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“Navigator” HO'OKELE

FOR THE NAVY AND AIR FORCE TEAM IN HAWAII

August 5, 2016

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

Volume 7 Issue 30

Rim of the Pacific 2016 concludes

Lt. Miranda Williams

Commander, U.S. 3rd Fleet

Forty ships and submarines representing 13 international partner nations steam in close formation July 28 during Rim of the Pacific 2016.

U.S. Navy photo by MCI Ace Rheau



The world's largest international maritime exercise concluded Aug. 4, after more than a month of training events conducted in and around the Hawaiian Islands and Southern California.

Twenty-six nations, more than 40 ships and submarines, more than 200 aircraft and 25,000 personnel participated in Rim of the Pacific (RIMPAC) 2016, more countries and personnel than in any previous years. This year's RIMPAC marked the 25th in the series that began in 1971 and is now held every two years.

Hosted by U.S. Pacific Fleet, RIMPAC 2016 was led by U.S. Vice Adm. Nora Tyson, commander of the U.S. 3rd Fleet, who served as the combined task force commander. Royal Canadian Navy Rear Adm. Scott Bishop served as deputy commander of the Combined Task Force, and Japan Maritime Self-Defense Force Rear Adm. Koji Manabe was the vice commander.

Other key leaders of the multinational force included Commodore Malcolm Wise of the Royal Australian Navy,

who commanded the maritime component; Brig. Gen. Blaise Frawley of the Royal Canadian Air Force, who commanded the air component; and Royal New Zealand Navy Commodore James Gilmour, who led the amphibious task force.

"RIMPAC 2016 was an unqualified success. The collaboration and cohesiveness between participants proved that we can operate effectively with our partner nations and that we will be ready in the Pacific if or when we're called upon," Tyson said.

Tyson said the involvement of so many different countries working together to successfully accomplish RIMPAC was a strong reminder of the unity coalition forces can exhibit in a real-world situation.

"From the beginning harbor phase to the closing ceremony reception, the different nations have demonstrated their capability and proven themselves to be very adaptive during the entire exercise," Tyson said. "It's all about our working together

and becoming better partners and understanding how we work together in different scenarios."

This year's RIMPAC participants included Australia, Brunei, Canada, Chile, Colombia, Denmark, France, Germany, India, Indonesia, Italy, Japan, Malaysia, Mexico, Netherlands, New Zealand, Norway, People's Republic of China, Peru, the Republic of Korea, the Republic of the Philippines, Singapore, Thailand, Tonga, United Kingdom, in addition to the United States.

The U.S., Australia and Canada have participated in all 25 RIMPAC exercises since 1971. RIMPAC 2016 marked the first time Den-

mark, Germany and Italy participated in the maritime exercise. Each nation displayed capabilities ranging from disaster relief and maritime security operations to sea control and complex warfighting exercises, including a mass casualty drill, replenishments at sea, submarine search and rescue, aircraft refueling and multi-day diving operations.

Additionally, a harpoon missile shoot from littoral combat ship USS Coronado (LCS 4) and amphibious operations in the Southern California area of operation were exhibited for the first time during a RIMPAC training scenario.

"RIMPAC 2016 was a tremendous opportunity for all of us," Bishop said. "We worked with exceptionally talented men and women from across the Asia-Pacific region, and we had the opportunity to share knowledge and develop a better understanding of one another's perspectives."

Commodore Wise said this year's exercise also had several real-world challenges

that tested RIMPAC participants.

"We had a very successful exercise on the back of ensuring safety as a high priority, including a brief pause in the exercise program to deal with Hurricane Darby during a key phase of the force integration period," Wise said.

"For me, the impact of the hurricane on July 25 showed how adaptive both the ships at sea and the staff in the relevant headquarters could be, and therefore worked together to achieve both a safe exercise and develop strategies in good time."

RIMPAC 2016's theme of "capable, adaptive partners" highlights participating nations demonstrating the flexibility of maritime forces to meet regional and global challenges for mutual benefit. 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.

Navy breaks ground on 11th Red Hill groundwater monitoring site

**Navy Region Hawaii
Public Affairs**

The Navy resumed work July 27 on a new groundwater monitoring well—its 11th monitoring site—near the Red Hill Bulk Fuel Facility, demonstrating an ongoing commitment to protect drinking water on Oahu.

The monitoring well is one of four new wells to be installed in coming months. It will help scientists and Navy engineers sample and check water quality and evaluate how groundwater moves in the vicinity of Red Hill.

The installation of the newest monitoring well is in accordance with the Administrative Order on Consent agreement with the Environmental Protection Agency (EPA) and State of Hawaii Department of Health (DOH).

