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“Navigator” HO'OKELE

FOR THE NAVY AND AIR FORCE TEAM IN HAWAII

July 15, 2016

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

Volume 7 Issue 27

PACAF welcomes new commander

Headquarters Pacific Air Forces Public Affairs

Gen. Terrence J. O'Shaughnessy assumed command of Pacific Air Forces (PACAF) July 12 during a ceremony at the Aloha Aina Park at Joint Base Pearl Harbor-Hickam.

Presiding over the ceremony, Air Force Chief of Staff Gen. David L. Goldfein expressed confidence in O'Shaughnessy as the new commander of PACAF.

"General T.J. O'Shaughnessy is part of an elite group of the finest Airmen and joint warfighters our service has ever produced," Goldfein said. "He brings the perfect blend of vast operational expertise, relevant Pacific experience, and proven combat leadership necessary to take PACAF to even greater heights."

Upon receiving the PACAF flag from Goldfein, O'Shaughnessy received his first salute as the new PACAF commander and conveyed his thanks before the gathered crowd.

"Thank you for your trust and confidence and the opportunity to lead the 46,000 Airmen and their families who call PACAF their home," O'Shaughnessy said. "Our nation's senior leaders have said the Indo-Asia-Pacific region is the 'single most consequential region' for American's future, and I'm



Lt. Gen. Terrence J. O'Shaughnessy receives his general stars pinned on by his family and Gen. David L. Goldfein, U.S. Air Force Chief of Staff, at Joint Base Pearl Harbor-Hickam, July 12.

excited to continue our nation's rebalance to the Pacific."

During the ceremony, O'Shaughnessy addressed the U.S. Pacific Command (PACOM) commander, Adm. Harry B. Harris Jr., and fellow component commanders, highlighting the vital relationship between airpower and the

joint mission.

"I'm honored to have a seat at the table with my fellow component commanders. Each of our components bring a unique capability to Adm. Harris as our joint commander, but the synergistic effect of the joint force only comes fully to bear when we seamlessly

integrate our capabilities to face our enemies or respond to contingencies. I look forward to working closely with each component to maximize the application of our combat power," O'Shaughnessy said.

Harris said O'Shaughnessy's record of leadership in a joint setting and

service on the Korean Peninsula and in the Indo-Asia-Pacific region brings to PACAF the right level of experience and awareness of the unique challenges the command faces as it provides PACOM with air power options.

"His experiences have prepared him well for this

assignment," Harris said. "I have no doubt that he's up to the challenge of component command in one of the most challenging and dynamic areas of the world."

Lastly, O'Shaughnessy pledged his commitment to support PACAF Airmen and their families as they continue to execute the command's mission.

"I want to say thank you to the PACAF Airmen and your families—you are the reason PACAF is strong. You are the innovative fuel that makes the U.S. Air Force the strongest airpower machine in the world. No matter the obstacles we face, you are the reason we will always prevail as we fly, fight and win in the Pacific."

Prior to his assumption of PACAF, O'Shaughnessy played a pivotal role in the partnership between the U.S. and Republic of Korea as the deputy commander, United Nations Command Korea; deputy commander, U.S. Forces Korea; commander, Air Component Command, Republic of Korea/U.S. Combined Forces Command; and commander, 7th Air Force at Osan Air Base, ROK.

As PACAF commander, he now leads Airmen throughout an area of responsibility that covers more than 100 million square miles and extends from the west coast of the United States to the east coast of Africa and from the Arctic to the Antarctic.



U.S. Navy photo by MC2 Somers Steelman

RIMPAC participants, Joint Base volunteers clean Kalaeloa Heritage Park

Navy Public Affairs Support Element Detachment Hawaii

Sailors assigned to the Arleigh Burke-class guided-missile destroyer USS Howard (DDG 83) and the San Antonio-class amphibious transport dock USS San Diego (LPD 22) conducted a cleanup at Kalaeloa Heritage Park in Kapolei on July 6, while in Hawaii for Rim of the Pacific (RIMPAC) 2016.

Participating RIMPAC Sailors cleared brush and vegetation as part of the preservation efforts of this culturally historic site alongside active duty service members and civilians assigned to Joint Base Pearl Harbor-Hickam (JBPHH).

Kalaeloa Heritage Park is dedicated to the preservation of Hawaiian culture and traditions. The park contains early Hawaiian stacked coral dwellings, religious structures, modified sinkholes, 20th century habitation, ranching and cultivation alongside the closed Naval Air Station Barbers Point.

"It was a great experience," JBPHH Hospital Corpsman 2nd Class Robert Rios said. "To have the opportunity to not only

give back to the community, but also to learn about Hawaii's heritage and ancestry is rare."

"Kalaeloa Heritage Park combines the pre-contact history of Hawaii with that of the plantation and military past," Shad Kane, facility manager of Kalaeloa Heritage Park said.

The Navy has a long relationship with the park, with Sailors donating their time and energy since 1999.

"Life is all about relationships and there preservation," Kane said. "I love seeing Sailors of all ages visit, learn and volunteer. It ensures the continued strength of our relationship for generations to come."

Volunteers spent the day clearing piles of dense vegetation, such as fallen trees and thorn thickets.

"It was tough work, but as a whole we are grateful for the time we have here while participating in RIMPAC," Chief Boatswain's Mate Cisco Delgado, assigned to USS Howard said. "The Navy is rich in heritage and traditions and having the chance to experience Hawaii's heritage and traditions while supporting the community is great."

U.S. Ambassador to Japan Caroline Kennedy visits RIMPAC



U.S. Navy photo by MC2 Antonio Turreto Ramos

U.S. Ambassador to Japan Caroline Kennedy visits a humanitarian assistance and disaster relief (HADR) command center during exercise Rim of the Pacific 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 relationships that are critical to ensuring the safety of sea lanes and security on the world's oceans. RIMPAC 2016 is the 25th exercise in the series that began in 1971.

RIMPAC 2016



CRS 3 exercise high value asset transit in RIMPAC 2016

Story and photo by
MC1 John Herman

Navy Public Affairs
Support Element
Detachment Hawaii

Sailors from Coastal Riverine Squadron 3 conducted a high value asset transit at Joint Base Pearl Harbor-Hickam July 9 during Rim of the Pacific 2016.

The purpose of the transit exercise was to demonstrate the squadron's ability to ensure security and freedom of navigation for vessels in harbors and coastal areas, which is one of the squadron's primary missions.

"The highest danger for ships is near the shore and



Sailors from Coastal Riverine Squadron 3 conduct a high value asset transit at Joint Base Pearl Harbor-Hickam July 9 during Rim of the Pacific 2016.

in harbors, where maneuverability is restricted," Chief Quartermaster William Sage, riverine detach-

ment senior enlisted section leader, said.

"Our force protection provides peace of mind, be-

cause most of the ships we escort are not warships and don't have the ability to defend themselves."

After the transit, the riverine command boats proceeded to meet with members of the Mobile Div-

ing Salvage team to discuss future scheduled training operations together as part of Rim of the Pacific (RIMPAC) exercise.

For many members of the riverine boat crews, this was their first time working with RIMPAC.

"This is great," Gunner's Mate 3rd Class Meredith Bonugli, boat engineer, said.

"I've never been in an exercise with such a diverse group of participants before and I'm looking forward to the opportunity to train with units and personnel that we normally don't get to work with."

Coastal Riverine Squadron 3 is part of Coastal Riverine Group 1, both based out of San Diego.

Chaplaincy symposium held during Rim of the Pacific 2016

MC2 Jeffrey Troutman

Navy Public Affairs Support Element Detachment Hawaii

More than 40 chaplains from military services around the globe attended a Rim of the Pacific 2016 chaplaincy and humanitarian assistance disaster relief (HADR) symposium at the Daniel K. Inouye Asia-Pacific Center for Security Studies in Honolulu, July 8.

The symposium focused on building relationships between chaplains across an international platform, in

order to better respond during times of crisis.

U.S. Navy Capt. Terry Gordon, chaplain for U.S. 3rd Fleet and a key speaker at the symposium, cited international military response during disasters such as the 2011 Tohoku earthquake and tsunami in Japan and the 2013 Typhoon Haiyan in the Philippines as a way chaplaincies from different nations have worked together to make a difference.

"I feel like, based on some of the recent humanitarian experiences we've had in the last several years, we can re-

ally benefit from a common understanding that a chaplaincy symposium affords," Gordon said. "It affords us the opportunity to wrestle with some of the issues on how we can help care for host nationals in need during a time of crisis and help address and take away some of the friction that can come up during a humanitarian relief effort. At the end of the day, we're all there to help other people."

The symposium featured a panel discussion centered around religious approaches in different cultural land-

scapes and a series of group breakout sessions where the chaplains were able to brainstorm ideas and solutions for a variety of humanitarian crisis scenarios. Commander U.S. 3rd Fleet Vice Adm. Nora Tyson was also present to address the audience and said the relationships built during RIMPAC were invaluable.

"It is truly a coalition partner effort when we do HADR. The better prepared we are for how we respond in those scenarios, the more lives we can save together. During a crisis, it's our mission to address the

needs of those impacted, and this forum is a great way to prepare for that," Tyson said.

"In truth, you have very little notice of when a crisis will happen," Gordon said. "Our aim is to make sure our chaplains are prepared as best as possible for when one of these events occur. For a lot of our younger chaplains who have yet to experience this kind of event, this symposium is a great resource and training opportunity to help them process how to think through a situation, should they be called upon."

Gordon said he was optimistic RIMPAC would provide ample opportunity for the chaplains to learn and grow from one another over the course of the event.

"One of the enduring legacies of RIMPAC is the opportunity to build bridges with our partner nations and reinforce relationships during a times of crises," Gordon said. "It not only shows us what we can do together, but it builds some very enduring bonds, and there's a richness in that which I believe transcends the RIMPAC exercise."

