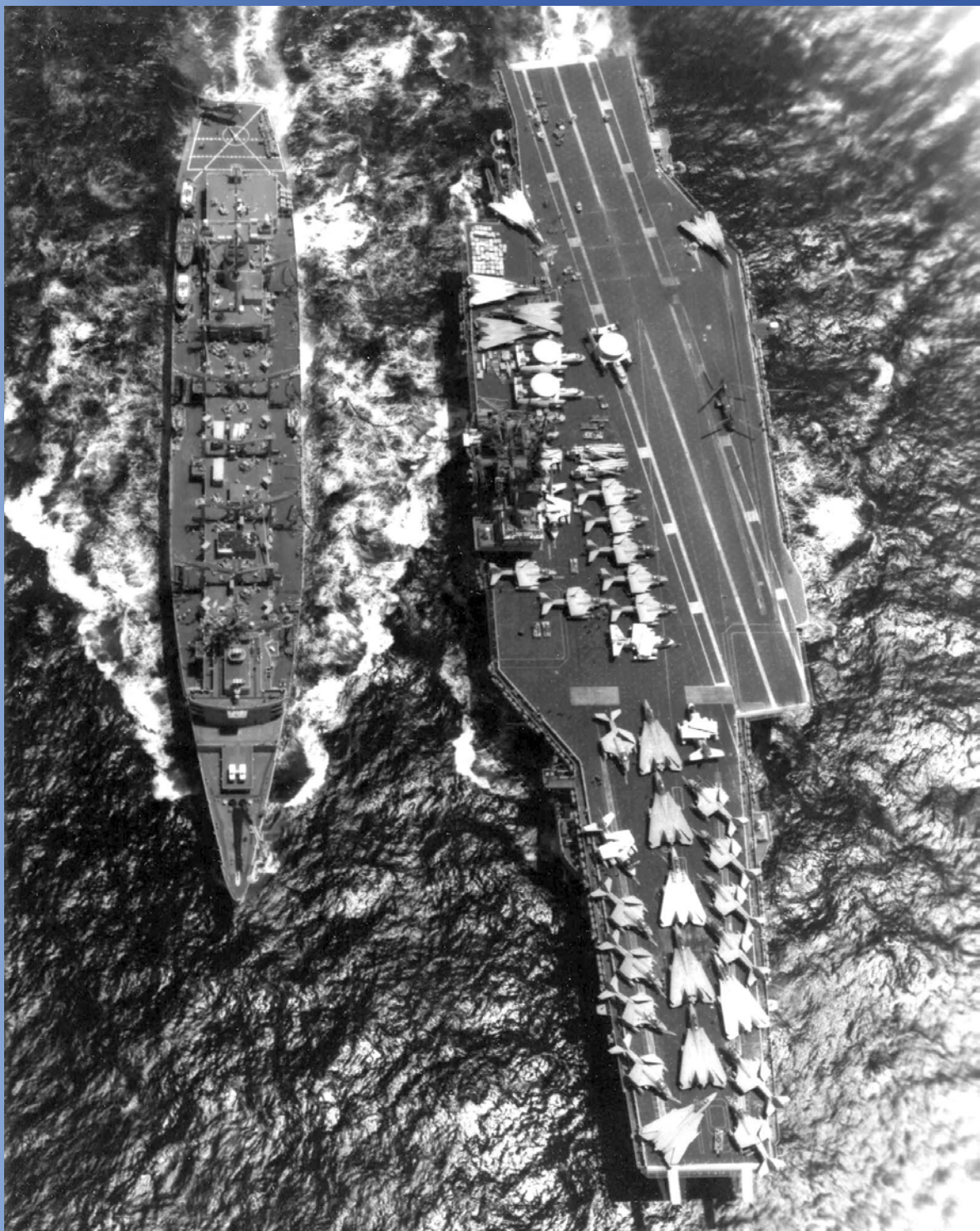
Just as we learned from history—that there is a greater good in productive, capable and adaptive partnerships—we also can learn how to be better stewards of the environment and smarter users of energy:

- We can conserve non-renewable resources.
- We can develop renewable sources of energy.
- We can achieve synergy and strength by working together.

Today, with the Great Green Fleet, we demonstrate our interdependence as team players with our friends and partners—moving away from a reliance on nonrenewable energy and moving toward protecting our shared global environment.

The Great Green Fleet's Task Force Energy and Environment at RIMPAC 2016 demonstrates collaboration, cooperation, communication and innovation here in the beautiful Hawaiian Islands – where navies can train like nowhere else on Earth and achieve a mastery of the sea even Roosevelt could not predict.

Camden transfers fuel to carrier 30 years ago



U.S. Navy photo

The underway replenishment ship USS Camden (AOE 2) transfers fuel to the aircraft carrier USS Ranger (CV-61) on June 15, 1986 about 400 miles south of Hawaii during the "RIMPAC 86" exercise.

HO'OKELE

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Heritage and patriotism: Start the conversation

Review by Bill Doughy

(A version of this review appeared on Navy Reads blog, dedicated to the Navy Professional Reading Program and critical thinking, <http://navy-reads.blogspot.com/>. – Editor)

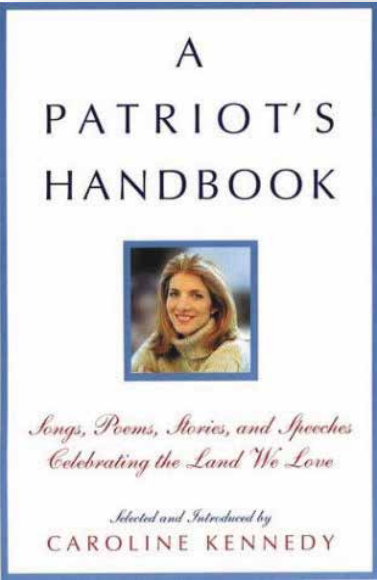
What do these people have in common: John McCain, Richard Nixon, Robert Kennedy, Betty Frieden, Langston Hughes, Sojourner Truth, Mark Twain, and the Grateful Dead? Patriots all, according to Caroline Kennedy, editor of “A Patriot’s Handbook: Songs, Poems, Stories, and Speeches Celebrating the Land We Love” (Hyperion, 2003).

U.S. Ambassador to Japan Caroline Kennedy is the daughter of President John F. Kennedy and First Lady Jacqueline Kennedy. At the time this book was written she was vice chair of the Fund for Public Schools in New York City and president of the John F. Kennedy Library Foundation.

“This country was founded on ideas—freedom, equality, the pursuit of happiness—and the fact that we have the oldest written Constitution in the world is proof of the enduring power of these principles. Those words and ideas have drawn millions to this country in search of the American dream. In order for our democracy to thrive, each of us must give something back. We must make a commitment not just to vote, but to be engaged, to understand the sources of our rights and freedoms and the struggles of those who fought and died to preserve them. Our nation celebrates the individual, and just as it provides for us, so it expects of us. America has given us her best. Now it is our turn.”

One of the first essays is by Sen. John McCain. He tells the story of the importance of Old Glory and what the flag meant for a Prisoner of War during Vietnam in “The Mike Christian Story” from McCain’s “Flags of Our Fathers.” McCain concludes: “Duty, Honor, Country. We must never forget those thousands of Americans who, with their courage, with their sacrifice, and with their lives, made those words live for all of us.”

In another excerpt, “On the Rainy River,” from the masterful “The Things They Carried,” Tim O’Brien shows an individual at war with himself over how to respond to a draft notice in the summer of 1968. Was Vietnam a righteous war? What constitutes courage?



“The only certainty that summer was moral confusion.”

President Richard M. Nixon, who initially escalated then ended the Vietnam War, will likely be best known in history for rapprochement with China in early 1972. Returning from the People’s Republic of China and reporting on the agreements reached, including opening of trade, Nixon said, “peace means more than the mere absence of war.”

“Most important, we have agreed on some rules of international conduct which will reduce the risk of confrontation and war in Asia and the Pacific. We agreed that we are opposed to domination of the Pacific area by any one power. We agreed that international disputes should be settled without the use of the threat of force and we agreed

that we are prepared to apply this principle to our mutual relations.”