In EPA's latest Red Hill website update, the agency states the Navy has been testing groundwater at the Red Hill facility since 2005 and adds, "These new wells will supply additional data to identify the presence of contamination, better



U.S. Navy photo by MC2 Gabrielle Joyner

Capt. Richard Hayes, left, commanding officer of NAVFAC Hawaii stands next to Capt. Ken Epps, right, commanding officer of NAVSUP Fleet Logistics Center Pearl Harbor during a visit to the Red Hill Bulk Fuel Facility, July 19.

characterize groundwater flow, and guide future investigations."

Understanding Red Hill geology and groundwater flow is a high priority. The

Navy broke ground for the well earlier this month, but digging was temporarily put on hold due to Tropical Storm Darby.

"Last week we began

installing an additional groundwater monitoring site to better understand exactly how groundwater moves in the area," Rear Adm. John Fuller, Com-

mander, Navy Region Hawaii and Naval Surface Group Middle Pacific, said. "Public records confirm that all drinking water remains safe, and this well is more tangible evidence that we are committed to keeping the drinking water safe."

EPA reports: "Public water systems that supply drinking water to Oahu residents are required to routinely test drinking water for contaminants. All drinking water supplies in the vicinity of Red Hill continue to meet all federal drinking water standards."

The installation of the new well coincides with visits by groups of senior civilian leaders and delegates this month. Navy subject matter experts provide tours of the facility and status update briefings to community and national leaders.

"In the past two-and-a-half years, we hosted several hundred legislators, community leaders and other stakeholders for visits to the Red Hill facility. At the same time, we continue to work closely with regulators to protect the

aquifer," Fuller said.

Since 2006, the Navy has invested nearly \$200 million to continue modernizing Red Hill. At a cost of half-a-million dollars, construction of this latest monitoring well is expected to take about one month and be completed by the end of August.

The Navy will continue to routinely take water samples and send them to an independent accredited commercial laboratory for analysis, using industry-standard EPA test methods. And the Navy will continue to submit test results to DOH and EPA for evaluation, assessment and public dissemination.

Data from groundwater samples are designed to identify whether additional action is warranted. Red Hill is a key part of the Rim of the Pacific exercise 2016. It is a national strategic asset that provides fuel essential to our nation's defenders.

Information and photos are available at www.cnic.navy.mil/redhill or <https://www.epa.gov/red-hill>.

Interment ceremony of Pearl Harbor survivor held at Punchbowl

Story and photos by
MC2 Gabrielle Joyner

The ashes of Cmdr. Raymond J. Orr were interred in the National Memorial Cemetery of the Pacific at Punchbowl during a ceremony Aug. 1.

Orr's children, grandchildren and other family members were among those in attendance.

"The ceremony was amazing and not what I was expecting. There were so many more personnel here than I expected," Kathy Upchuch, Orr's eldest daughter, said. "It really was wonderful."

Military honors included a gun salute and the presentation of the burial flag to the family by Joint Base Pearl Harbor-Hickam Honors and Ceremonial Guard. Retired Master Chief Petty Officer Jim Taylor, Pearl Harbor Survivor liaison, re-counted Orr's stories from Dec. 7, 1941.

On Dec. 7, Orr, a 19-year-old seaman at the time, was on his way to the church service on the Bagley-class destroyer USS Bagley (DD 386) when he heard the drone of approaching planes.

"There were a couple of serendipitous things that happened during the ceremony," said Jim Orr, Orr's youngest son. "For example, at the beginning a single plane flew over as Taylor was beginning to talk about the planes that



my dad saw, and the light rain that started when we placed the urn."

In 1943, Orr received a commission after receiving a recommendation from his skipper. He then departed the Bagley and enrolled into Princeton University. He continued climbing through the ranks until 1965 when he retired from active duty as a commander.

After the ceremony, Jim Orr spoke about his father's ability to connect with other people, as well as his compassion and understanding.

"To him, I think being a hero was not what he understood his role to be. I always admired his capacity and his grace to comprehend the humanity of his ostensible enemy during WWII," Jim Orr said. "More than once, he said, he found himself in the middle of a battle thinking, 'that poor guy on the other side is just like me.'"

Since Orr was a witness of Pearl Harbor and a high-ranking officer, he became an important and respected voice against the futility of war, exemplified by the realities he could never forget, according to Orr's family. Orr's messages were heard at Memorial Day commemorations, Veteran's Day events and as part of his yearly visits with schoolchildren while relating his wartime experiences.