Oklahoma Citizen Airmen arrive for RIMPAC 2016

Maj. Jon Quinlan

507th Air Refueling Wing

Citizen Airmen from the 507th Air Refueling Wing, Tinker Air Force Base, Oklahoma arrived in Hawaii July 7 to support the Rim of the Pacific Exercise (RIMPAC).

The Oklahoma reservists join forces with other units from 26 nations, 49 ships, six

submarines, about 200 aircraft, and 25,000 personnel who are participating in RIMPAC from June 29 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 while fostering and sustaining cooperative relationships between participants 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.

Adm. Scott Swift, U.S. Pacific Fleet commander, and Vice Adm. Nora Tyson, U.S. 3rd Fleet commander and exercise RIMPAC Combined Task Force commander, explained the exercise is a one way cooperation between partners and allies promotes continued pros-

perity in the Indo-Asia-Pacific region.

From building partnerships to promoting safer sea lanes and experimentation to innovation, Tyson said there is one thing for certain.

"I think I can speak for each of the international leaders here and the more than 25,000 personnel taking part, when I say that we are excited to get this exercise underway," Ty-

son said. "We're looking forward to a great exercise with our friends and partners, and we all recognize that the time and the effort that went in to planning and executing this complex exercise will result in a naval force that is collectively more capable of keeping our oceans safe and global commerce moving. RIMPAC 2016 will certainly help us meet those expectations."



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

KC-135R Stratotanker's operated and maintained by Citizen Airmen from the 507th Air Refueling Wing, Tinker Air Force Base, Oklahoma arrived in Hawaii July 7 to support the Rim of the Pacific Exercise.

FACES OF RIMPAC



Australia
Able Seaman
Codie-Lee Reid
Royal Australian Navy

"My experience in the Navy has broadened my world perspective and shaped my worldview. This is my first time porting in Hawaii and first RIMPAC"

U.S. Navy photo by MC2 Antonio Turretto Ramos



Canada
Cmdr. Steven Archer
Commanding Officer, Her Majesty's Canadian Ship Toronto

"It's all about relationships, establish them and develop them. RIMPAC is the very best international exercise a naval officer can experience. From the most junior sub-lieutenant to the most senior commander, the social and professional interactions one experiences here are unmatched."

Royal Australian Navy photo by Leading Seaman Lee-Anne Mack



Canada
Maj. Darla Oja
Royal Canadian Air Force

"Out of a handful of reservists being employed at RIMPAC, I am enthusiastic to use the skills I have developed as logistics officer on an international exercise. It is pretty exhilarating to take people representing different elements of the Canadian Armed Forces, and bring them together as a cohesive team in order to provide an up-to-date human resources operational picture to the commander."

Royal Canadian photo by MCpl Marthieu Gaudreault



Chile
BM3 Diego Quintana
CNS Almirante Cochrane (FF 05)

"Once while sailing across the Atlantic we were 30-40 knots on the sails alone before switching to engine power. I had to climb the mast during a storm to stow the sails."

U.S. Navy photo by MC2 Antonio Turretto Ramos



Japan
Ensign Akitoshi Hagihara
JS Chokai (DDG 176)

"I was looking for a job that helps people. That is the reason why I joined. This is my first time being in charge of weapons system and my first time participating in RIMPAC."

U.S. Navy photo by MC2 Katarzyna Kobijak



New Zealand
Army Infantryman
Private Josh Pritchard
2nd, 1st Battalion, Burnham

"Loving everything about RIMPAC, especially the multicultural aspect and the training we are getting over here."

Royal New Zealand Navy photo by Petty Officer Chris Weissenborn



United States
Lt. Cmdr. Justin "Muffin" Eckhoff
Helicopter Maritime Squadron (HSM 37) "Easy Riders"

"This is my first RIMPAC and I couldn't be more excited. I'm really looking forward to working with the other nations and exercising our vast number of mission sets."

U.S. Navy photo by MC1 Marcus Stanley



United States
BM3 Rolonda Smith
USS Chung-Hoon (DDG 93)

"One day, when I look back over my career, I will be able to say that I participated in one of the largest military exercises ever. Looking out over Pearl Harbor and seeing all the ships lined up is a sight I will never forget."

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

Diverse VIEWS



What was your favorite childhood candy?



Chaplain, Capt. Ryan Ayers
692nd Intelligence Surveillance and Reconnaissance Group

"Chick-O-Stick. Loved the coconut and peanut butter. Plus they were only a penny so you could get more for less."

Capt. Brad Austin
U.S. Public Health Service

"My favorite childhood candy is Baby Ruth, because my father had it a lot when I was a kid and would always let me have some."



Senior Airman Adrian Carter
647th Civil Engineer Squadron

"Sour Skittles. The little mix of sour with the sweetness of the candy was the right combo."

MMAFN Christian Mercado
USS Charlotte (SSN-766)

"My favorite candy from my childhood would have to be the Butterfinger. I didn't get a lot of candy growing up and my grandfather would find a way to get me some, so it reminds me of him."



Master Sgt. Sophia Hensz
203rd Air Refueling Squadron, HIANG

"M&M's were my favorite childhood candy because my mom always kept a jarful on the kitchen counter and we would share a handful each night after dinner."

MMA3 Dontrell West
USS Jefferson City (SSN-759)

"The candy I loved the most growing up would have to be Werthers Originals. My grandma always had some at her house so every time I have one it reminds me of her."



Senior Airman Cynthia Rubio-Segovia
154th Operations Support Squadron, HIANG

"My favorite childhood candy would be Pop Rocks. We would always compete whose rocks pops the loudest."

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



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Commentary

Demonstrating 'Capable, Adaptive, Partners'

Vice Adm. Nora Tyson

Commander, U.S. Third Fleet

It's hard to imagine that when RIMPAC began in 1971, only five nations participated—Australia, Canada, New Zealand, the United Kingdom, and the United States. Since then, it's grown to become the world's largest international maritime exercise.

This year marks the 25th RIMPAC, and we have more nations participating than ever before. Twenty-six countries, more than 40 ships, five submarines, more than 200 aircraft and 25,000 people will be working together over the next month, demonstrating how "Capable, Adaptive, Partners" help preserve peace and prevent conflict.

It's great to see so many RIMPAC alumni here. We are thrilled to welcome first-time participants, Denmark, Germany, and Italy, and we also have observers from Cambodia, Israel, Papua New Guinea, Turkey, and Vietnam.

Our economies, our lives, and our mutual interests are more inter-



Vice Adm. Nora Tyson

twined now than ever. Freedom of movement in the maritime domain is essential to a healthy and prosperous region, and the economic prosperity in the Indo-Asia Pacific region can largely be attributed to the security and stability that exists at sea. During RIMPAC, participating forces train to ensure the ability to deter disruptions to global supply chains and threats to lines of communication and commerce.

The maritime environment is too large for any one nation to protect. Exercises like RIMPAC provide an environment to strengthen regional partnerships and improve multinational interoperability.

RIMPAC also allows us to work together to

demonstrate the proficiency and flexibility of maritime forces. We live in the most connected and globalized time in the history of humankind. As we've seen in the past, during disasters like the 2010 earthquake in Haiti, the 2011 tsunami that ravaged Japan, Typhoon Yolanda that pummeled the Philippines in 2013, or Hurricane Katrina which devastated the U.S. Gulf Coast in 2005, and I could go on and on, nations across the world band together to help our fellow man.

Through multinational exercises, like RIMPAC, we build relationships that allow us to work together more effectively. Humanitarian assistance/disaster relief is just one area we will be exercising during RIMPAC. We will also conduct maritime security operations, complex warfighting scenarios, amphibious operations, gunnery, missile, anti-submarine and air defense exercises, as well as counter-piracy, mine clearance operations, explosive ordnance disposal, and diving and salvage operations.

The Department of the Navy's Great Green Fleet yearlong initiative will

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

We have some exciting firsts this RIMPAC, including a submarine rescue exercise and flexing the command and control structure for several at-sea events. Maritime forces in the Southern California operating area will conduct amphibious operations, a U.S. Navy littoral combat ship will conduct a harpoon missile shoot, and the Trident Warrior experimentation series will highlight fleet innovation.

We are thrilled to be getting started, and when the 25th RIMPAC concludes next month, we will have collectively improved our ability to operate alongside our partners, build professional relationships that will last throughout our careers, and will remember the experience for a lifetime.

JBPHH announces 'Pokemon Go' advisory

With the new "Pokemon Go" game app going viral, including many active duty military and civilian employees actively playing the game, it is important to understand the personnel risks and security issues this game could pose.

Augmented reality mobile apps, ones that use an electronic camera (cell phone, tablet, etc.) to allow players to interact with virtual characters/images who "appear" throughout the real world, are not authorized for use in restricted areas aboard Joint Base Pearl Harbor-Hickam or Pacific Missile

Range Facility or near entry control points (gates).