Kennedy’s compilation is filled with song lyrics, poems, photos, snippets from novels, essays, court decisions and speeches.

She reprints Judge Learned Hand’s address “The Spirit of Liberty,” delivered at “I Am an American” Day in Central Park, New York during World War II, May 21, 1944. Judge Hand expressing the devotion of a nation of immigrants: “We sought liberty; freedom from oppression, freedom from want, freedom to be ourselves.”

President Harry S. Truman addressed the nation on April 11, 1951 about U.S. and UN involvement in South Korea and an effort to repel North Korean invaders without starting another world war with communist nations at the peak of the Cold War.

“If history has taught us anything, it is that aggression anywhere in the world is a threat to the peace everywhere in the world. When that aggression is supported by the cruel and selfish rulers of a powerful nation who are bent on conquest, it becomes a clear and present danger to the security and independence of every free nation. This is a lesson that most people in this country have learned thoroughly. This is the basic reason why we have joined in creating the United Nations. And, since the end of World War II, we have been putting that lesson into practice.”

On Sept. 20, 2001, President George H. Bush ad-

ressed a joint session of Congress to condemn al Qaeda’s 9/11 attacks on American soil, reminding Americans of the terrorist network’s attacks on U.S. embassies in Africa and the bombing of USS Cole.

“The enemy of America is not our many Muslim friends. It is not our many Arab friends. Our enemy is a radical network of terrorists and every government that supports them ... They hate our freedoms ... These terrorists kill not merely to end lives but to disrupt and end a way of life. With every atrocity they hope that America grows fearful, retreating from the world and forsaking our friends. They stand against us because we stand in their way.”

Diverse voices in this nearly 700-page book include James Baldwin, Cesar Chavez, Amy Tan, Harper Lee, Huang Zunxian, Thomas Jefferson, Frederick Douglass, Jack Kerouac and Bob Dylan.

Writing styles range from the poetic to the pedantic. In 1971 a “pioneering women’s rights attorney,” Ruth Bader Ginsburg (who would become the second female Supreme Court justice in 1993), wrote a decision upholding a claim of gender discrimination in *Frontiero v. Richardson*, on behalf of Air Force Lt. Sharon Frontiero, awarding spousal support benefits to married women serving in the military. Ginsburg wrote:

“...we can only conclude that classifications based upon sex, like classifications based upon race, alienage, or national origin, are inherently suspect, and must therefore be subjected to strict judicial scrutiny. Applying the analysis mandated by that stricter standard of review, it is clear that the statutory scheme now before us is constitutionally invalid.”

There are plenty of conversation starters. Here’s a nugget from Thomas Alva Edison, written in 1921:

“Grouches are nearly always pinheads, small men who have never made any effort to improve their mental capacity. The brain can be developed just the same as the muscles can be developed, if one will only take the pains to train the mind to think ... The man who doesn’t make up his mind to cultivate the habit of thinking misses the greatest pleasure in life. He not only misses the greatest pleasure, but he cannot make the most of himself. All progress, all success, springs from thinking.”

The book, which is available at local libraries, closes with Katharine Lee Bates’s “America the Beautiful” (1893) and Woody Guthrie’s “This Land Is Your Land” (1940). Caroline Kennedy’s compilation encourages readers to consider the patchwork quilt of America and contemplate the meaning of patriotism.

“As a nation, there is more that unites than divides us,” Kennedy concludes.

Navy sends 2016 water quality report to consumers in Hawaii

Denise Emsley

Public Affairs Officer Naval Facilities Engineering Command Hawaii

On June 27, Naval Facilities Engineering Command (NAVFAC) Hawaii completed the distribution of all 2016 drinking water reports to Navy water customers on Oahu and Kauai.

“As the owner and operator of six water systems in the state, NAVFAC Hawaii is required by the U.S. Environmental Protection Agency (EPA), to report to consumers on the test results for the water that has been delivered throughout 2015,” Aaron Poentis, environmental business line director, said. “Our water quality reports (also known as consumer confidence report), provide information on the sources of water, health effects, compliance status, and other data. Our goal is to deliver safe drinking water to all customers.”

Navy consumers include personnel and families from the Navy, Air Force, Department of Defense (DoD) as well as some non-DoD users.

The Navy’s water systems are located at Joint Base Pearl Harbor-Hickam (JBPHH), Camp Stover, Naval Magazine (NAVMAG) Lualualei, Naval Computer and Telecommunications Area Master Station Pacific (NCTMAS PAC) Wahiawa, Barbers Point (Kalaeloa), and Pacific Missile Range Facility (PMRF) Kauai. Annual reports are developed for each system, with the exception of NAVMAG Lualualei which does not require a report since it does not service any residents.

In accordance with Navy policy, drinking water is chlorinated and fluoridated as indicated in the reports.

“We take the delivery of clean, safe drinking water seriously and make sure all conducted water sampling/testing meets federal and state drinking water standards Poentis

said. “In addition, all results are provided to state regulators as required for review and analysis.”

Water quality reports are mailed or hand-delivered to NAVFAC Hawaii’s customers throughout the month of June. Customers are asked to read and distribute the reports so that all water users may understand the quality of their water.

For military housing residents, the distribution Water Quality Reports is handled through various housing management offices.

JBPHH Water System

Most Navy housing residents near Joint Base Pearl Harbor-Hickam should contact Ohana Military Communities’ Residential Management office at the Aloha Center (Moanalua Shopping Center, 4825 Bougainville St., suite 100).

Air Force housing residents on JBPHH Hickam-side may contact Hickam Communities (211 Mercury Street).



Naval Facilities Engineering Command Hawaii provides safe drinking water to its customers from six water distribution systems, five on Oahu and one on Kauai.

Kapilina Beach Homes (Iroquois Point area) housing residents may contact Carmel Partners (5910 Gannett Ave.)

Barbers Point Water System

Housing residents should contact their housing office, Kalaeloa Rental Homes (4285 Independence Road).

Camp Stover and NCTAMS PAC Water Systems

Housing residents should contact Ohana Military Communities’ Pearl City office (557 Lehua Ave.).

Pacific Missile Range Facility Kauai Water System

Reports for this system will be distributed by the NAVFAC Hawaii Public Works Department at Barking Sands.

In addition, all reports are electronically available via NAVFAC Hawaii’s public website at <http://go.usa.gov/x3gUk>. The new 2016 versions were posted June 24.

If you are unable to obtain a hard or electronic copy of the 2016 water quality report, please contact NAVFAC Hawaii’s Public Affairs Office at 471-7300 or the command’s Environmental Compliance Office at 471-1171, ext. 203.

Move over social media, it’s mail call

Story and photo by Patricia Matthews

NAVSUP Fleet Logistics Center Pearl Harbor Corporate Communications / Public Affairs

Step aside e-mail, social media and mobile phones! Although you offer almost instant communication across the globe, military around the world still say there’s nothing like a piece of mail, especially during a deployment or while on ship duty.

The NAVSUP Fleet Logistics Center’s (FLC) regional mail center is a welcome site for every Sailor arriving to Pearl Harbor these days. An influx of U.S. and international ships continue to arrive for the Rim of the Pacific (RIMPAC) exercise and no matter what continent they come from, the one thing every Sailor welcomes is mail. Judging by the expression upon delivery, all sailors including our Aussie partners, consider it an especially “g’day” when it’s mail day.

The mail center has processed (received, handled, sorted and delivered) more than 60,000 pounds of mail for RIMPAC par-



LS1 Dominique Brown and IS2 Robey Smith(right), working at the FLC Pearl Harbor regional mail center, deliver mail to the USS San Diego.

ticipants during the last few weeks, in addition to the normal day-to-day operations. A prodigious amount of writing and or-

dering [from Amazon and such] took place to add up

to such a striking amount of correspondence...and it keeps on coming!

Whether it’s a child’s work of art, a letter from a loved one, Mom’s famous cookies, the long-awaited

newest bodybuilding bulk-up supplement, study materials, photos from friends, etc., as long as it’s not a bill or legal notice, it’s all good news!