JBP HH, NAVFAC team up to restore reef ecosystem

Story and photo by Staff
Sgt. Christopher Stoltz

Joint Base Pearl Harbor-Hickam Public Affairs

With the eventual goal of restoring and strengthening the Ahua Reef ecosystem near Hickam Beach, Airmen, Sailors and civilian personnel at Joint Base Pearl Harbor-Hickam (JBPHH) teamed up during a reef cleanup event, held July 29.

The event, which was hosted by Naval Facilities Engineering Command (NAVFAC) Hawaii, educated volunteers about the diverse ecosystem and the endangered species which reside on Hickam's beach area.

"The goal of this cleanup is to not only help preserve the wildlife, but to raise environmental awareness," said Culinary Specialist 1st Class Jenny Bueso, JBPHH Fleet and Family Readiness. "There are plenty of people here who are not aware of what is happening on our aina (land). Many people think this is just the beach, but there's a whole ecosystem here, and it's under attack for not just invasive species — but from people who are negligent toward it."

Rebecca Smith, NAVFAC Ha-

waii natural resource manager, said she hopes her team can make an impact on the areas here at JBPHH, but said they need help, and more bodies, to make it possible.

"The goal we have in mind is to make a cleanup event like this quarterly or even monthly," Smith said. "The long-term goal of the project itself is to restore the wetland area to normalcy, which will support Hawaiian plant and animal wildlife."

According to Corrina Carnes, an intern with the Student Conservation Association and lead of the beach cleanup project, there are more things hurting Ahua Reef than just the humans who like to visit its waters.

"The most invasive species is the pickleweed, which has been taking over some of the beach area," Carnes said. "Not only is it fast to grow, but incredibly resilient to saltwater, making it incredibly difficult to eradicate. The reason why it poses such a threat is because although it grows fast and has incredible resolve, animals cannot use it as a food source, and it is slowly destroying the rest of the ecosystem."

The invasive species like the pickleweed combined with the mistreatment of the land



Volunteers remove bundles of pickleweed and other growth during the Ahua Reef cleanup event held July 29 at Joint Base Pearl Harbor-Hickam.

is harming endangered native Hawaiian species including: the Hawaiian duck (koloa maoli), Hawaiian coot ('alae ke'oke'o), Hawaiian common moorhen ('alae 'ula), and Hawaiian stilt (ae'o). Protection of these species is mandated by Endangered Species Act. Loss of wetland habitat was cited as one of the primary causes for

their decline at Fort Kamehameha Beach and Ahua Reef in a study by the U.S. Fish and Wildlife Service.

Smith said beyond being a federal requirement to protect endangered species, volunteering for events like this is simply the right thing to do.

"It's important to me, and many of us out here, that we

take care of the community around us," Smith said. "If we are going to be inhabiting this land, then we should do the right thing and take care of it—we should reduce the impact we have on it."

For more information about the ongoing restoration project, or to volunteer, call Rebecca Smith at (808) 474-0125.

FACES OF RIMPAC



Brunei
Lt. Cmdr.
Muhd Shahmun Azimin
Hj Awg Asli
Royal Brunei Navy

"This is my second RIMPAC and I hope to come back for RIMPAC 2018 with the ship I am currently assigned to—KDB Darulaman (OPV 08) Offshore Patrol Vessel of the Royal Brunei Navy. I have been in for 14 years and I feel like RIMPAC has been a highlight of my career."

U.S. Navy photo by MC2 Katarzyna Kobijak



Canada
Col. Darcy Molstad
Canadian Armed Forces

"RIMPAC is a great training opportunity so far, as we've had the opportunity to build our camp from scratch. This allows us to conduct tasks as though we are deployed somewhere that doesn't have the infrastructure available to conduct operations. We then work to integrate our air detachments into that construct which allows us to support a coalition as quickly and as effectively as possible."

Canadian Forces photo by MCpl Mathieu Gaudreault



Canada
Ordinary Seaman Randy Klausnitzer
HMCS Yellowknife

"RIMPAC has been a great opportunity to learn, gain experience and work with the other sailors from different countries. Other navies may do some things differently, but the one thing we have in common are all the navy traditions."

Royal Canadian photo by MS Andre Bienvenu



China
Petty Officer 1st Class
Han Fuxiao
Chinese Navy Diver

"It was a great experience that I became a father while I was diving in Hawaiian waters with Mobile Diving and Salvage Unit-1 colleagues. I will never forget this RIMPAC."

Courtesy photo



Denmark
Lt. Cmdr.
Anjaliva Petersen
Danish Defense Command, Naval Staff

"I love RIMPAC, it's fantastic. I am so amazed by the sheer amount of participation and devotion by all of the Sailors from all the nations involved. We are all such individuals, from different commands and different nationalities, and yet we are able to come together in good spirit and comradery and help each other evolve."