Things to remember:

- When driving, please remain vigilant and watch for people possibly playing the game on their cell phones and not paying attention to where they are walking. This is especially important on local roads, parking lots, and near buildings.
- Do not play the game aboard the installation (other than in housing or other unrestricted areas) if it requires the player to use their cell phone camera; camera use is not approved in certain areas without

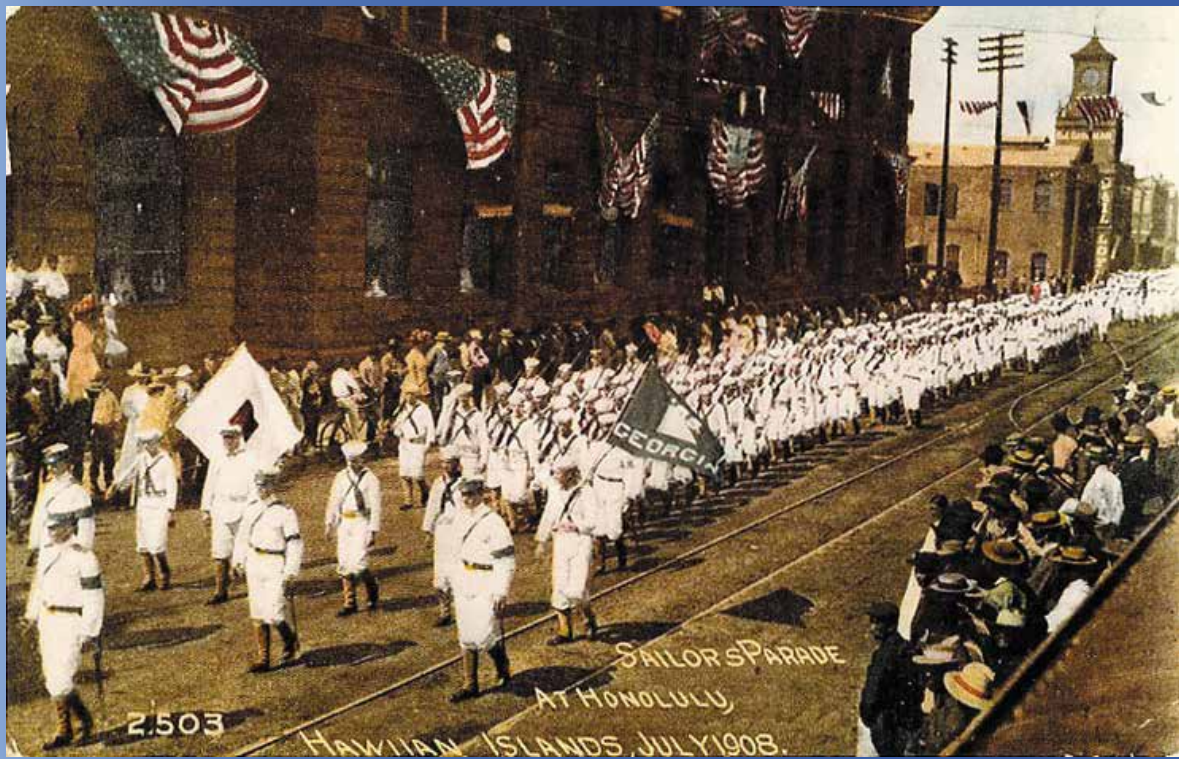


written permission.

- If base security finds you using your cell phone cameras aboard an installation (other than in housing or approved areas), including to play "Pokemon Go," you could face administrative or disciplinary actions.
- Do not play the game at or near installation entry control points as this poses a security issue.
- If you play the game off installation, be especially careful of "Pokemon Go" "lures." Travel to "lure" locations with two or more people. Check your surroundings. Avoid abandoned or unlit areas.

If you choose to play "Pokemon Go" off base, please play smart and play it safe.

Great White Fleet takes World Cruise to Honolulu



U.S. Naval History and Heritage Command photograph

This is from a Great White Fleet World Cruise, 1907-1909, post card published by H.H. Stratton, Chattanooga, Tennessee. It depicts the fleet's Sailors parading in Honolulu, Hawaii Territory, circa July 17, 1908 (108 years ago this week). The men in this group are from USS Georgia (Battleship # 15). In 1907, President Theodore Roosevelt sent 16 battleships with the hulls painted white to circumnavigate the globe on a goodwill mission and display of American naval power. The ships were later known as the Great White Fleet.

HO'okele

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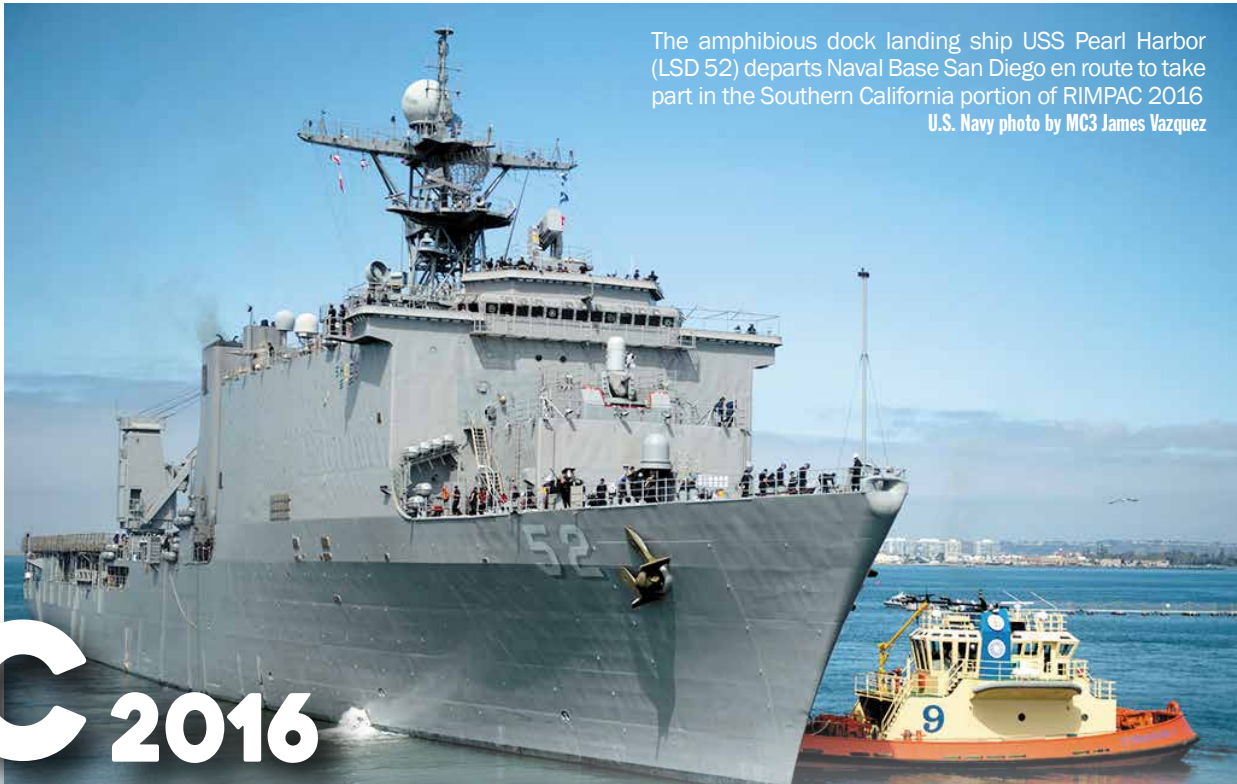
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Sailors aboard the French Navy Floreal-class frigate FS Prairial (F 731) perform line handler duties July 11 to get underway to participate in Rim of the Pacific (RIMPAC) 2016.

U.S. Navy photo by MC2 Jamie Hawkins

RIMPAC 2016

UNDERWAY



The amphibious dock landing ship USS Pearl Harbor (LSD 52) departs Naval Base San Diego en route to take part in the Southern California portion of RIMPAC 2016

U.S. Navy photo by MC3 James Vazquez



Sailors stand at the rails aboard USS John C. Stennis' (CVN 74) flight deck as the ship departs Joint Base Pearl Harbor-Hickam July 11 for the at-sea phase of RIMPAC 2016.

U.S. Navy photo by MC3 Andre T. Richard



Canadian Ship Vancouver (FFH 331) pulls away from Canadian Ship Calgary (FFH 335) as it departs Joint Base Pearl Harbor-Hickam for RIMPAC 2016.

Royal Canadian Army photo by Master Corporal Christopher Ward



U.S. Navy Construction Electrician 2nd Class Dan Lehne, with Underwater Construction Team (UCT) 2, demonstrates how to scrape marine growth from a pile for military divers from the Royal Australian Navy and U.S. Army and Coast Guard July 12 as part of a pier maintenance training mission led by UCT 2 during RIMPAC 2016.



Soldiers with 2nd Battalion, Royal Australian Regiment arrive in Pohakuloa Training Area, after conveying there from Kawaihae Pier, July 12, during RIMPAC 2016.

U.S. Marine Corps photo by Staff Sgt. Jesse R. Stence



A Japan Maritime Self-Defense Force SH-60K helicopter lands during a mass casualty drill held on Ford Island during RIMPAC 2016.

Japan Maritime Self-Defense Force photo by Satoru Honma

Pearl Harbor-Hickam Highlights



(Above) Vice Adm. Nora Tyson, commander, U.S. 3rd Fleet, ceremoniously pounds rice flour with a mallet July 7 during a reception held aboard the Republic of Korea Navy guided-missile destroyer Sejong the Great (DDG 991) at RIMPAC 2016.

U.S. Navy photo by MC2 Travis Litke



(Left) Visitors tour USS John C. Stennis' (CVN 74) flight deck July 9 during the Rim of the Pacific 2016 maritime exercise open ship tour event at Joint Base Pearl Harbor-Hickam.

U.S. Navy photo by MC3 Tomas Compian



(Above) A Royal New Zealand Sailor interacts with guests July 9 during open ship day aboard Her Majesty's New Zealand Ship Te Kaha. The event was a chance for sailors and families to visit ships at Joint Base Pearl Harbor-Hickam during RIMPAC 2016.



(Above) Bruce Hanson (left), of Maritime Tactical Systems, gives an overview of the Man-Portable Tactical Autonomous System (MANTAS), the next generation unmanned vehicle and control systems to Sailors assigned to Coastal Riverine Force Three at Ford Island during RIMPAC 2016. The MANTAS allows effective coverage of large maritime area as well a tactical and special operations.

(Left) Japan Maritime Self-Defense Force guided missile destroyer JS Chokai (DDG 176) departs Joint Base Pearl Harbor-Hickam July 11 for RIMPAC 2016.

Pacific Partnership 2016 departs Philippines

MC3 Trevor Kohlrus

Commander, Task Force 73 Public Affairs

LEGAZPI, Philippines —Pacific Partnership 2016 departed its second mission stop, the Republic of the Philippines, July 11, after completing two weeks of humanitarian assistance and disaster response training, medical subject matter expert exchanges, cooperative health engagements and community relations events.