Sailors and mail go

hand-in-hand.

“Everyone looks forward to receiving mail because it’s the highlight of a Sailor’s day,” Petty Officer Noel Perry said. “It builds morale and is definitely something we look forward to, especially in the middle of the ocean.”

Perry previously served aboard the USS John C. Stennis (CVN-74) aircraft carrier and speaks from experience. He is currently the logistics specialist Petty Officer for the regional mail center.

The carrier arrived in Pearl Harbor from its home port of Bremerton, Washington, and the Sailors were greeted by mail that had been quickly filling up a warehouse for the more than 3,000 men and women who live and work aboard Stennis.

Rest assured your FLC Pearl Harbor regional mail center team will do what it takes to get those precious parcels to “Mail Call.” Whether on a sub, carrier, aircraft, in the middle of the ocean...they will get to where they need to be.

So keep those letters and packages coming because every Sailor loves mail!

USS America

CONTINUED FROM < A1

command and control platform for Amphibious Task Force CTF 176.

“America is a very capable and adaptable platform, and serves as the perfect amphibious task force flagship for this comprehensive exercise,” Baze said. “As a Marine Corps aviation-centric platform, USS America provides unmatched versatility for our fellow Marines who will be aboard throughout the next month.”

America’s Command Master Chief (SWAW) Kenneth W. Robertson sees RIMPAC as a once in a lifetime experience for all the Sailors and Marines involved.

“I lived in Hawaii for several years and I am happy to come back to the islands to experience RIMPAC on America,” Robertson said. “The ship’s crew and embarked staffs will learn and grow together. This is a pivotal moment in the ship’s history and a memorable one for all participating.”

Pearl Harbor-Hickam Highlights



(Above) Fireworks display over ships moored at Joint Base Pearl Harbor-Hickam during Rim of the Pacific 2016.

U.S. Navy photo by MC2 Katarzyna Kobiljak



Guests enjoy live music and a fireworks show on the beach at the Pacific Missile Range Facility Independence Day celebration, July 3.

U.S. Navy photo by Robert Purdy



U.S. Navy photo by MC1 Daniel Hinton

Commander, U.S. 3rd Fleet Vice Adm. Nora Tyson answers questions from the international press after the Rim of the Pacific's 2016 opening press conference held at Joint Base Pearl Harbor-Hickam, July 5.



U.S. Navy photo by Lt. Travis Terran

(Above) July 6 A Riverine Command Boat (RCB) from Coastal Riverine Squadron 3 (CRS-3) is unloaded off of amphibious assault ship USS America (LHA 6) July 6 for Rim of the Pacific 2016.



(Left) Vice Adm. Nora W. Tyson, commander, U.S. 3rd Fleet (middle left), and Rear Adm. Koji Manabe, commander, Escort Flotilla 3 (middle right), prepare to break a traditional Japanese sake drum in the hangar bay of Japan Maritime Self-Defense Force destroyer helicopter ship JS Hyuga (DDH 181), July 2, during a reception for Rim of the Pacific 2016.


U.S. Navy photo by MC2 Travis Litke



The Royal Australian Navy Anzac-class frigate HMAS Ballarat (FFH 155) and Royal Australian Navy Anzac-class frigate HMAS Warramunga (FFH 152) float beside each other at Joint Base Pearl Harbor-Hickam for RIMPAC 2016.

U.S. Navy photo by MC1 Daniel Hinton

Warrior Day shows Wing’s ‘total force’ capabilities



**Story and photo by
2nd Lt Kaitlin Daddona**

15th Wing Public Affairs

Airmen, Soldiers and Sailors joined forces for Warrior Day June 23 to demonstrate the cooperation and capabilities of total force integration at Joint Base Pearl Harbor-Hickam.

This mission, which involved support from various agencies, multiple Air Force wings, and personnel from Special Operations Command, Pacific, marked the largest C-17 Globemaster formation ever generated by the 15th Wing.

The local exercise designed to demonstrate the ability to generate a large package of aircraft for forcible entry operations in the Pacific, involved seven C-17s, four F-22s, Air Force and Navy radar controllers, operators from SOCPAC, and Army personnel from the Pohakuloa Training Area on the Big Island of Hawaii.

“Warrior Day is a unique opportunity to integrate many different platforms into a single fighting force,” Capt. Reed Southard, C-17 Mission Planning Cell chief, said. “It allows us to hone our ability to strike anywhere in the world if required with seamless coordination between a wide range of fighting units.”

Lt. Col. Scott Raleigh, 535th Airlift Squadron commander, said that this Warrior Day was particularly important because of its primary focus of units, platforms and services integration.

“The biggest significance was showcasing the diverse capabilities of our local wings,” he said. “We have the world’s greatest fifth generation fighter in the F-22 that is stationed together with the reach provided by KC-135s and the strategic legs and tactical airlift capabilities of the C-17. This small demonstration of integration highlights our ability to maintain air dominance and get boots on the ground to secure or resupply targets of our choosing in dynamic threat environments.”

This Warrior day was created to represent a challenging and realistic threat that demands service integration that is anticipated in future conflicts.

“We aimed to leverage the air dominance of the F-22 to neutralize dynamic threats and the global reach of the C-17 to deliver personnel and equipment into an airfield via airdrop and air/land infiltration operations,” Raleigh said. “This Warrior Day set a foundation that will enable us to incorporate more aircraft, units and more complex scenarios in the near future. The integration of so many participants is a capability that requires consistent effort and training to gain a desired proficiency.”

Southard says that overall, the mission was a success.

“We certainly were able to generate many lessons learned to carry forward in future exercises or combat, but the bottom line is that we demonstrated an ability to deliver men and equipment in a denied environment with speed and precision,” he said.

Raleigh attributes the success of the mission to all of the agencies that assisted.

“Maintenance did a phenomenal job producing aircraft and it is not easy to generate seven C-17s at the same time,” he said. “Intel was fantastic throughout planning and execution, with involvement in the threat scenario, threat updates, mission brief, and mission reports. The support from agencies such as weather, Aircrew Flight Equipment, and current operations, to name just a few, highlight the roles that our Airmen play in executing air power.”

This year’s Warrior Day proved the ability of the seven ship formation to land 700,000 pounds of equipment or up to 700 paratroopers.

Tech Sgt. Dominique Hawkins, a C-17 loadmaster in charge of loading, rigging, and dropping a Container Delivery System bundle during Warrior Day, said his favorite part of the training was ensuring the Mission Essential Personnel were allowed to fly as passengers and observe the ground and inflight operations. Members of the command post, 535th Airlift Squadron Aircrew Resource Management, 15th Operational Support Squadron and Aircraft Maintenance Squadron flew in the sortie as observers.

“I’m always excited to demonstrate and explain the capabilities of the C-17 to members who may not be familiar with the weapon system,” he said. “I feel this broadens their view of the support functions and how vital their specific job is when supporting the aircrews.”

This was the third annual 15th Wing Warrior Day held to conduct in-air training that tests the cooperation and capabilities of multiple agencies.

(Above) C-17 Globemaster pilot Capt. Josh Dove joins the formation during Warrior Day over Oahu.

Wet Hens celebrate 55-year tradition at Hickam Harbor

**Story and photo by
Tech. Sgt.
Aaron Oelrich**

15th Wing Public Affairs

Past and present instructors from Joint Base Pearl Harbor-Hickam’s historic sailing program, the Wet Hens, returned to their beloved Hickam Harbor to celebrate their 55th anniversary, June 30.

The group, which teaches military spouses to sail, started in 1961, when then harbormaster, Lou Foster, took on his first students.

Early in their training, he referred to his students as a bunch of “wet hens,” and the name stuck.

After learning to sail, the women were inspired to share their newfound skills with other women. As each Hen leaves the island, she is replaced by a graduate from the class — a tradition that has been occurring non-stop since the group’s inception.

According to Cindy Jones, skipper for the Wet Hens, approximately 100 people attended the anniversary, shared stories, and sailed in the harbor.