U.S. Navy photo by MC2 Jeffrey Troutman



Korea
Petty Officer 3rd Class
Hotae Kim
ROKS Sejong the Great (DDG 991)

"RIMPAC is really important to me. I am very proud that I can meet a variety of sailors and do cultural and diplomatic interchange as a representative of ROK Navy. I am so proud that my English skill was used in enormous exercise—it cannot be forgettable."

Republic of Korea Navy photo by Public Affairs CPO Hojin Choi



Singapore
Capt. Kah Boon Ang
Republic of Singapore Air Force

"At RIMPAC, you get to operate together with so many countries and this is something different from the bilateral exercises that we are used to closer to home. Even doing cross decks with the various nations is an interesting experience because of the different languages that we all speak. But you realize that ultimately we are all working towards a common mission and it is great to learn from one other."

Photo by Claire Yeoh



United States
FC2 Christopher Ulibarri
USS Bremerton (SSN 698)

"This is the fourth RIMPAC I've been here for. It's a great opportunity to build relationships with other countries through friendly competition. This place gets a little congested but everyone gets along pretty well and it's usually a really good experience."

U.S. Navy photo by MC2 Shaun Griffin

Diverse VIEWS



What was your favorite and least favorite subject in school?



Staff Sgt. Jesse Ballard
15th Aircraft Maintenance Squadron

"My favorite subject in school was biology, and my least favorite subject in school was math. It wasn't that I couldn't do math, I just wasn't interested. And the higher I went in math, the less useful it seemed."

MA3 Colton Cardi
JBPHH Security

"My favorite subject was history and my least favorite subject was math."



William Jones
647th Force Support Squadron

"My favorite subject in school was science. I enjoyed the direct cause and effects that science taught. My least favorite was English. English had too many variables like, when to use commas and when not to use them. Drove me crazy."

FC3 Brittney Maddox
USS Chung-Hoon (DDG-93)

"My favorite subject was philosophy and my least favorite subject was Spanish."



MC1 Phillip Pavlovich
COMPACFLT

"My favorite subject was art and my least favorite subject was math."

Senior Airman Candice Puga
324th Intelligence Squadron

"My favorite subject in school was science, and my least favorite is math. I can't do math to save my life."



Airman 1st Class Austin Shull
15th Aerospace Medicine Squadron

"My favorite subject in school was math. My least favorite subject was history. I enjoy finding solutions to questions with definitive answers. It keeps me from losing interest."

CEC (SEL) Richard Simbre
NAVFAC Hawaii

"My favorite subject was math and my least favorite subject was social studies."



*Provided by David D. Underwood Jr.
and CWO2 Luther Cleveland*

Want to see your command featured in Diverse Views?
Got opinions to share?
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Commentary

RIMPAC 2016: An exercise in response and interoperability

Rear Adm. Frederick J. "Fritz" Roegge

Commander, Submarine Force, U.S. Pacific Fleet



Rear Adm. Frederick J. "Fritz" Roegge

This year, I had the privilege to serve as Rim of the Pacific (RIMPAC) 2016's theater anti-submarine warfare commander and submarine operating authority. I had two major goals in this position. The first is the safety of RIMPAC submarines and personnel while training in the Hawaiian operating area, and the second is training RIMPAC forces to improve our ability to operate together.

Meeting these objectives is no small task: RIMPAC 2016 is the largest ever, featuring 47 ships (including five submarines) from 26 nations, for many of whom English is a secondary language. So these two objectives, safety and training, are related.

To enhance exercise safety, there's an ever-escalating series of training events. This begins with briefing and training in-port during the harbor phase, progresses through unit-level training in coordinated anti-submarine exercises and leads to group level-training through integrated operations concluding with free-play.

If our training is effective and we do our job well managing waterspace and preventing interference,

then every participating ship will complete RIMPAC with no scraped paint or dented fenders—or worse. But preparing for what could be "worse" is also part of RIMPAC 2016.

As the size of RIMPAC increases, so does its complexity and the scope of RIMPAC events. This year it's notable that we conducted the first-ever RIMPAC bilateral and multinational submarine rescue vignette. The humanitarian nature of search and rescue makes for common ground; all countries should be able to cooperate in submarine rescue, but good intentions aren't enough. It also requires very specialized equipment and expertise that must be practiced.

Approximately 50 navy military and civilian personnel from eight countries kicked off the submarine escape and rescue exercise with a symposium where participants reviewed

global submarine search and rescue techniques, including the use of the International Submarine Escape and Rescue Liaison Office rescue coordination website.

Australia, Canada, Chile, China, the Republic of Korea, Japan and the United Kingdom joined us for the symposium, which was followed by a submarine rescue tabletop exercise held at Joint Base Pearl Harbor-Hickam.