This year marks the seventh time Pacific Partnership has visited the Philippines since their first visit in 2006. While in Legazpi, Pacific Partnership worked with civilian and military personnel during a five-day humanitarian assistance and disaster response seminar.

“A key aspect of [this stop] was the disaster relief symposium,” Capt. Mike Spruce, Royal Australian Navy Reserve, deputy mission commander of Pacific Partnership 2016, said.



U.S. Navy photo by MC2 Lindsey E. Skelton

Members of the U.S. Pacific Fleet Band sing with Sofia Capili, a Legazpi native, during a Pacific Partnership 2016 community relation event July 6 at Penaranda Park at Legazpi, Philippines.

“The Philippines suffer awful natural disasters, so it’s vital that as partners we know how to work together to enable faster relief.”

The disaster response workshop was co-hosted by the Armed Forces of the Philippines and Pacific Partnership 2016. Filipino civilian and military personnel

worked with the Pacific Partnership team to step through response procedures on disasters such as a Category 5 typhoon striking the city and a volcanic eruption.

In addition to the two workshops, medical personnel embarked aboard hospital ship USNS Mercy (T-AH 19) conducted subject mat-

ter expert exchange SMEEs (Subject Matter Expert Exchange) with their Filipino counterparts on topics such as nursing, blood banking, preventative medicine and engineering.

“It was a great experience,” Hospital Corpsman 3rd Class Charles Nugent, said. “Working alongside with the lo-

cals and learning from each other was awesome and it’s something I’ll always remember.”

The engineering projects led by U.S. Navy Seabees, Marines, and the Armed Forces of the Philippines included the construction and renovation of Mabini water tower, Kinawitan Elementary School and Comun Elementary School, which will now also serve as civilian shelters during disasters.

“The areas often flood during bad weather, so to prevent that we cleared a lot of dirt and had a concrete pour which will help minimize flooding,” Utilitiesman 3rd Class Amber Woods, said. “Seeing the kids happy and always waving at us is great. It’s that extra motivation that keeps us going and it feels good.”

Community relations events were also held throughout the Legazpi area, bringing the local people and children together with Pacific Partnership 2016 personnel including U.S. Pacific Fleet Band en-

gagements, soccer, volleyball and basketball matches.

The rock group, Big Wave, from the U.S. Pacific Fleet Band played at various locations throughout the city with service members from the Armed Forces of the Philippines.

“It was a great experience for the band to be able to share our talents with that of the host nation’s,” Musician 3rd Class Jason Andrews, said. “Music is a tool that we can use to communicate when we don’t speak their language, so the ability to play together was great and it really means a lot to the band.”

After the Philippines, Mercy will conduct mission stops in Vietnam, Malaysia and Indonesia. Pacific Partnership 2016 is focused on enhancing relationships and multinational interoperability through knowledge exchange and cooperative training, ensuring partner nations are prepared to collectively and effectively respond when disaster strikes.

Submarine rescue symposium held at JBPHH during RIMPAC

MC2 Jeffrey Troutman

Navy Public Affairs Support Element Detachment, Hawaii

Approximately 50 submarine officers and civilian contractors from seven nations attended the Rim of the Pacific (RIMPAC) 2016 submarine rescue symposium at Joint Base Pearl Harbor-Hickam, July 9.

The symposium offered attendees an opportunity

to strategize how different nations can work together in the event of a submarine accident or casualty.

“We need to be able to come together as nations if ever there is a disabled submarine, because you only have a short amount of time to perform a submarine rescue,” U.S. Navy Cmdr. John Doney, deputy commander of Submarine Squadron 11 based in San Diego said.

“Events like this sym-

posium bring us together ahead of time to discuss issues related to submarine rescue. It’s very important we do this now and not just when there’s a disabled submarine out there.”

Doney said modern submarine accidents like the K-141 Kursk Russian submarine disaster in August 2000, which was lost with all hands on board in the Barents Sea, have placed a heightened emphasis on

nations working together to aid in search and rescues of submarine accidents.

During the symposium, a special emphasis was placed on alerting and mobilizing rescue plans in the event of a downed submarine. It also included an extensive walkthrough of the U.S. submarine search

and rescue manual, allowing attendees the opportunity to discuss and get clarification on procedures performed differently within their own submarine communities.

“The reason we’re here is to learn about each other and build relationships across the submarine communities,” Royal Australian Navy Cmdr.

Ken Marr said. “Depending on where a disabled submarine is, we have to look for what are the best resources, and that often requires coordination across many nations to get the resources we need for a rescue.”

For more information about RIMPAC 2016, visit www.cpf.navy.mil/rimpac/

Coast Guard, Navy air crews conduct medevac north of Oahu

**Story and photo by
Chief Petty Officer
Sara Mooers**

*U.S. Coast Guard District
14 Hawaii*

Coast Guard and Navy aircrews conducted a medevac of a 58-year-old mariner from the 45-foot sailing vessel Second Chance 184 miles north of Oahu, July 10.

A Navy SH-60 helicopter crew from Kaneohe Bay hoisted the mariner aboard the helicopter and returned to Kaneohe Bay where he was transferred in stable condition to emergency medical personnel for further transport to Castle Medical Center.

A Coast Guard HC-130 Hercules airplane crew flew cover for the Navy helicopter and managed communications with the sailing vessel crew for

both aircraft and Coast Guard Sector Honolulu watchstanders. A Coast Guard hospital corpsman flew with the Navy helicopter crew, administered an IV to the mariner and monitored his condition en route to Oahu.

At 5:55 a.m. July 7, the Coast Guard received a request for a medevac of the mariner who was suffering from extreme seasickness and is diabetic with a heart condition. The vessel departed Ko‘olina, Oahu, with six people aboard five days earlier but turned around when the mariner became severely ill.

They were three days from Oahu at the time of their call for assistance. A Coast Guard duty flight surgeon recommended the crew monitor the mariner’s condition and close the distance between them and Coast Guard



Petty Officer 3rd Class Connor Mitchell, an aviation maintenance technician, records the hoist of an ill mariner from the 45-foot sailing vessel Second Chance on the CASPER pallet while serving as part of the crew of a Coast Guard HC-130 Hercules airplane form Coast Guard Air Station Barbers Point, July 10.

By 4:40 a.m. July 9, the mariner’s previously stable condition was deteriorating. The Coast

crews. The Second Chance crew maintained a regular communications schedule with the Coast Guard.

Guard duty flight surgeon recommended a medevac to bring the mariner to higher level of medical care as soon as possible. The Second Chance was still outside the range of any hoist capable aircraft and there were no vessels in the area. The crew continued to make way toward Oahu.

Watchstanders estimated the vessel would be within range of air assets by first light July 10 and coordinated with the Navy’s HSM-37 Squadron to conduct the hoist. The Coast Guard Hercules crew launched prior to sunrise and the helicopter crew shortly after.

The helicopter crew deployed their rescue swimmer and attempted to hoist the mariner from the deck of the Second Chance but 13 mph winds from the east and 7-foot seas made it impossible to do

safely. The rescue swimmer was instead able to swim the mariner from the sailing vessel to the awaiting rescue basket a few hundred yards from the Second Chance, clear of the mast and rigging. Once the mariner was safely aboard the crew recovered their rescue swimmer and departed for Kaneohe Bay.

“This case’s extreme distance and the mariner’s need underscores the importance of having hoist capable helicopters in the main Hawaiian Islands,” Petty Officer 1st Class Robert Scott, of Coast Guard Joint Rescue and Coordination Center Honolulu said.

“Our thanks to the Navy for their continued support and partnership in this case, allowing us to get the mariner to vital medical care in the most expedient way possible.”

Protect our ocean waters: Understanding the impact of your storm water system

Denise Emsley
NAVFAC Hawaii Public Affairs

When cleaning your car, maintaining your yard, disposing of household wastes, or a number of other human activities, keep in mind that your storm drain does not become your trash can.

“Storm water pollution can be extremely harmful to our beautiful island environment,” Carrie Esaki, Naval Facilities Engineering Command (NAVFAC) Hawaii Environmental Engineer and Navy Region Hawaii storm water program manager said.

“Whether intentional or not, our daily actions can contribute many pollutants being carried directly to the beach, ocean, stream, or river which can harm or kill marine animals and other wildlife.”

Rain runoff or “storm water” flows over the ground surface

directly into storm drains. It carries sediment, trash, nutrients (fertilizer), bacteria and many poisonous household materials (pesticides, paint, motor oil, solvents). This water is not treated and is directly discharged into the waters many of us swim, fish and surf.

“Under the Clean Water Act, the United States Environmental Protection Agency and the State of Hawaii Department of Health (HDOH) established environmental programs to protect the nation’s waters,” Esaki said.

“The National Pollutant Discharge Elimination System (NPDES) program requires most discharges into the waters of the United States to be permitted and comply with receiving water quality standards to protect, maintain, and improve the water quality of our oceans.”

At Navy Region Hawaii and Joint Base Pearl Har-

bor-Hickam (JBPHH), the Navy must follow its NPDES storm water permit and capture discharges. This includes, but is not limited to JBPHH, Lualualei Annex, Fleet Logistics Center—Pearl Harbor, NAVFAC Hawaii, Naval Inactive Ships Maintenance Facility, and Naval Computer and Telecommunications Area Master Station Pacific at the Wahiawa Annex.

Although the permit does not include all Navy areas, such as the Pacific Missile Range Facility at Barking Sands, Kauai, procedures are followed to prevent water pollution.

So what can individuals do to reduce storm water pollution?

“With everyone’s help, small changes in personal activities can prevent large-scale pollution,” Esaki said.

“You would be amazed how easy it is once you are aware that anything poured down a storm drain could impact you and your family’s social activi-

ties such as hiking across a local stream, or visiting a beach and swimming in the coastal ocean waters.”