“We are excited to have everyone here,” Jones said. “We are excited to hear the memories and show what has changed and what is still the same after all these years.”

One of Hens attending the event was Sally Fortson, who joined the Wet Hens in 1985.

“I joined because I loved the water and I wanted to sail,” Fortson said. “I wanted to sail so much that I took swimming lessons just so that I could take the sailing lessons. Once I started sailing I was so scared I would not let go of the mast. It took a lot of sailing for me to gain my confidence, but I did it. I did it because the Hens build a bond

that the students don’t get from other types of sailing classes.”

According to Jones, their love of sailing and the special bond that automatically comes from being part of this special group allows them to know even though each new generation of instructors brings different faces, the same Hen spirit remains.

As one generation of Wet Hens is succeeded by the next, the group literally surpasses its motto of being “a lifetime thing.”

“The Wet Hens is a place to make friends, have fun, overcome personal limits, and build the confidence that comes from learning a challenging sport,” Jones said. “It is also a place to find support when loved ones are deployed to far-away places.”

For more information about the Wet Hens sailing class, see their Facebook page at <http://ow.ly/srgi301ZNuz>



Courtesy photo
(Above) The Wet Hens pose with “The Kochi” following a refit of the vessel, circa 1962, at Hickam Harbor.

(Below) Members of the Wet Hens sailing group sail out of Hickam Harbor during the 55th anniversary reunion celebration at Joint Base Pearl Harbor-Hickam, June 30.



Operation Warmheart helps families fill their shopping carts

Story and photo by
Staff Sgt.
Christopher Stoltz

Joint Base Pearl
Harbor-Hickam Public
Affairs

Shopping at the base commissary has its benefits. The fair pricing, decent selection and location make it hard to beat.

However, for some lucky shoppers, the trip to the commissary on June 30 was even better, as members of Operation Warmheart provided 40 commissary gift cards totaling \$1,500 to military members and their families at Joint Base Pearl Harbor-Hickam.

Operation Warmheart is an Air Force non-profit organization that distributes charitable funds to JBPHH service members and their families. Although the Hawaii



Members of Operation Warmheart give commissary patrons gift cards during a surprise event, June 30 at the Hickam Commissary.

chapter of the Air Force First Sergeant's Association is more known for their donations during the holiday season, they often contribute with charitable acts

throughout the year.

"We just want to thank you for your contributions by giving you a small token of appreciation today," said Master Sgt. Jacob Da-

vidson, as he gave a gift card to a mother with two children. "It may not seem like much, but your contributions matter to your family and to your Air Force or

Navy family."

As Davidson and the other members of Operation Warmheart walked the aisles, Master Sgt. Marcel Colombo, Operation Warmheart president, handed out gift cards to families at the front of the store.

"Our target recipients are junior-enlisted members with children," Colombo said. "Besides giving out commissary gift cards, we (Operation Warmheart) give out movie theatre tickets, and surprise people at the pumps by paying for their gas. It's just a small way to give thanks to the service members and their families who make so many sacrifices."

Colombo said there is no set schedule when Operation Warmheart will be next, but wanted to thank the generosity of the base community and those who donate to it. He also said ev-

ery penny matters, especially to those who might be in a difficult place financially.

"Being first sergeants, we see families and individuals who have fallen on hard times and could use an extra \$50 at the commissary," Colombo said. "The program also allows up to \$500 grants and \$1,000 loans to help in emergency situations. Having access to funds immediately has helped many Airmen and their families who did not have another place to turn."

According to Colombo, the funds used to provide donations are given by the community, and used only for the military community. He also said if anyone wishes to donate, they can contact Operation Warmheart, or any unit first sergeant.

For more information, call Colombo at 449-1287.

Satellite office could close if not used frequently

Story and photo by
Tylyn Taylor

15th Wing Public Affairs

Military members, their families and civilian employees stand to lose the convenience of registering their vehicles at Joint Base Pearl Harbor-Hickam if use of the service continues to decline.

The satellite registration office, which began a pilot program in April 2014, may be shut down if not used more frequently, according to Lynn Gillespie, Pearlridge DMV community relations specialist.

"The location of this office is very convenient for the military personnel here," Gillespie said. "Parking is favorable, and using our services here can save

those a lot of time because they do not have to leave base. A big issue we are having is there is no information about us here on base, so this satellite office is not being used to its full potential."

The benefits provided by the Pearl Harbor registration office include registering vehicles, out of state permits, transfer of ownership, replacement/ordering new plates, updating information, and providing particulars for other services outside of motor vehicles.

The satellite vehicle registration office operates on an online scheduling appointment system that Airmen and Sailors have said is easy and efficient.

"It was extremely convenient to make my same day appointment on base. I was helped



Servicemembers and their families wait for their appointment at the satellite vehicle registration office at Joint Base Pearl Harbor-Hickam, June 14.

right away, and they provided great service," 2nd Lt. Allyssa Schimmoeller, 647th Force Support Squadron chief of readi-

ness and plans, said. "Being able to stay on base to take care of my registration needs saved me ample amount of time, and

the trouble of dealing with parking and traffic off base."

All that is required of those who have made an appointment is to show up 15 minutes prior to their scheduled time, with all appropriate documentation for the services needed.

"This office being offered here on base is a privilege, and should be used as so," Gillespie said. "It is expedient, beneficial and appropriate to use for those living and working here at Joint Base Pearl Harbor-Hickam."

The Pearl Harbor vehicle registration office operates Monday through Friday 8:30 a.m. to 4 p.m. and is located at 915 North Road, building 1314, in the Club Pearl Complex. For more information, call 473-1487.

NIOC Hawaii holds change of command ceremony

Ensign Crystal Cornine

Navy Information
Operations Command Hawaii
Public Affairs

Navy Information Operations Command (NIOC) Hawaii held a change of command ceremony June 17, on Ford Island at the Nob Hill housing area near the USS Arizona Memorial.

Rear Adm. T.J. White, director for intelligence, U.S. Pacific Command, presided over the ceremony in which Capt. Todd A. Gagnon relieved Capt. James H. Mills as commanding officer of NIOC Hawaii.

“For the Sailors, Chiefs, Officers, and Civilians of Task Force 1070 and NIOC Hawaii, your accomplishments are many as you fulfill the FLTCYBERCOM/C10F Strategic Plan,” White said. “The operational impact and war fighting excellence that the Task Force brings to the maritime and joint forces every single day is very clear.”

Following the change of command ceremony, Mills departed for his upcoming duty assign-



U.S. Navy photo by CTI 1st Class Stephen D. May

Capt. Todd A. Gagnon, right, relieves Capt. James H. Mills as commanding officer of Navy Information Operations Command (NIOC) Hawaii, June 17.

ment at Fort Meade, Maryland where he will serve as the chief of staff for U.S. Fleet Cyber Command/U.S. 10th Fleet.

“To the crew of Task Force 1070

and NIOC Hawaii, I asked three things from you when I took command: deliver mission success, live a culture of service and professional excellence, and to take

ownership of your place within the task force, within the command, and within the Information Warfare Community,” Mills said. “You met everything I asked

and set the new standard.”

Gagnon most recently served as Chief, Sensors and Integration for Battlespace Awareness for the Deputy Chief of Naval Operations for Information Warfare. He specializes in cyberspace operations, signals intelligence and electronic warfare.

“I have but one simple note today — a promise that every day I wake up while in command, I will endeavor to listen to you, and more importantly, hear you in everything you provide me. My job is to listen and to always act in your best interest and that of the Navy,” Gagnon said. “I am happy to be here, excited for what lies ahead and can’t wait to work with each and every one of you.”

As commanding officer of NIOC Hawaii, Gagnon will lead more than 2,600 Sailors and civilians and serve as the commander of Task Force 1070, responsible for delivery of information warfare capabilities to supported Fleet Commanders by performing Fleet Information Operations Center and Fleet Electronic Support functions.

Voter’s Assistance Program helps service members register to vote

Story and photo by
Staff Sgt. Christopher
Stoltz

Joint Base Pearl Harbor-
Hickam Public Affairs

With the goal of ensuring votes of service members are counted, the Joint Base Pearl Harbor-Hickam Voting Outreach Committee held a voter’s assistance program outreach event on base, June 29.