The tabletop exercise was structured to take participants through the critical decision-making process of searching for and locating a disabled submarine.

The nations participating in the tabletop worked through the complex scenario for global rescue system deployment and exchanged ideas on ways to further improve cooperation for any real event with an overall goal to minimize time to first rescue.

Following the tabletop exercise, we practiced what we learned and took our partnership to sea.

During the at-sea exercise, U.S. Navy submarine rescue experts embarked the Chinese navy submarine rescue ship Changdao (ASR 867) and worked with Chinese navy counterparts to launch the PLA(N) undersea rescue vehicle LR-7.

The purpose of this event was to demonstrate that the LR-7 is compatible with the rescue seating surfaces

on western submarines. To do this, the U.S. Navy has a seating surface of the correct dimensions that can be used for training. Divers from Mobile Diving and Salvage Unit One—using their mixed gas helium oxygen deep diving system from Military Sealift Command's Rescue and Salvage Ship USNS Safeguard—placed this training rescue seat on the bottom just off the coast of Oahu. The LR-7 then conducted a successful, first-ever mating evolution with this faux-U.S. rescue seat.

It was a completely successful exercise on both sides. All participants agreed the rescue vehicle mating exercise was a culmination of a very detailed and well-planned RIMPAC training evolution.

There are more than 400 submarines operating around the world and their numbers are growing. And the ocean is not very forgiving, so although it's rare for a modern submarine to become disabled, it's not unprecedented. You hope you never have to use these submarine rescue skills in a real-world scenario, but it's important that we have them and that we're ready at a moment's notice to use them. With the successful completion of these RIMPAC submarine escape and rescue events, we've added to the community and the capability that can respond should there ever be a need to do so.



Chinese navy photo by Kaiqiang Li

Sailors from the Chinese navy submarine rescue ship Changdao (867) retrieve an LR-7 submersible undersea rescue vehicle off the coast of Hawaii after a successful mating evolution between the LR-7 and a U.S. faux-NATO rescue seat laid by USNS Safeguard (T-ARS-50), during Rim of the Pacific 2016.

Planes fly in formation



P-40 aircraft from Hickam Field fly in formation over Oahu, Aug. 1, 1941.

Photo courtesy of Hawaii Department of Transportation

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Members of the Royal New Zealand Navy's Littoral Warfare Unit locate a missing shipping container as part of an exercise during RIMPAC 2016.



U.S. Marines with Company E, Battalion Landing Team 2nd Battalion, 3rd Marine Regiment, participate in a beach assault exercise during RIMPAC 2016.



A U.S. Marine Corps KC-130J Hercules and two CH-53E Super Stallions conduct a refueling exercise during RIMPAC 2016.



Fireman Machinery Technician Alexis Knapp, from Danbury, Connecticut, assigned to U.S. Coast Guard cutter Stratton (WMSL 752), secures a soft patch during a rescue and assistance exercise aboard the guided-missile destroyer USS Stockdale (DDG 106) during RIMPAC 2016.



U.S. Marines participate in an amphibious assault exercise on Bellows Beach during RIMPAC 2016.



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RIMPAC

2016



U.S. Navy photo by MC1 Jason Noble

(Above) Two F/A-18 Hornets fly in formation over the guided-missile cruiser USS Princeton (CG 59) during RIMPAC 2016.

U.S. Navy photo by MC2 Holly L. Herline

(Below) Aviation Electronics Technician 3rd Class Kaylyn Breast, assigned to the “Magicians” of Helicopter Maritime Strike Squadron (HSM) 35, performs a daily maintenance check on an MH-60R Sea Hawk helicopter in the hangar bay of the Arleigh Burke-class guided-missile destroyer USS Shoup (DDG 86) after completing flight operations, during RIMPAC 2016.



U.S. Navy photo by MC2 Holly L. Herline

Damage Controlman 3rd Class Erik Michel, assigned to Arleigh Burke-class guided-missile destroyer USS Shoup (DDG 86), walks to a safe area on the flight deck after securing from refueling an MH-60R Sea Hawk helicopter attached to the “Magicians” of Helicopter Maritime Strike Squadron (HSM) 35 while conducting flight operations, during Rim of the Pacific 2016.



U.S. Navy photo by MC1 Jason Noble

(Below) The Nimitz-class aircraft carrier USS John C. Stennis (CVN 74) conducts helicopter operations at sunset during RIMPAC 2016.



Royal New Zealand Navy photo by Petty Officer Chris Weissenborn

Victor Company lands at Bellows Beach during the Rim of Pacific 2016. Victor Company is comprised of three platoons from U.S. Marine Corps, His Majesty's Armed Forces Tonga, and the New Zealand army who carried out an amphibious assault at Bellows Beach during RIMPAC 2016.