Some behavior changes that can make a significant difference include:

- Sweep debris on sidewalks, curbs and gutter, placing material in your trash can.
- Do not overwater your lawn/garden, and use pesticides and fertilizers sparingly.
- Do not pour motor oil on the ground or down the drain.
- Pick up and dispose of pet waste.
- Reduce your use of hazardous household cleaning products and replace them with environmentally-safe products.

Everyone working together ensures that future generations can continue to enjoy Hawaii’s life-sustaining waters.

Should you see a questionable discharge into a Navy storm drain, please take the following action:

- JBPHH family housing residents, contact your area housing manager
- JBPHH base personnel, call 722-1674, or 471-1171, extension 337
- PMRF family and base personnel, call 335-4064.

“As part of our NPDES storm water permit, we are required to also provide a storm water monitoring plan and program effectiveness assessment plan to the HDOH,” Esaki said.

“Over the next few weeks, we will have both plans available for 30-day public review until July 27. A public announcement about the review period was printed in the Sunday, June 26, Honolulu Star Advertiser.”

For additional information, or to obtain a copy of “A Guide to Understanding Storm Water,” visit Navy Region Hawaii’s storm water web page at www.cnic.navy.mil/storm_water. To reach the program manager, call 471-1171, extension 337.



Life & Leisure

Military teens from around the world explore Hawaii

Madison Garcia

*Joint Base Pearl Harbor-Hickam
Morale, Welfare and Recreation*

**Photos by JBPHH MWR
and the JBPHH Teen Center**

On May 5, Navy Teen Summer Camp Scholarship Program (SCSP) finished reviewing applications and awarded approximately 125 military children with scholarships to enjoy various camps around the world. Of those 125, 20 military teens from Alabama, California, Florida, Georgia, Maryland, Nebraska, New Jersey, Virginia, and Washington as well as Italy plus four local teens between the ages of 15 through 17 were chosen to visit Hawaii.

Participants spent one week exploring Kauai before coming to Oahu on June 24 for another week of activities.

Their first Monday on Oahu was a long, adventure-packed day for the teens, starting with parasailing followed by lunch at Ala Moana Beach Park then a hike up Koko Head Crater. Many participants said the 2,000-step hike was one of their favorite activities of the two-week trip.

"I really liked hiking Koko Head because it was challenging," Christopher Foster, a 15-year old living at Naval Air Station Jacksonville, Florida, said. "The whole hike you want to just stop but you keep going because it would be rewarding to finish."

The teens spent Tuesday at Bellows Air Force Station, playing paintball, enjoying the beach and having a barbecue.

On Wednesday, they immersed themselves in Hawaiian culture by spending the day at the Polynesian Cultural Center.

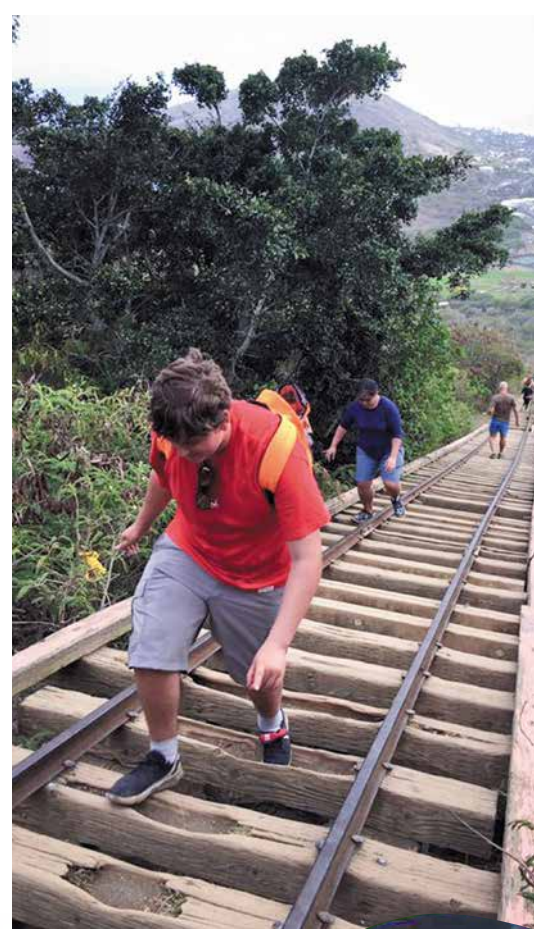
Thursday, the last day of the summer camp, the teens woke up at 4 a.m. to hike Lanikai Pillbox to watch the sunrise.

"This morning we watched the sun rise," Marissa Dye, 15-year old Navy teen living in Naples, Italy said. "I couldn't tell which one was prettier, the sunrise or the people around me."

The final day of the camp ended with surfing at White Plains Beach.

Reflecting on the past week, Cherise Castro, child and youth programs coordinator at the Joint Base Pearl Harbor-Hickam Teen Center, said "I like being able to show the beauty of Hawaii, teach them about the Aloha Spirit and just getting to know these amazing leaders of tomorrow."

Editor's note: Madison Garcia is a summer teen hire in the marketing department and accompanied the teens in many activities.





In the swim of things at RIMPAC



Photo courtesy of www.greatlifehawaii.com.

Rim of the Pacific Exercise 2016 (RIMPAC) participants took part in a swim meet at Scott Pool, Joint Base Pearl Harbor-Hickam, July 7.

Curran squares off vs. Herring on UFC on Fox

Story by Randy Dela Cruz

Sports Editor, Ho'okele

For homegrown product Kailin Curran, who says she really appreciates her military fans, life in the UFC has many similarities to those who chose a career in the armed forces.

While both require a high level of blood, sweat and tears, being surrounded by family and friends make all of the hard work worth it.

In one week, on July 23, Curran will once again try her best to make her family and the entire state of Hawaii proud, when she steps into the octagon to square off against Felice Herring in UFC on Fox live from the United Center in Chicago, Illinois.

The fight is part of an 11-bout undercard and is anchored with the main event of former Women's Bantamweight World Champion Holly Holm against Valentina Shevchenko.

The card will be shown live on local television station KHON 2 starting with the prelims at noon and the main event at 2 p.m. Check local listings for changes to schedule.

"My family is really supportive with my fighting and they think that it's awesome that I'm following my dreams," Curran said. "They always let me know how proud that they are of me. I'm very thankful to my family. They are my hugest supporters in fighting and in life!"

No doubt that Kailin, who won her last UFC fight via rear-naked choke in the second round over Emily Kagan, will need every ounce of support in her anticipated war with Herring.

While Kailin will walk in the octagon with a 4-2 overall professional record (1-2 in UFC), Herring brings a 10-6 record and isn't nicknamed "Lil Bulldog" for nothing.

"The best thing that Felice has against me in this fight is that she is a more experienced fighter," Curran said. "I'm still trying to find my way to the top-10-ranked girls in my division."

With the clock ticking down to the showdown, Kailin said that her training camp has gone well and without any hitches.

"My training went the same way it always goes preparing for a fight," she said. "I usually make a schedule before the week starts and stick to it. I do strength and conditioning three times a week, grapple and wrestle. I also do my stand up and sparring on different days depending on how I feel, energy level wise, that week."

As the two young ladies clash on national TV, one thing is certain and that is the loud and supportive cheering section Curran will have at the fight and watching here at home.

Especially tuned in will be her mom, Robin Curran Sebala, dad Denny Sebala and siblings Amanda, Kainalu, Roman, Kahu and Keani.



"My family is really supportive with my fighting and they think that it's awesome that I'm following my dreams."

— Kailin Curran

While being in the fight business can cause family members — especially mom — to worry, Curran said that she only talks about the positive things to keep that from happening.

Still, like every mother, Robin said it's an emotional rollercoaster every time her daughter goes toe-to-toe against another fighter.

"Yes, I get high anxiety," mom said. "I pray in advance every day up to her fight for God to help me and whatever situation — win or lose — I ask God to help me stay strong and always give glory to him no matter what."

Robin said that she and her husband Denny Sebala have always supported their daughter's dreams, even if it means allowing her to pursue such a high-risk activity.

Noting that it started from placing her in kickboxing when she was in the seventh grade, Robin said that the couple even financed Curran as she made her way through her first professional stop in Pacific Xtreme Combat in Guam, where she went undefeated at 3-0 before entering the UFC.

"Me and (my) husband

prayed all through her career and I believe this is where God wants her to be," Robin said. "We knew she would be great. That's why we told her to quit her job and train full time."

In Curran's most memorable fight to date, Paige Vanzant, who is one of the most celebrated and recognizable faces in the UFC, stopped her in the third round.

The loss cuts so deep in Curran she said if she was offered to fight for the world title or another shot at Vanzant, she would take on Vanzant in a heart-beat.

Being matched against the top dogs in the UFC proves that Curran has come a long way since her days growing up in Ewa Beach.

When she squares off in the octagon, Curran said she is fighting not only for Ewa Beach, but also for the entire state, which includes all of the military bases in Hawaii.

"I would like to thank all my military supporters," she said. "They mean so much to me and the USA. They fight every day for our country and for our people. They pretty much sacrifice their whole lives to us. They separate from their own families, so that the rest of us can go on and pursue our dreams and live comfortably."

"How I would compare fighting and the people on-call is that we put in a lot of our time and effort to make sure that our duties are taken care of and we make sure we do that with pride and honor."



Photo courtesy of Duke Loren Photography

Kailin Curran (right) gets in a sparring session with Invicta featherweight world champion Cris Cyborg.



766 SCONS fights off FIVE-O in two sets

**Story and photo
by Randy Dela Cruz**

Sports Editor, Ho'okele

The 766th Specialized Contracting Squadron (766 SCONS) fought a tough battle, but prevailed against a determined FIVE-O team from Headquarters Pacific Air Force/A4S to take two straight sets, 25-21 25-19, on July 13 in an intramural volleyball clash of Blue Division squads at Joint Base Pearl Harbor-Hickam Fitness Center.