The event afforded service members and civilians alike the opportunity to register to vote. Members of the JBPHH Voting Outreach Committee were stationed at the Hickam Commissary and the Navy Exchange and an-



Navy Senior Chief Leon Johnson, Chief Patrick Moore and Master Sgt. Alfred Morgan assist a potential voter during the JBPHH Voting Outreach Committee’s assistance event, held June 29.

swered questions about registration, state voting regulations and concerns regarding registering.

“The purpose of the program is to ensure our military members are

able to get registered and have the opportunity to vote,” Master Sgt. Alfred Morgan, Voting Outreach Committee member, said. “This is an election year and it

is critical our military members have the opportunity to have their voices heard.”

According to Morgan, many states require a person to re-register to vote after a certain period of time. Morgan also said the laws vary from state-to-state, but said the Voting Outreach Committee is on hand to provide information. Morgan said with the primaries quickly approaching, it is a good idea to check to make sure your information is up-to-date.

The process is made even easier for those wishing to vote, as the forms the Voting Outreach Committee are handing out are pre-stamped with the postage

needed to send it off.

However, according to Morgan, the easiest way to ensure your vote is counted is to visit the FVAP.gov website, where eligible voters can complete a registration application and request absentee ballots.

Those wishing to vote must hurry though, as many of the primaries are taking place next month.

Below is the listing of presidential preference primaries (P), federal primaries (F) and state primaries (S) within the next two months;

August — 30 day notice

- Washington: Aug. 2 (S)
- Kansas: Aug. 2 (S)
- Michigan: Aug. 2 (S)
- Missouri: Aug. 2 (S)
- Tennessee: Aug. 4 (S)

- Virgin Islands: Aug. 6 (S)
 - Wisconsin: Aug. 9 (S)
 - Connecticut: Aug. 9 (S)
 - Vermont: Aug. 9 (S)
 - Minnesota: Aug. 9 (S)
 - Hawaii: Aug. 13 (S)
 - South Dakota: Aug. 16 (state primary runoff)
 - Wyoming: Aug. 16 (S)
 - Alaska: Aug. 16 (S)
 - Oklahoma: Aug. 23 (state primary runoff)
 - Guam: Aug. 27 (S)
 - Arizona: Aug. 30 (S)
 - Florida: Aug. 30 (S)
- September – 60 day notice
- Massachusetts: Sept. 8 (S)
 - Rhode Island: Sept. 13 (S)
 - Delaware: Sept. 13 (S)
 - New Hampshire: Sept. 13 (S)

For more information about your state’s voting laws, or to register to vote, visit the website www.FVAP.gov.

HO'OKOLE
FOR THE NAVY AND AIR FORCE TEAMS IN HONOLULU

Life & Leisure

Joint Base celebrates INDEPENDENCE DAY

Gaea Armour

Joint Base Pearl
Harbor-Hickam Morale,
Welfare and Recreation

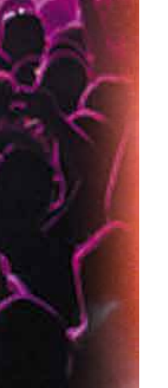
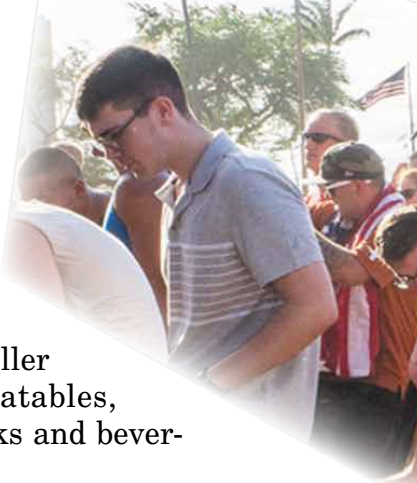
Photo Illustration | Fleet and Family
Readiness Marketing Photos

Joint Base Pearl Harbor-Hickam's annual Independence Day celebration was held July 4 at Ward Field.

Rock band Three Days Grace headlined the event with a live performance. This year's celebration also featured free activities such as a car show, airbrush tattoos, a petting zoo, miniature golf, batting cages and an autograph session by Pacific Roller Derby. Carnival rides, inflatables, cuisine from local food trucks and beverages were also available.

"It was wonderful," Stacey Mata, an Air Force spouse, said. "The free keiki activities, demonstrations and the variety of vendors available at the celebration provided for a fun filled day for all!"

The celebration culminated with a fireworks display.



Stennis holds off America to win hoops title



Big 6-foot-7-inch center Ship's Serviceman Seaman Daryon Harris finishes off a thunderous dunk.

**Story and photo
by Randy Dela Cruz**

Sports Editor, Ho'okele

USS Stennis (CVN 74) took early control of their battle versus USS America (LHA 6) and then hung on to a 54-42 decision to win the 2016 Rim of the Pacific (RIMPAC) basketball championship July 3 at Joint Base Pearl Harbor-Hickam Fitness Center.

A total of eight players contributed points for Stennis, but the player that seemed to do the most damage was 6-foot-7-inch center Ship's Serviceman Seaman Daryon Harris, who sparked the team with seven straight points from the post to push Stennis to a 32-14 lead at halftime.

Harris, who normally starts for Stennis, opened the game on the bench, but with the team already up 18-5, the big man stepped onto the court and quickly made his presence known with a total of nine first-half points.

"I saw the slack, so I wanted to get in and impact and change the momentum of my team," said Harris, who scored 11 points for the game. "I was just hungry. I wanted it bad."

At first, the decision to not start didn't seem to slow down Stennis, as the team quickly built up a 10-point lead at 15-5 on a basket by Aviation Structural Mechanic 2nd Class Charles Buggs at the 9:43 mark in the first half.

A three-pointer by Operations Special 3rd Class Kyle Dorsey made it 18-5, before Harris came in to immediately expand the lead by seven en route to the 32-14 lead at the break.

In the second half, a lay-up by Buggs put the lead back up to 20 at 34-14, but that's when things started to get a little bit interesting.

America, behind the shooting of Aviation Boatswain's Mate (Handling) 3rd Class Steven Ellis finally started to wake up and play like they deserved to be in the finals.

Ellis scored seven straight points on a three, a basket and going two-for-two from the free-throw line to narrow the margin.

More importantly, the outburst from Ellis awoke American's top player in Logistics Specialist 3rd Class Linwood Smith.

Held to only two baskets in the first half, Smith started taking it to the rack and helped his team slowly chip away at the huge lead built by Stennis.

"We didn't dig in hard enough," Smith said about America's slow start. "We kind of went away from what we did in the other games. We let fatigue get in our mindset."

Now fully recovered, Smith took over and started to connect on his shots with regularity.

Smith pumped in four baskets on acrobatic moves and drives to the hoop and then topped off his hot streak with a three-ball from beyond the arc.

"I had to get warm," he said. "It was tough. I had to play a full game the last game and I was just looking for that boost. Once I found it, I just went to what I knew. I didn't want to settle for shots. I wanted to take it to the basket."

The three-pointer from Smith cut the deficit down to six points at 48-42, but with only 1:32 remaining in the game, the comeback fell short.

While America started to make their run, Harris, who sat on the bench for most of the second half, said that he still felt confident that his teammates would preserve the win.

A return into the game by Harris may have sealed the game earlier, but he said that because Operations Specialist 2nd Class Christopher MdFadden was holding his own inside the paint, he felt no need to panic.

"Normally I'm starting, but I want to do everything we can to win," Harris said. "It feels good. We're happy. It's definitely an experience. I'll never forget it."

RIMPAC softball game features U.S., Japan players

Sailors assigned to the Arleigh Burke-class guided-missile destroyer USS Shoup (DDG 86) and sailors assigned to the Japan Maritime Self-Defense Force helicopter destroyer JS Hyuga (DDH 181) participate in a game of softball as part of the international sporting competitions conducted during Rim of the Pacific (RIMPAC) 2016.