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No purchase necessary to participate. Must be a Hawaii resident, 18 or older. Photos must have been taken this summer and will be accepted online through August 29, 2009. One photo submission per household. Photos are not limited to the photo contest and will be made. Winners responsible for all taxes applicable to the value of the prize(s) received. Judges will select their favorite for 1st, 2nd and 3rd place prizes, and their favorite for Star-Advertiser online photos. Photos submitted to Online Publications Inc. by mail.

USS Stockdale, U.S. Coast Guard conduct boarding exercise

**Story and photos by
MC3 David Cox**

Commander, U.S. 3rd Fleet

Arleigh Burke-class guided-missile destroyer USS Stockdale's (DDG 106) Visit, Board, Search, and Seizure (VBSS) team and U.S. Coast Guard cutter USCG Stratton's (WMSL 752) Maritime Security Response Team (MSRT) performed their third joint boarding exercise, July 25.

The Coast Guard utilizes MS-RTs to provide an advanced interdiction force for higher-risk law enforcement and counter-terrorism operations under the authority of the Department of Homeland Security.

Stratton's team consists of nine maritime law enforcement specialists. Six of them boarded Stockdale, which acted as a merchant vessel suspected of smuggling during the exercise.

"We came on board and pretty much did a standard administrative boarding, since the ship was suspected of smuggling," Maritime Enforcement Specialist 1st Class Hugo Paz, said. "We had to frisk everybody and muster the crew amidships, stand security over the people that were mustered, and talk to the Captain and check documentation."

Lt. j.g. Daniel Alden, who played the role of the ship's master operator during the evolution, said having Stockdale's VBSS team interact with the MSRT allows both teams to learn significantly from each other.

"I love working with the Coast Guard ... they're incredibly proficient at this, because this is one of their main operations," Alden said. "They deal with the law enforcement side more than we do, but we go places that they typically don't. It's always good to get practice with them to see how they operate, so that we can tailor fit our boarding procedures."

The exercise allowed both Stratton and Stockdale to improve boarding techniques and procedures, which will ultimately help the Coast Guard and Navy refine their maritime interdiction operations.



GOT SPORTS

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STORY IDEAS?

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

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Life & Leisure

Messlords cook, entertain and educate during stop at JBPHH

Madison Garcia

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

The Messlords—celebrity chefs Ray Lampe, better known as Dr. BBQ, and John “Johnny Brava” Conley—recently visited Joint Base Pearl Harbor-Hickam, where they prepared meals for patrons of Silver Dolphin Bistro Galley on July 26 and Hale Aina Galley July 28.

Messlords is a tour of celebrity chefs dedicating time to work in military kitchens with around the world.

“I chose the opportunity to give back,” Lampe said. “I’m not here on vacation, I’m here to work with young Sailors and Airmen and that’s the fun part for me, to share what I know.”

“The crowd was wonderful, but for me it has been an amazing experience primarily because we get to spend 10 hours a day with the CSs [culinary specialists],” Conley said, “We were well received in both galleys; they were ready for us and hungry for information. This was a great group. All the jobs came off well executed and performed at a super high level.”

This was Lampe’s first trip as part of Messlords. Conley has been participating in the program for almost four years.

The base menu the Messlords prepared included ranchero peppered steak created by Dr. BBQ and classic New Mexico pork chili verde created by Johnny Brava.

Navy and Air Force military personnel worked with the Messlords to prepare the meals. Many said their cooking skills were enhanced through the experience.

Senior Master Sgt. Steven Brettler, food service section chief for Hale Aina, described working with the chefs as phenomenal.

“The Airmen here love it,” he said. “They are learning a lot. The morale is high and it is just awesome to see them work together.”

“Having the Messlords be here and interact with our Airmen and Sailors is the thing they will remember,” Capt. Stanley Keeve Jr., commander, JBPHH, said.





Staff Sgt. AlanMichael Warner blocks a shot at the net for Hawaii Air National Guard.

Short-handed HIANG still too much for Bulls

Story and photo by Randy Dela Cruz
Sports Editor, Ho'okele

Just because the defending champs Hawaii Air National Guard (HIANG) might be playing with one player short of a full starting six, it doesn't mean that the opposition is going to have an easy night.

Last Thursday, July 28, the HIANG matched up five players against a full squad of six 647th Civil Engineer Squadron (647 CES) Bulls, but the outcome for the HIANG couldn't have been more decisive. The champs took apart a tough Bulls team in straight sets, 25-11 and 25-9 in a Gold Division intramural volleyball match at Hickam Fitness Center, Joint Base Pearl Harbor-Hickam.