Both sets went nip-and-tuck from start to the end, but strong finishes by 766 SCONS gave them the upper hand to avoid a third and deciding set.

The win raised the record of 766 SCONS to 3-1, while despite their solid showing, FIVE-O lost for the fourth time in five matches.

“I think it’s just trusting each other,” said hitter Staff Sgt. Brian Powell, whose crushing kills at the net helped keep 766 SCONS in the game and then on to victory. “Knowing that the guy behind you will take it, if you can’t get it, and also trusting everybody on the team to make a play.”

Powell made big kills throughout the night. Overall, Powell unofficially came up with eight kills and two blocks. He had ample help in the front-line from teammates Tech. Sgt. Daniel Wooten and newcomer 2nd Lt. Danny Goeb.

Powell made his presence known right away in the first set, when he used his tall frame



Staff Sgt. Brian Powell, hitter for 766 SCONS, goes airborne for a kill during the team’s matchup against FIVE-O.

to reach up and come up with a two-handed stuff to give 766 SCONS a 4-1 lead.

Then midway through the first set, Powell picked up his first two kills and his second block to stake 766 SCONS to a seemingly commanding 15-8 advantage.

However, FIVE-O chipped away at the lead and after scoring three points in a row, narrowed the margin down to two at 22-20.

In stepped Goeb, who hampered down a kill for a side-out and then added an ace from service to put 766 SCONS only a point away from winning the first set.

FIVE-O got a point and side-out on a service error, but immediately gave the set away on a service error of their own.

In the second set, 766 SCONS found themselves down early by three points at 6-3.

The lead by FIVE-O didn’t

last very long though, as 766 SCONS recorded the next three points with the tying point coming off a booming kill by Wooten.

Over the next few serves, the lead was tied four times, before FIVE-O seemed to make their move again to go up by three at 15-12.

Once again, Wooten came up with a big kill to stop the FIVE-O run and cut the lead down to two.

FIVE-O tried their best to maintain the lead, but got caught at 17-17 on a putdown by Powell.

Shortly after, Powell took over at service and, aided by another kill from Goeb, proceeded to lead a three-point run of their own and 21-18 lead.

Still clinging to the three-point advantage, Staff Sgt. Eduardo Garciarosa took over service for 766 SCONS.

On the first serve, 766 SCONS forced FIVE-O to commit a hitting error, and then Garciarosa ended the set and match by knocking down back-to-back service aces.

While Powell was instrumental to the team’s third victory, he said that if it wasn’t for the rest of his teammates, the score might have been reversed.

“Everybody can hit,” he said. “The difference between good teams and great teams is passing. If you can’t pass, you can’t hit. That was really the key for us.”

The fast start in the new season by the 766 SCONS goes far to affirm that like last year, the team has come to play.

Powell said that with most the players returning from last season, plus a few key additions, he has high hopes for the year.

“Last year, we took third,” he said. “We were the bronze medal team, so just to improve on that. We added Lt. Goeb and he’s really jelling with the team, so were looking for big things from him and just continue that excellence that we had last year.”



Players push each other in pursuit of the ball.

Coast Guard United’s pressure defense stops Preble

**Story and photo
by Randy Dela Cruz**

Sports Editor, Ho'okele

Coast Guard United (CG United) scored one goal in the first half and one goal in the second half, and then let the defense do its job to shut out USS Preble (DDG 88) and preserve a 2-0 victory in the team’s first game of the 2016 Summer Soccer League season.

The game was played at Earhart Field, Joint Base Pearl Harbor-Hickam on July 9. CG United, which is comprised of players representing all branches of the military, were limited in their shots on goal by an equally tough Preble defense, but converted just enough of them to walk off the field with the win.

“We actually weren’t putting our passes well together,” CG United team captain Intelligence Specialist 1st Class Jesse Durham, said. “In the first half, we were kicking it long and the wind was carrying it and in the second half, when we tried to clear it, the wind was keeping our stuff in.”

Still despite the team’s battles with the windy conditions, CG United got a key play midway through the first half, when Durham took a corner kick and firmly planted a shot that got past the goalkeeper and to the net for a 1-0 lead.

“We were fortunate to get a thrown-in on the side of the field,” Durham said. “People were slow getting back, so I just started sprinting. The guy threw it hard and I happen to get to it first and got lucky.”

Being that this was the first game of the season, Durham said that the team hasn’t had a whole lot time practicing that play.

When it all came together, Durham said that the whole team breathed a sign of relief.

“This team was kind of thrown together, so we depend on people having to talk back and forth,” Durham said. “It’s a feeling. You just kind of know what he is doing and sometimes you get lucky. We mess it up more times than we get it right.”

The goal by Durham was enough to keep the lead in the hands of CG United all the way to halftime.

In the second half, Preble came out aggressively and spent most of the time on CG United’s side of the field.

However, while Preble had numerous shots on goals in the second half, CG United’s defense stepped up to turn each threat away.

Durham said that as time wound down, the game became a battle of wills, with CG United holding one key advantage.

“We had a lot more subs than they had,” Durham said. “So we wanted to keep our pace up. Man-for-man, I think they (Preble) were technically better than us. I saw them moving the ball and they were moving the ball better than us. So we just tried to counter them with energy.”

Then, on the rare occasion that CG United penetrated deep into Preble territory, Aviation Electrical Technician 3rd Class Michael Graves got a pass near

the goal and took it home with a kick for a score that just might have been the clincher.

“My teammates played it through,” Graves said. “They saw an opportunity to hook me up and they took the ball wide, creating some space for me, and they played it through from the line to the center.”

With the first win in the team’s pocket, CG United seems to be on track with previous Summer League squads that have gone deep into the playoffs.

Durham said that only time will tell if this year’s version has the right stuff, but that the potential is definitely there.

“I think so,” he said. “A lot of it depends on who’s on duty, who’s here and who has the commitment to show up.”

Hickam Communities expands renewable energy program

Story and photo by
Hickam Communities

In line with its initiative to create sustainable communities, Hickam Communities is expanding its rooftop photovoltaic (PV) program and hopes to increase its current system capacity of 4 megawatts to 7 megawatts at Joint Base Pearl Harbor-Hickam. In June, Solar City began the first

phase of the expansion installing PV systems on several historic homes between 1st Street and Worthington Avenue.

The project, expected to be complete by the end of the month, helps support Department of Defense energy goals have 25 percent of its energy needs met by renewable energy resources by 2020.

“Our ability to expand PV into

the Historic District demonstrates how well our partnership with the Air Force and Joint Base leadership works to achieve common goals,” Kiki Villanueva, Hickam Communities project director, said. “Taking care of our families also is a shared goal, and financial savings can help provide more resources to support our operations like improvements to our neighborhoods as well as resident events

that help build community among our families such as our upcoming National Night Out event on Aug. 2.”

With the expansion of its PV program, Hickam Communities officials said the company takes another big leap towards achieving its renewable energy goals and helping sustain a healthy community and efficient business operation that can continue to support its families.

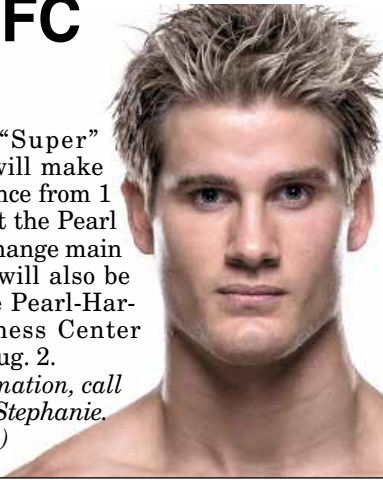


Hickam Communities is expanding its rooftop photovoltaic program.

Meet UFC fighter

UFC fighter “Super” Sage Northcutt will make a special appearance from 1 to 3 p.m. Aug. 2 at the Pearl Harbor Navy Exchange main store. Northcutt will also be at the Joint Base Pearl-Harbor Hickam Fitness Center from 4 to 6 p.m. Aug. 2.

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



Celebrity chefs to prepare meals at Joint Base galleys

Reid Tokeshi

Joint Base Pearl Harbor-Hickam
Morale, Welfare and Recreation

Celebrity chefs Johnny Brava and Ray Lampe are coming to Joint Base Pearl Harbor-Hickam July 26 and 28. Brava and Lampe are part of the Messlords, a volunteer group of famous chefs who perform for U.S. service members.

John “Johnny Brava” Conley is owner of Salsa Brava, considered one of the best Mexican restaurants

in Flagstaff, Arizona. Conley has appeared on the Food Network several times and is a strong supporter of Messlords, having traveled to Bahrain and Guantanamo in the past to cook for service members.

Ray Lampe is known as Dr. BBQ. He has appeared on television and in magazines, cooked in hundreds of barbecue contests and won countless awards. He also judges grilling contests all over the country. Lampe has written several cookbooks and is in the BBQ Hall of Fame.

The first opportunity to enjoy a meal cooked by Brava and Lampe will be from 11 a.m. to 12:30 p.m. July 26 at Silver Dolphin Bistro Galley. The cost is \$5.55 per person.

The second opportunity will be from 11 a.m. to 1 p.m. July 28 at Hale Aina Galley. The meal is a la carte with a 33 percent surcharge.

Both events are open to active duty military, retirees, Department of Defense civilians, and active duty family members. For more information, visit greatlifehawaii.com.

Operation Hele On to be held Aug. 19

Operation Hele On, a mock deployment for kids ages 8 to 14, will be held from 7:30 a.m. to 3 p.m. Aug. 19 at Makai Recreation Center, Joint Base Pearl Harbor-Hickam.

Activities will include a mobility processing line, issuing of dog tags, a mobility bag drag, dive tank demonstration, a C-17 static display and a military working dogs demonstration.

Registration is now through Aug. 5.

Applications and more information are available at www.greatlifehawaii.com.