Twenty-six nations, more than 40 ships and submarines, more than 200 aircraft and 25,000 personnel are participating in RIMPAC from June 30 to Aug. 4, in and around the Hawaiian Islands and Southern California. The world's largest international maritime exercise, RIMPAC provides a unique training opportunity that helps participants foster and sustain the cooperative relationship that are critical to ensuring the safety of sea lanes and security on the world's oceans. RIMPAC 2016 is the 25th exercise in the series that began in 1971.

U.S. Navy photo by
MC2 Katarzyna Kobiljak





Staff Sgt. Joshua Burke goes up to slam down a kill, helping the 17 OWS upset the 154 MXG.

Geckos storm back from behind to upset Maintenance Group

Story and photo by Randy Dela Cruz

Sports Editor, Ho'okele

For the 17th Operational Weather Squadron (17 OWS) Geckos, this year's intramural volleyball season was supposed to be for fun and learning to play the game. However, after upsetting the Blue Division favorites 154th Maintenance Group (154 MXG) in three sets, one has to wonder if the young and inexperienced Geckos just might have a chance to sneak into the top spot. After losing the first set, 25-15, the Geckos found themselves quickly trailing 6-0 in the second set — leading co-head coach Jerry Dolan to call timeout and regroup his troops. Surprisingly, the pep talk worked, as the team came

back to take the second set, 25-21 and the final set at 15-9 to complete the upset on July 6 at Hickam Fitness Center, Joint Base Pearl Harbor-Hickam. The win evened out the Geckos' record at 1-1, while the Maintenance Group dropped two games under division-leader Cyber Predators with a record of 1-1. "When I called the timeout, I said just play relaxed like we are in practice," Dolan said. "For us that's a challenge because they are young and they get down on themselves. Rather than get down, I just said raise your hands and say who cares? No one thinks we're going to win, so just go out and play like it's a scrimmage." Later in the first set, with Airman 1st Class Jacorey Calhoun at service, the Geckos finally caught the 154 MXG at

9-9 and then grabbed their first lead of the match at 10-9, which forced the Maintenance Group to call a timeout of their own. The second set seesawed back and forth and with the score tied at 13-13, the Geckos handed the ball to Staff Sgt. Joshua Burke for service. Using hard overhand shots, Burke hammered down three aces, while leading the team to six consecutive points and a 19-13 lead. "The big thing was communication," Burke said about the comeback. "In the first game, we were a little tight. The second game we were relaxed and started talking to each other. We started to have fun and that was the game plan." The fun continued in the second set, as the team matched the 154 MXG point-for-point, before getting the four-point victory.

Entering the third set, Dolan said that all season he preached to the team about making it to the third set. Now that the Geckos were there, Dolan said that they were going to play as hard as they could to not let the opportunity slip away. "For us now, it's all gravy," he stated. "Our goal is to play three games, so our guys can get experience. It's one of those things, if you work hard anything can happen." Dolan, who at age 59 still holds his own against much younger players, started off the third set at service. As if a prophet of his own words about hard work, Dolan didn't stop serving until his team held a 7-0 lead in the final set. "My only thing now is getting the ball in and making the other team play," he said.

"I have an underhand serve that moves at the end and they (154 MXG) were having problems with that because normally, they're used to the ball coming over the top. My ball moves up." More importantly, after the strong start in the third set, the Geckos used it to their advantage and held off the potent 154 MXG to gain the victory. Following the game, Dolan said that even though the Geckos had just beat one of the top teams in the division, the win changes nothing about how he plans to continue coaching the squad. "We have a philosophy on the team that everybody is going to play," he said. "We don't really care about winning or losing. What we care about is that at the end of the year, we want every player to say that they've gotten better."

Cyber Predators maintain perfection with straight-set win

Story and photo by Randy Dela Cruz

Sports Editor, Ho'okele

The 37th Intelligence Squadron Cyber Predators continued to set the pace in the intramural volleyball Blue Division by beating 15th Operations Support Squadron (15th OSS) in straight sets, 25-22 and 25-15, on July 6 at Hickam Fitness Center, Joint Base Pearl Harbor-Hickam. The Cyber Predators attack was triggered by the pinpoint serving of ex-collegiate player Olivia Fussell, who toed the back line at crucial spots and produced in the first and second set to help her team outdistance the 15 OSS. With the win, the Cyber Predators increased their league-leading record to 3-0 and sent a message to the rest of the division that the squad won't be an easy mark for anyone. "I think the only thing we need to improve on is communicating," Fussell said. "When we don't communicate, like we did last week, we fall behind. If we just keep talking to each other during the game, we get more comfortable and we'll be just fine." On a night when both teams found it hard to keep the ball in play from service, Fussell's accuracy and consistency were

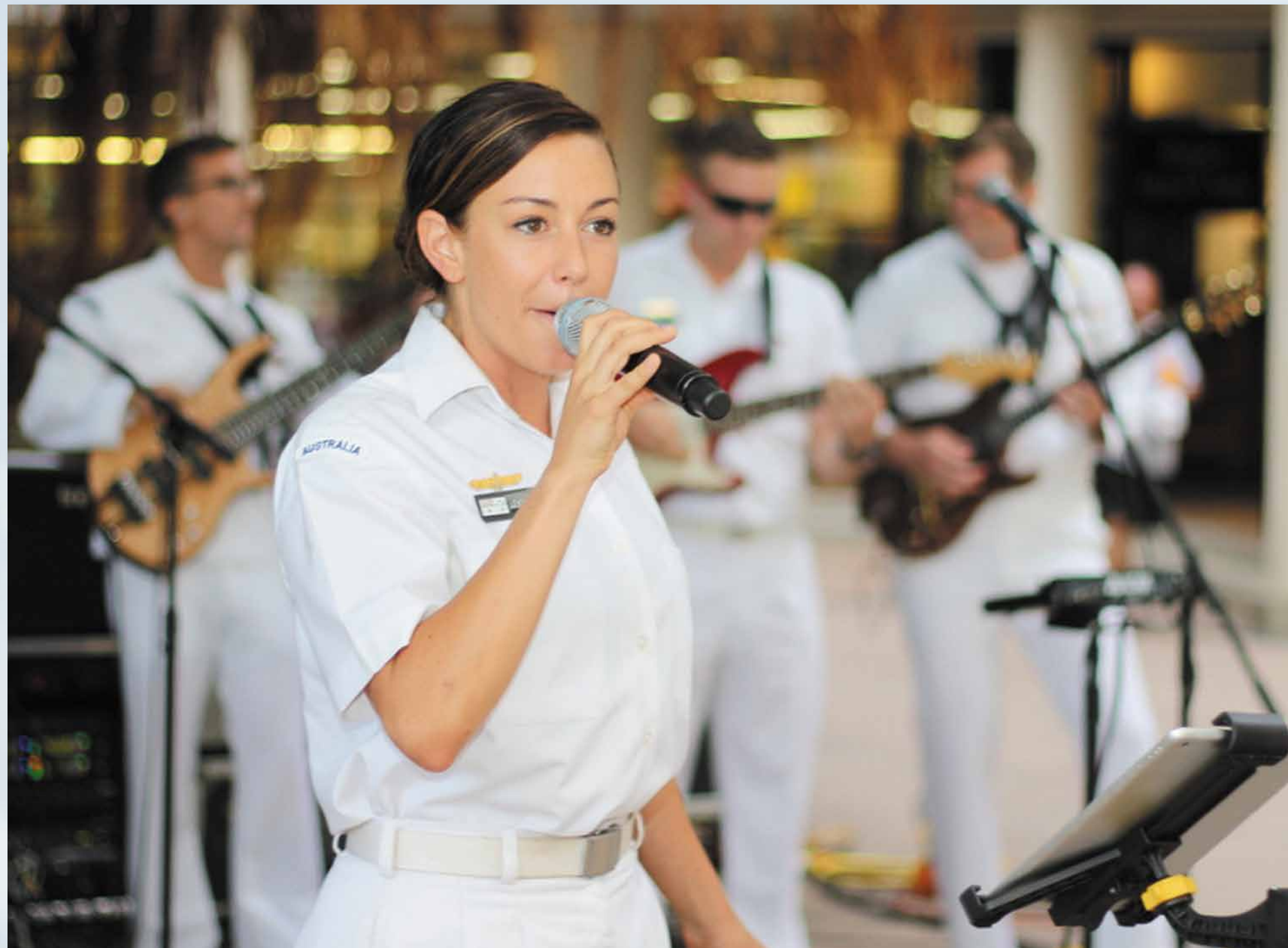
a welcomed relief and key elements of the Cyber Predators straight-set win. With the score all knotted up at 3-3 early in the first set, Fussell took over service and seemed to have the magic touch — leading her team to 10 straight points and a huge 13-3 advantage. During her time on the line, Fussell recorded four aces and had the 15 OSS off-balance by purposely distributing the ball from one side of the court to the other. "I was basically just trying to serve it all around and not hit one position twice," she said. "I went back and forth and threw some short just to keep them from knowing where it was going." As it turned out, her 10 straight points was all the difference in the first set, as the Cyber Predators won by only a margin of five points. "Olivia (Fussell) is very good at controlling her serves," Cyber Predators teammate and team captain Senior Airman Ian Hunter, said. "That (10-point run) was absolutely huge. To go up 10 points just gave us the confidence we needed to go into game two, ahead one game." Fittingly, the final point in the first set came on a serving error after the 15 OSS pulled to within two points on a side-out.