The HIANG stands alone at the top of the Gold Division with a spotless record of 5-0, while the Bulls fell one game below .500 at 2-3.

"Well, you never want to play with less than the optimal, but we just communicated. We were having fun out there," Staff Sgt. David Stivers, who put down three of the HIANG's first eight points to get the team going, said. "We decided we had nothing to lose. Let's just go out and play like we know we can play."

Lt. Chuck Wood opened the game at service for the HIANG and using a blistering overhand serve began to pepper the Bulls with laser shots into the heart of the defense.

Behind Wood's service, one of which counted for an ace, and Stivers three kills, the HIANG got out of the gates with a bang

by racking up eight straight points to take an 8-0 lead.

"We come into every match thinking that we've got a chance, but to get off to that hot start really gives you that boost of confidence," Stivers said. "We're short-handed, but we come out to play."

A short time later, a kill by team captain Tech. Sgt. Stephen Lorenzo gave the HIANG their first double-digit lead at 13-3.

While the Bulls did manage to get back into the game by closing the gap down to six at 16-10, a kill for a side-out and point by Wood got the HIANG right back on track.

Back at service, Wood made the Bulls pay dearly for the second time in the first set.

Now up by seven, Wood picked up two aces, which, added to two kills by Staff Sgt.

AlanMichael Warner and Stivers, pretty much locked up the set with HIANG holding a 23-10 advantage.

In the second set, the Bulls came out and battled the HIANG point-for-point to force three ties with the last one coming at 4-4.

However, a service error by the Bulls put the HIANG up by one, before Warner ignited another run from service to give his team some breathing room.

The big gun during the streak was Wood, who picked up three kills and a block to help the HIANG pull off a rally of five straight points for a 10-4 lead.

The HIANG continued to distance themselves from the Bulls, until finally, Stivers ended the set and match by delivering five consecutive service aces.

"The first step in the game

is to put the ball over the net and make them make a play," Stivers said about the HIANG's excellent night from service. "Our service game was really on point. I think two of my first three services were errors, but I was able to turn it on in the end."

While playing with a player short of a full starting lineup is enough to make any team approach their game with caution, Stivers said that even though the numbers may not be in the HIANG's favor on the court, he and his teammates have no problems staying loose.

"It's really just a game out there," Stivers said. "You play with your friends, enjoy each other and what you're doing. Winning is nice, but in the end, it's just a joy to play with these guys."

Groove Fitness comes to Hickam Fitness Center

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

Groove Fitness classes are now being held at the Hickam Fitness Center every Tuesday and Thursday from 10 to 11 a.m. This dance-based class provides participants with a full body workout and allows them the chance to move in creative ways for a different experience every time.

Miranda Rudegear, the only Groove Fitness instructor on Oahu, teaches the class. She has worked as a personal trainer and a hip-hop dance instructor for more than 14 years and has taught Groove Fitness for the past five years. Rudegear uses a variety of music genre during her class including hip hop,

Latin, jazz, funk and hip-hop.

"It's a simple, fun, dance class," she said. "It incorporates movement, rhythm and style. It's basically a big dance party, united in a rhythm."

For those worried about following steps and dance moves, Rudegear emphasizes that Groove Fitness is made simple on purpose. It's all about getting lost in the rhythm and dancing to your own style.

"When participants need to learn moves and steps like other fitness dance classes, it ends up being frustrating and they don't see any results," she said. "You can't get it wrong, I want everyone to look different," and no one cares what you look like."

(For more information about Groove Fitness, visit greatlifeohawaii.com or call 448-2214.)





Hawaii edges past NCTAMS PAC in wild finish

**Story and photo
by Randy Dela Cruz**

Sports Editor, Ho'okele

Down by a basket with less than a minute remaining in the game, USS Hawaii (SSN 776) got a clutch basket off a daring dribble drive by Cryptologic Technician (Networks) 2nd Class Tommy Stephens to steal a come-from-behind, 31-30, win over Naval Computer Telecommunications Area Master Station Pacific (NCTAMS PAC). The matchup took place on July 30 in a Summer Basketball League showdown at Joint Base Pearl Harbor-Hickam Fitness Center.

In a battle of balanced teams, Hawaii went one up on NCTAMS PAC in the standings by increasing their wins to two against one defeat, while NCTAMS PAC dropped their second game in a row after opening up the season with a victory.

As the game got closer to the end, it appeared that NCTAMS PAC was going to hold off Hawaii as the team clung to a three-point lead.

Instead, Hawaii got a quick basket from center Information Systems Technician 2nd Class Hunter Bell to draw to within a single point.