Roadwork advisory issued

Hickam Communities

An emergency sewer replacement project by NAVFAC is set to commence this week on Porter Avenue by the Hale Na Koa area.

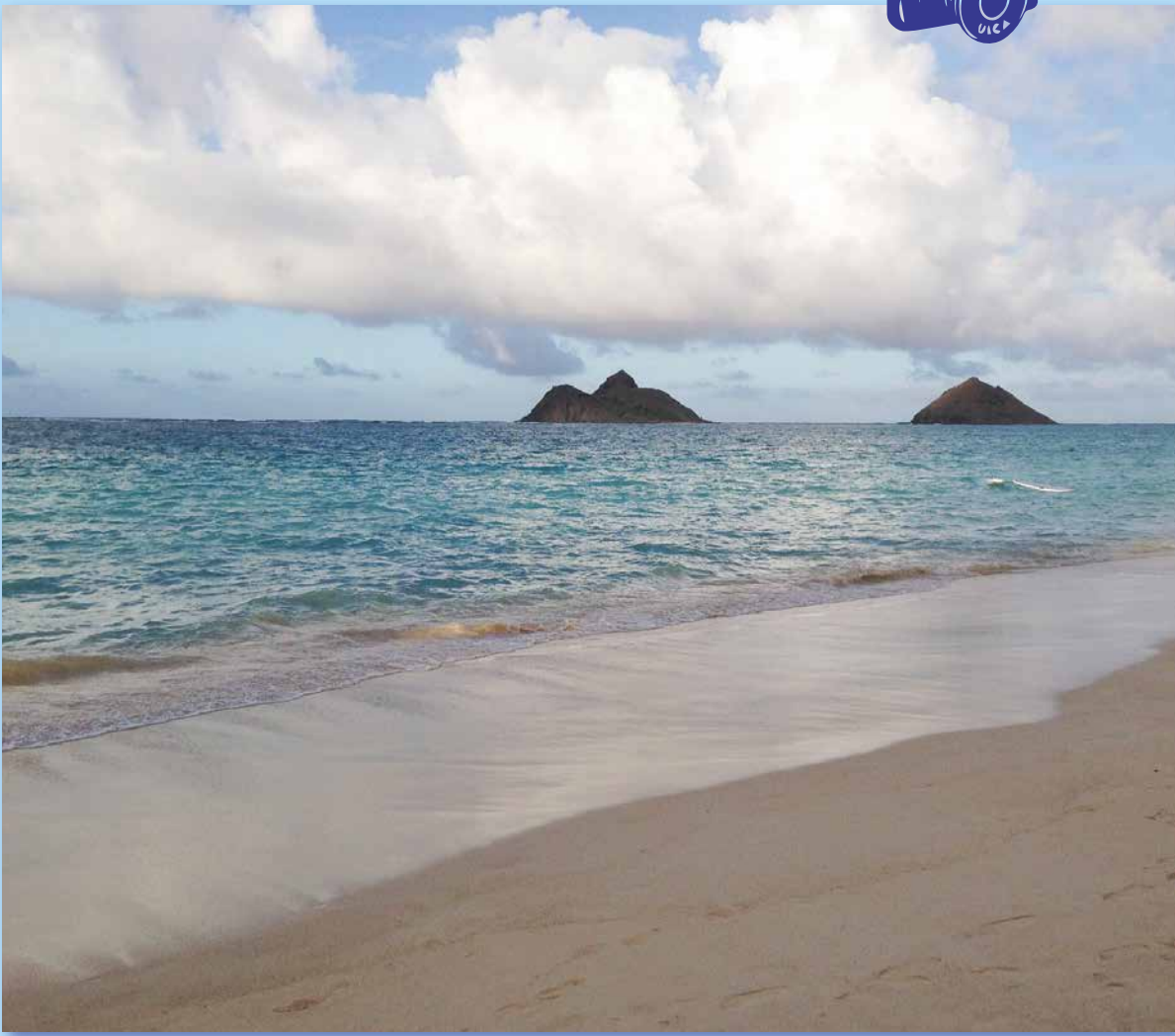
The work will take place in the grassy areas bordering Pearl Harbor between 11th and 17th St. from 7 a.m. to 7 p.m. during regular business days excluding Sundays and holidays.

Motorists are advised to please be mindful of exclusion zones where safety work site fences will be installed, and practice extra caution when passing or driving through them.

You may notice NAVFAC vehicles occasionally parked along these zones, although there are no anticipated road closures or additional parking restrictions given to residents at this time.

This project is estimated to be completed by Sept. 30.

MY FAVORITE PHOTO



Anna Marie General, Ho'okele managing editor, took this recent photo at Lanikai Beach on Oahu.
How to submit: Send your photos to editor@hookelenews.com



REDUCE... REUSE... RECYCLE

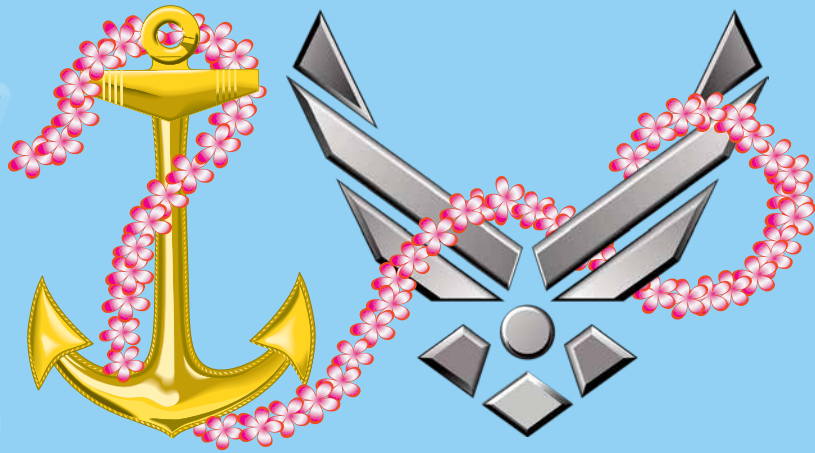
The Joint Base Pearl Harbor-Hickam has two convenient Recycling Center locations standing by to accept your recyclable goods:

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

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

JULY COMMUNITY CALENDAR

HO'OKELE
PEARL HARBOR - HICKAM



BABY EXPO – TODAY

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. 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.

MOVIE IN THE PARK – TODAY

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.

HEALTHY LIFESTYLE FESTIVAL

TODAY TO SUNDAY— 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.

FIVE LOVE LANGUAGES

TODAY, SATURDAY — 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. today 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. Saturday at Hickam Chapel. Lunch will be provided. Register by email for the couples seminar at 692ISRG.HC.CHAPLAIN@US.AF.MIL

CONVOY OF HOPE – SATURDAY

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. FMI: (808) 380-3356 or visit www.convoy.org/oahu.

PRE-TEEN EVENT – SATURDAY

A pre-teen event to celebrate America's birthday will be held from 10 a.m. to 1 p.m. at the Makai Recreation Center, building 1859. The event is for children ages 9 to 12 and the cost is \$5. Food will be served. FMI: 448-0418.

NEW MOMS AND DADS CLASS

JULY 20 — A class for new and soon-to-be parents, or those who are thinking about becoming parents, will be held from 5 to 8 p.m. at Military and Family Support Center Hickam. The session will include discussion of early childhood development, crying and consoling, basic care information, and what to expect in the first year. FMI: www.greatlifehawaii.com or call 474-1999.

CIVILIAN RESUME WRITING – JULY 20

A class on civilian resume writing will be held from 4:30 to 6 p.m. at Military and Family Support Center Pearl Harbor. Registration is highly encouraged. It's also helpful to bring your own laptop, a draft resume and a civilian job announcement you may be interested in. FMI: www.greatlifehawaii.com or call 474-1999.

THRIFT SAVINGS PLAN BRIEF – JULY 20

A Thrift Savings Plan (TSP) brief will be held from 4:30 to 6 p.m. at Military and Family Support Center Pearl Harbor. The TSP is a retirement savings and investment plan for federal employees and members of the uniformed services. FMI: www.greatlifehawaii.com or call 474-1999.

FBI RECRUITMENT – JULY 21

An FBI recruitment event will be held from 9 to 11 a.m. at Military and Family Support Center Hickam. Agency representatives will be available to discuss career choices available, qualification requirements and hiring procedures. FMI: www.greatlifehawaii.com or call 474-1999.

MILLION DOLLAR SPOUSE – JULY 22

A Million Dollar Spouse class will be held from 8:30 a.m. to 3:30 p.m. at Military and Family Support Center Hickam. The class is designed for military spouses who want to learn about budgeting techniques, credit management, savings and investments. FMI: www.greatlifehawaii.com or call 474-1999.

MESSLORDS MEAL – JULY 26, 28

Navy Entertainment will present a Messlords special meal with celebrity chefs Ray Lampe and Johnny Brava. The meal will be from 11 a.m. to 12:30 p.m. July 26 at the Silver Dolphin Bistro at a cost of \$5.55 per person, and from 11 a.m. to 1 p.m. July 28 at the Hale Aina Dining Facility at an ala cart cost with a 33 percent surcharge. The meal is open to active duty military, retirees, Department of Defense civilians and family members of active duty with a valid DoD ID card. FMI: www.greatlifehawaii.com.

MEET THE FIGHTER – JULY 30, 31

UFC fighter Hector Lombard will make a special meet-and-greet appearance from 11 a.m. to 3 p.m. July 30 at the Pearl Harbor Navy Exchange (NEX) mall sporting goods section. Authorized patrons can take pictures and get autographs with the pro athlete. Lombard will also make an appearance from 11 a.m. to 2 p.m. July 31 at the Hickam Exchange main store, Joint Base Pearl Harbor-Hickam. FMI Stephanie.Lau@nexweb.org or 423-3287 and newmanbe@aafes.com or 423-7694.