The serving woes for both teams continued in the second set with the squads combining for 10 service errors with the game tied at 13-13. Two straight points put the 15 OSS ahead, but another service error cut the lead down to one and gave the ball back to the Cyber Predators — handing it over to the one player the OSS didn't want to see. With the ball in her hands, Fussell took full control by batting down five aces and, with the help of her teammates, running the table with another 10-point streak to end the set and match. "A lot of people do top-spin serves," Fussell pointed out. "But I do it more low, so that way you can't tell where it's coming. I think that's what threw them off." Hunter, whose hitting skills also played a big part in the team's win, said that Fussell's consistency throughout the game meant better opportunities for him and the rest of the team. The challenge that lies ahead, Hunter said, would be for every player to step up and be prepared for some of the big guns in the division. "We need more practice," he said. "I think from here, we got some really good basics done, we need to step it up and try and take our game to the next level."



Olivia Fussell gets ready to crank up a serve for the Cyber Predators. She is the spouse and teammate of Cyber Predators Airman 1st Class T.J. Fussell.

PACFLT, Australian bands perform RIMPAC musical tribute



Able Seaman Leigh Robke of the Royal Australian Navy Band performs as a featured vocalist.

**U.S. Navy photos by
MU1(SW) Alex Ivy and
Michael Jenkins**

The U.S. Pacific Fleet Band’s popular music group Pipeline performed a joint concert with the Royal Australian Navy Band at the Hale Koa Hotel in Waikiki, July 1. Members of the Royal Australian Navy Band in Sydney recently visited the U.S. Pacific Fleet Band after arriving aboard the HMAS Canberra in support of Rim of the Pacific (RIMPAC) 2016 exercises. The two bands offered a musical tribute to service members, their families and the community.



Above from left, Musician Second Class Ray Laffoon, Able Seaman Tom Brooke of the Royal Australian Navy Band, Musician Third Class Paul Tomson, and Musician Third Class Mike Delorean share the stage. Below Musician Third Class Brian Mathis, keyboard instrumentalist for the U.S. Pacific Fleet Band, and Able Seaman Sam Sheppard, keyboard instrumentalist for the Royal Australian Navy Band, discuss rehearsal techniques during a meet and greet session between the two bands.




Above, Musician Third Class Brent Mitchell, vocalist for the popular music group Pipeline sings.




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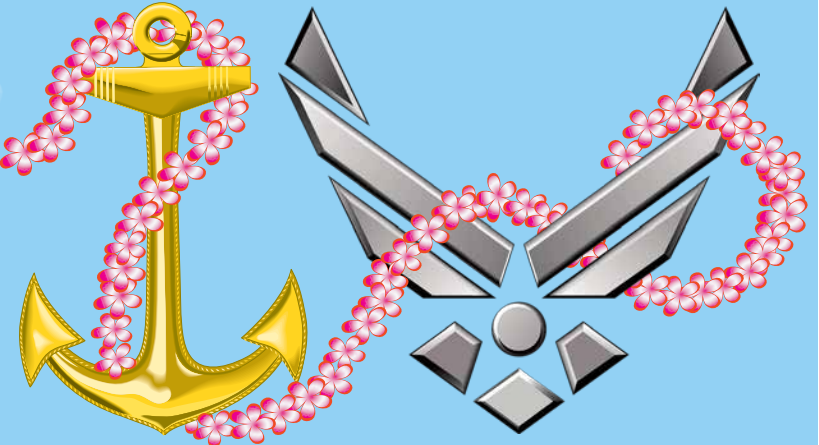
Call
808-473-2890
or email

editor@hookelenews.com





JULY COMMUNITY CALENDAR



PAU HANA CONCERT IN THE PARK

TODAY — A free Pau Hana Concert in the Park will be held from 5 to 7 p.m. at the Hickam Harbor waterfront. The U.S. Pacific Band's Pipeline group will join the Royal Australian Navy Band for the performance. Food trucks will be on site. Patrons can bring food and beverages. FMI: 449-5215.

FUN FAIR WITH LIBERTY — JULY 9

A free outdoor archery fun fair with Liberty will be held from 10 a.m. to 1 p.m. at the RIMPAC Central tent. Participants can challenge their friends to DodgeBow games. There will be shave ice, popcorn and refreshments. Registration is not required for the event, but participants should sign up if they want an email reminder. This event is for single, active-duty military E1 to E6 only. FMI: 473-2583.

MISSOULA CHILDREN'S THEATRE

JULY 11-16 — The Missoula Children's Theatre will come to Joint Base Pearl Harbor-Hickam and host a free week-long camp. Space is limited and there is no guarantee that everyone who auditions will be cast. Open auditions will be held from 10 a.m. to noon July 11 and participants must be present the entire time. The camp will be held from July 12 to 15 at Makai Recreation Center for children in first grade through 12th grade. The camp will end with a production of "Cinderella" at 11 a.m. July 16 at Hickam Memorial Theater. FMI: 448-0418.

STRESS MANAGEMENT — JULY 12

A stress management class will be held from 8 to 11 a.m. July 12 at Military and Family Support Center Pearl Harbor. The class will discuss how to decrease stress and use relaxation techniques. FMI: www.greatlifehawaii.com or call 474-1999.

CAREER ASSESSMENT — JULY 12

A class on personality assessment and career matching will be held from 12:30 to 3:30 p.m. at Military and Family Support Center Wahiawa. FMI: www.greatlifehawaii.com or call 474-1999.

JOB INTERVIEW SKILLS — JULY 12

A class on sharpening your interview skills and exploring the local job market will be held from 8 to 11:30 a.m. at Military and Family Support Center Wahiawa. FMI: www.greatlifehawaii.com or call 474-1999.

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.

CONVOY OF HOPE — JULY 13, 16

A Convoy of Hope community event will be held beginning at 10 a.m. July 16 at Richardson Field near Aloha Stadium. Volunteers will provide the public with free groceries, haircuts, portraits, children's shoes, backpacks/school supplies, veterans services, health services and more. Anyone needing services or goods is welcome to attend. In addition, a military appreciation event will be held at 4:30 p.m. July 13, where volunteers will bag the 30 tons of groceries for the July 16 event. Military members, veterans and their families are invited to help with the bagging, which includes potluck food and a Convoy of Hope T-shirt afterwards. FMI: (808) 380-3356 or visit www.convoy.org/oahu.

PCS WORKSHOP — JULY 14

A smooth move workshop will be held from 8 to 11:30 a.m. at Military and Family Support Center Hickam. The workshop will feature speakers from various departments to give participants a better understanding of the permanent

change of station (PCS) process. Topics include shipping a vehicle, filling out necessary paperwork, researching the new location, financial planning and other subjects. FMI: www.greatlifehawaii.com or call 474-1999.

HEALTHY LIFESTYLE FESTIVAL

JULY 14-17 — The Pearl Harbor Navy Exchange and Defense Commissary Agency will hold a healthy lifestyle festival from 9 a.m. to 9 p.m. daily at the Navy Exchange mall tents. The event will showcase Hawaiian plants and local foods. FMI: Stephanie.Lau@nexweb.org or 423-3287.

MOVIE IN THE PARK — JULY 15

A free movie in the park for all ages will be held from 7 to 10 p.m. at the Hickam Harbor waterfront. Patrons can bring some blankets and sit on the grass to watch the movie. Check the movie listings on Facebook at Joint Base Pearl Harbor-Hickam Outdoor Recreation. FMI: 449-5215.

FIVE LOVE LANGUAGES — JULY 15, 16

Two free seminars on the Five Love Languages plus Languages of Apology featuring author Gary Chapman will be held at Joint Base Pearl Harbor-Hickam. The first Five Languages seminar will be held from 2 to 4:30 p.m. July 15 at Hickam Memorial Theater. The event features open seating with no registration necessary. The second event is a couples seminar which will be held from 9 a.m. to 3:30 p.m. July 16 at Hickam Chapel. Lunch will be provided. Register by email for the couples seminar at 692ISR@US.AF.MIL.

GATE CLOSURES POSTPONED

Work has been postponed on gate closures for the Makalapa Compound and Wahiawa Annex. Set to start on July 18 and end Nov. 1, the installation of automated vehicle gate systems at Luapele Gate and Whitmore Gate has been postponed. Additional information will be provided once a firm schedule has been established.

SHARKEY THEATER

TODAY — JULY 8
7:00 PM Warcraft (3-D) (PG)

SATURDAY — JULY 9
2:30 PM The Angry Birds Movie (PG)
4:40 PM Teenage Mutant Ninja Turtles: Out of the Shadows (3-D) (PG-13)
7:00 PM X-Men: Apocalypse (PG-13)

SUNDAY — JULY 10
2:30 PM Alice Through The Looking Glass (3-D) (PG)
4:50 PM Teenage Mutant Ninja Turtles: Out of the Shadows (PG)
7:20 PM Warcraft (3-D) (PG-13)

THURSDAY — JULY 14
7:00 PM Now You See Me 2 (PG-13)

HICKAM MEMORIAL THEATER

TODAY — JULY 8
6:00 PM Teenage Mutant Ninja Turtles: Out of The Shadows (PG-13)

SATURDAY — JULY 9
3:00 PM Teenage Mutant Ninja Turtles: Out of The Shadows (PG-13)
6:00 PM X-Men: Apocalypse (PG-13)

SUNDAY — JULY 10
3:00 PM The Angry Birds Movie (PG)
6:00 PM Alice Through The Looking Glass (PG)

THURSDAY — JULY 14
7:00 PM X-Men: Apocalypse (PG-13)

MOVIE SHOWTIMES



X-MEN: APOCALYPSE

Apocalypse, the first and most powerful mutant from Marvel's X-Men universe, amassed the powers of many other mutants, becoming immortal and invincible. Upon awakening after thousands of years, he is disillusioned with the world as he finds it and recruits a team of powerful mutants, including a disheartened Magneto, to cleanse mankind and create a new world order, over which he will reign. As the fate of the Earth hangs in the balance, Raven with the help of Professor X must lead a team of young X-Men to stop their greatest nemesis and save mankind from complete destruction.

Mushroom turkey burger adds nutrition to meals

Defense Commissary Agency

Many would agree that a grilled burger ranks up there as a favorite food. Some also have to admit that in seeking out a tasty burger, their healthy eating goals are derailed because alongside the burger (which is slathered in high fat mayo and topped with a slice of something orange imitating cheese), is also a large basket of high calorie French fries.

Often times the French fries really weren't desired and only consumed because they were served with the burger.

Believe it or not, with just a few tweaks, this American favorite can be made so nutritious that it can be a mainstay in any healthy eating style. The most important start is to prepare your burgers at home and then be creative with making them full of flavor and juiciness, while limiting the sodium and unhealthy fats.

For years, chefs have been adding chopped mushrooms to ground meat to enhance the flavor of their dishes and



to make their burgers even juicier, and the public being none the wiser. Consumers flocked back because what these chefs created tasted amazing! Now that the secret is out, dietitians are excitedly encouraging home cooks to substitute chopped/minced mushrooms for 20-25 percent of the ground meat in recipes for burgers, chili, meatloaf, tacos, etc.

This not only stretches the food dollar, but it also increases the intake of vegetables, provides a good source of Vitamin D, and decreases calories and saturated fat without any sacrifice to flavor. To build a life-

long healthy eating style, aim to choose a variety of foods and beverages from each food group while limiting sodium, saturated fat and added sugars. Follow the Myplate tips at least 80-90 percent of the time, but be sure to savor a dessert or treat yourself from time to time.

This meal is a MyPlate win because it uses lean ground turkey and chopped mushrooms as the base for the patties. The burger is topped with a tangy grilled pineapple instead of mayo, while being served on a whole wheat bun. Instead of fries, a big wedge of fresh watermelon or an ear of corn on the cob rounds out the meal.

Directions (serves four):

1. Use a food processor to chop eight ounces of button mushrooms and two garlic cloves to resemble the ground turkey. (This can also be done by hand.)
2. Place one-and-a-half pounds of ground turkey and the mushrooms and garlic in a large bowl and add three

tablespoons of fresh chives (chopped). Mix until the ingredients are evenly incorporated.

3. Divide the mixture into eight equal pieces, and then form each piece into a three-quarter-inch burger patty.

4. Brush the grate of a grill with olive oil, and then heat the grill to medium-high.

5. Sprinkle both sides of the burgers with salt and pepper and place the burgers on the grate. Grill the burgers until they are seared on both sides. When the meat reaches 165 degrees, the burgers are done. Remove the burgers from the grill and onto a clean plate.

6. While the burgers are cooking, prepare the pineapple slices. Drain the juice from the can; gently pat dry each slice with a clean towel; brush one side of each slice slightly with barbecue sauce.

7. Once the burgers have been removed from the grill, turn the grill off and quickly place the pineapple slices barbecue sauce side down. Brush the tops with barbecue sauce and grill each side for about

one or two minutes.

8. Assemble each burger by placing a patty on a whole wheat bun, and then top the patty with a slice of grilled pineapple and if desired, lettuce and tomato and a little more barbecue sauce.

9. For each plate, serve one burger with a big wedge of watermelon or an ear of cooked corn on the cob.

Notes:

- The burgers and pineapple can be prepared over high-heat using the stove and frying pan. Heat the pan and add the burgers to the dry pan. Cook until the patties reach a temperature of 165 degrees (Cook two batches of four.)
- The leftover burgers warm quickly in the microwave. Use them for a meal later in the week or for an office lunch.
- The next time you make a meatloaf or spaghetti sauce, don't forget the mushrooms. Just be sure to keep the ratio of mushrooms and meat one to four.

(For additional recipes, visit www.commissaries.com/healthy-living/healthy-eats.cfm.)

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 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.

A green recycling symbol icon consisting of three arrows forming a triangle, set against a yellow background with green leaf-like patterns.

REDUCE... REUSE... RECYCLE

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

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

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

Free school supplies for military families

Operation Homefront Hawaii

Military families may register online now to receive free school supplies from Operation Homefront Hawaii's Back-to-School Brigade. Due to a donation from Helping Hands Hawaii, hundreds of back-to-school school supplies kits will be distributed to military families from 10 a.m. to 1 p.m. July 22, near Joint Base Pearl Harbor-Hickam.

But families must register at www.operationhomefront.net/event/list prior to the event in order to reserve a package of back-to-school supplies.

Operation Homefront is a national nonprofit whose mission is to build strong, stable, and secure military families.



Military families who register online can receive free school supplies July 22.

Courtesy photo