MOVIE SHOWTIMES



FREE ADVANCE SCREENING SUICIDE SQUAD

A free advance screening of the action adventure movie "Suicide Squad" will be held at 4 p.m. July 30 at Hickam Memorial Theater. Doors will open at 2 p.m. Patrons are advised to come early to secure their seats. Tickets will be available at the Hickam Exchange food court. "Suicide Squad" is rated PG-13. It stars Will Smith, Jared Leto, Margot Robbie, Joel Kinnaman, Viola Davis, Jai Courtney and Jay Hernandez. The movie is the tale of an assembled team of the world's most dangerous, incarcerated super villains, provided with the most powerful arsenal at the government's disposal, and sent off on a mission to defeat an enigmatic entity.
(For more information, call 423-7694.)

SHARKEY THEATER

TODAY – JULY 15

7:00 PM Central Intelligence (PG-13)

SATURDAY – JULY 16

2:30 PM Finding Dory (3-D) (PG)

4:40 PM Now You See Me 2 (PG-13)

7:20 PM Warcraft (PG-13)

SUNDAY – JULY 17

2:30 PM Finding Dory (PG)

4:40 PM Finding Dory (3-D) (PG)

6:50 PM Central Intelligence (PG-13)

THURSDAY – JULY 21

7:00 PM Me Before You (PG-13)

HICKAM MEMORIAL THEATER

TODAY – JULY 15

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

SATURDAY – JULY 16

3:00 PM The Angry Birds Movie (PG)

Me Before You (PG-13)

SUNDAY – JULY 17

3:00 PM Alice Through The
Looking Glass (PG)

THURSDAY – JULY 21

7:00 PM Teenage Mutant Ninja
Turtles: Out of The
Shadows (PG-13)



Summer



OUTDOOR RECREATION



Joint Base MWR

Joint Base Morale, Welfare and Recreation will hold upcoming events for adults and children. For more information visit www.greatlifehawaii.com or subscribe to MWR's digital magazine Great Life Hawaii.

● Outrigger canoe paddling at Honeymoon Beach will be held from 7:30 to 8:30 a.m. July 22 at Honeymoon Beach. The cost is \$3 per session. Participants of all ability levels are welcome. Pre-registration is required. Participants must sign up by July 20. For more information and to sign up, call 449-5215.

● Kids' book club will be held from 2 to 3 p.m. July 20 at the Joint Base Library. "Escape from Mr. Lemoncello's Library" will be discussed. For more information, call 449-8299.

● A pre-teen event will be held from 10 a.m. to 1 p.m. July 16 at Makai Recreation Center, building 1859. This event is open to preteens ages 9 to 12 years old. The cost to attend is \$5. Keystone Club and JBPHH pre-teens will celebrate America's birthday with games and activities. Food will be served. For more information, call 448-0418 or visit JBPHH PreTeens on Facebook.

● Moonlight paddle will be held from 8 to 10 p.m. July 19 at Outdoor Recreation-Hickam Harbor. The cost to participate is \$25. The trip includes all required gear. Participants should bring water and dry clothes to change into after the activity. Participants of all paddling abilities are welcome. Sign up by July 16. For more information, call 449-5215.

● Golf tournament will be held July 21 at Mamala Bay Golf Course. The course will be closed to regular play during the tournament. For more information, call 449-2304.

● Bottom fishing at Hickam Harbor will be held from 2:30 to 5:30 p.m. July 23 at Outdoor Recreation-Hickam Harbor. The cost to participate is \$30. Register online by July 20. (Registration available online only). This trip is for experts and beginners alike. The trip includes gear, bait, guides and the boat. Participants should bring a snack and water. For more information, call 449-5215.

● Stand-up paddleboarding of Haleiwa River will be held from 8 a.m. to 1 p.m. July 23 at the Outdoor Adventure Center at the Fleet Store. The cost to participate is \$25. The route begins at one end of the bay, across Haleiwa Beach Park, around the jetty, and into the river. The activity includes hidden views behind the riverside houses and of the valley and turtles, which are frequently spotted up the river. Sign up by July 21. For more information, call 473-1198.

● Learn to spearfish will be held from 9 a.m. to noon July 23 and 24 at Outdoor Recreation-Hickam Harbor. The cost to participate is \$60. Register online by July 20. (Registration is available online only). The

first day's class is held at Hickam Pool and lasts for about three hours. The second day's class, depending on skill level, includes two dives from the boat. For more information, call 449-5215.

● Red, White and Blue 10K will begin at 7 a.m. July 23 at the Hickam Fitness Center. The cost to participate is free. The theme is Independence Day. Awards will be given to each winner in the following categories: men's and women's, youth boy's and girl's (17 and under) and men's and women's stroller. For more information, call 448-2214.

● Hike Koko Head bridge to ridge will be held from 7 a.m. to noon July 24 at the Outdoor Adventure Center-Fleet Store. The cost to participate is \$20. The hike's route starts at the parking lot to Halona Blowhole on the southeast coast of Oahu through a lava tube leading to the trailhead. Rock climbing skills, comfort with heights, and overall total fitness will be tested. This one-mile hike includes views of the coastline along the easy part of the hike, the bridge, and swimming at Halona Cove after the hike. It is very short but very challenging and dangerous. Sign up by July 22. For more information, call 473-1198.

Get the gulp on energy drinks

Defense Commissary Agency
Patricia Deuster, Andrea Lindsey and Caitlin Wong

When you feel like you’re dragging and perhaps lacking in sleep, reaching for an energy drink may be a tempting option for a boost or just a tasty beverage with a little extra “kick.” Although on occasion, one of these may be your “quick fix,” using energy drinks habitually or throughout the day, instead of eating a nutritious diet and getting adequate sleep, is not a healthy habit.

Here is some guidance to assist you in consuming energy drinks safely.

- Be aware of caffeine content. Consuming multiple energy drinks throughout the day is not the best choice in promoting optimal performance and may result in excessive caffeine consumption. Too much caffeine may result in symptoms such as nervousness, shakiness, rapid heart rate and trouble sleeping. Across the many brands of energy drinks, caffeine can range from 20 to 316 mg per 8 oz. serving. Read the Operation Supplement Safety (OPSS) FAQ about caffeine to learn how to use caffeine effectively.

- Pay attention to serving sizes. The Dietary Guidelines for Americans recommend that Americans focus attention to the serving size and the corresponding servings per container on the Nutrition Facts (or Supplement Facts) label to assist in making the best choices for their overall health, performance and wellness goals. Just like many products, some energy drink cans provide two servings, which can mean

double the amount of calories, sugar and, in the case of energy drinks, caffeine.

- Limit calories from added sugar. The Dietary Guidelines for Americans also recommend we limit the calories in our diets from added sugar to no more than 10 percent. This is about equal to 50 grams or less of added sugar for someone on a 2,000 calorie per day diet. Some energy drinks may have as much as 13 teaspoons of table sugar (sucrose) per can. This is about 52 grams of table sugar. Be sure to always look at the Nutrition Facts label on all your beverages as a healthy habit in making informed decisions. To quench your thirst, water is best because it has no added sugars or calories.

- Check energy drink labels. Also be sure to evaluate the ingredients list on the energy drink label. Caffeine is found in other ingredients such as guarana, green coffee bean, green tea and yerba maté. The labels provide the total caffeine content from all sources, but it may be listed “per oz.,” “per serving,” or “per can,” so you may have to do some math in your head. In addition, the Nutrition Facts label doesn’t currently provide the actual grams of added sugar, and as we all know, added sugar has many other names like sucrose, high fructose corn syrup, agave nectar, molasses, cane juices, maltose, dextrose, malts. In fact, there are more than 56 names for added sugar. For example, “cane,” “syrup,” “malts” and ingredients with “ose” at the end of their names (fructose, sucrose and dextrose) are all sugars.

- More is not better. If you drink these bev-

erages, more is not better. When using energy drinks, be aware of how much caffeine you’re consuming and remember that they are not sports drinks and will not hydrate you. Know that hydration with water, along with getting adequate sleep and eating a nutritious diet are the best tools in assuring you have energy and perform at your optimal level.

- Avoid use close to bedtime. To assist with getting adequate sleep, don’t consume an energy drink six hours before bedtime.

- Heed warnings regarding child use. Finally, parents of children under 18 should read the rec-

ommendations from the American Academy of Pediatrics, which warn against the use of energy drinks by children and adolescents, and other guidelines submitted by professional organizations.

(For more information, visit hprc-online.org/opss. About the authors: Patricia Deuster is professor and director at the Consortium for Health and Military Performance (CHAMP), Andrea Lindsey is a senior nutrition scientist with CHAMP and director of operation supplement safety, Caitlin Wong is a nutrition education specialist with CHAMP.)



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). Dates and locations are updated regularly online as new drives are scheduled. Donors are encouraged to schedule an appointment online, call to make an appointment, and check www.military-blood.dod.mil for the latest information.

The following are a few basic requirements that must be met in order to donate blood with the ASBP. In general, donors need to:

- Have not donated blood previously within the last eight weeks.
- Weigh at least 110 pounds.
- Be at least 17 years of age.
- Have been feeling well for at least three days prior to donating.
- Be well hydrated and have eaten something prior to donating.
- Have picture ID and know when/where you have traveled.
- Be able to list the types of medications currently being taken.

Currently scheduled drives include:

- July 18, 9 a.m. to 1 p.m., Makalapa Clinic, Joint Base Pearl Harbor-Hickam
- July 25, 9 a.m. to 1 p.m., room 2A207, Tripler Army Medical Center
- July 26, 8 a.m. to 3:30 p.m., room 2A207, Tripler Army Medical Center
- Aug. 10, 9 a.m. to 1 p.m., 2293 Victor Wharf Access Road, building 992, SPAWAR Hawaii
- Aug. 16, 11 a.m. to 3 p.m., PX, Schofield Barracks
- Sept. 9, 11 a.m. to 3 p.m., NEX, Tripler Army Medical Center

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