On the inbound play, NCTAMS PAC made a crucial mistake when they lost the ball on a turnover near midcourt.

Then, with precious seconds ticking off the clock, the ball found its way into the hands of Stephens, who was left all alone on the right wing.

Seeing a gap in the defense, Stephens made a quick decision to keep the ball and take it to the hoop.

Left unguarded, Stephens laid the ball off the glass for a basket and the lead, before the Hawaii defense turned up the heat and ate up the remaining 31 seconds to preserve the win.

"My first thought was to pass, but then I (had) seen the lane and I got to take it," Stephens said. "I came off a screen and went wide open to the lane, finger roll, it was perfect."

Hawaii head coach Senior Chief Cryptologic Technician (Maintenance) Anthony Lee



Information Systems Technician 3rd Class Miltuan Williams goes up for a basket.

beamed after the go-ahead and game-winning shot, saying that Stephens is one of the few play-

ers that could have completed the drive.

"The guy knows what he's

doing," Lee said. "I can't coach that, so that was key to the end of the game."

One thing the Lee can coach, as evidenced by the final score, is teach a team how to play defense — especially when he signals his players to attack with pressure.

"Basically, what we did in the first half was play man-to-man and picked up at half-court," Lee said. "What we were trying to do was force them (NCTAMS PAC) to take the outside shot. Once they started heating up, we put more pressure on them. In the second half, toward the end of the game, we really put pressure on them and went man-to-man. That was probably the key to the game for us to finish off strong."

In the first half, the game was so tight that the teams ended up tied three times, with the final deadlock coming at 8-8.

A short run by Hawaii put them ahead at the break with a six-point lead at 18-12.

While the Hawaii defense was still going strong in the second half, the team fell into a lull on offense, which allowed NCTAMS PAC back into the game.

Later, down by a single digit with 6:51 remaining in the game, NCTAMS PAC grabbed their first lead of the game at 23-21 on bulls-eye from beyond the three-point line by Electronics Technician Seaman Jecorey Moss.

NCTAMS PAC clung to a three-point lead with 2:31 left on the clock and appeared to be in the driver's seat with time running out.

However, it wasn't to be, as Hawaii punctuated a frenzied comeback with the lay-up by Stephens.

Following the game, Lee said that getting the win over a tough NCTAMS PAC squad is a good measuring stick to see where Hawaii stands among top teams in the summer league.

If things continue to progress for the team, Lee said he sees no reason why Hawaii can't be one of the squads in the finals.

"I believe so," he said. "We need to continue our practices, work on our jump shots, continue to pound the ball on the inside and really work on our help defense."

Shipyard #2 takes over top spot in summer league

**Story and photo
by Randy Dela Cruz**

Sports Editor, Ho'okele

The anticipated showdown between the final two undefeated teams in the Summer Soccer League was everything that fans expected and then some.

Not only was the matchup a nail-biter from whistle to whistle, but also the game ended on a spectacular throw-in and header for the go-ahead goal as time expired.

The win placed Pearl Harbor Naval Shipyard #2 in sole possession of first place with a perfect record of 4-0, while Coast Guard United (CG United) fell for the first time this season and is now one game in back of Shipyard #2 with a record of 3-1.

"This is an awesome feeling because it's been awhile since I was part of a good team," said Liko Oliveira, a Department of Defense civilian, who scored the game-winning goal. "It's a good feeling right now, but we still have a lot of work to do."

Way before Oliveira made the winning score, the battle was on as both teams tried their best to work their way to the goal.

Finally midway through the first half, Sgt. Billy Emory took control of the ball and quickly made his way up the left sideline.

Once Emory broke in front of the pack, only the goalkeeper stood in his way and the CG United striker took full advantage of the opportunity.

Emory got the ball as close to the goal as possible, before booting in a perfect kick to the back of the net for a 1-0 lead.

"I had a breakaway and I was about 10 to 15 yards away from the closest defender," Emory said. "I just relied on my speed and cut it in. I took my first steps to goal and it gave me a better angle to take that shot. I just kept it low, hoping



Shipyard #2 striker Liko Oliveira (green shirt) gets ahead of three CG United defenders to head in the game-winning shot.

the keeper was going to think that I was going to keep it high. He fell kind of slow and the ball went in."

The tough duel continued through the first half and when the teams took a break for half-time, CG United hung on to their place in the lead at 1-0.

As the game progressed through the second half, it was Shipyard #2 that was doing most of the attacking.

With the ball spending most of its time on the CG United side of the field, Shipyard #2 finally broke through, when

Scott Kawamura, a Department of Defense civilian, knocked in a pointblank shot on a header to tie the score up at 1-1.

"Well, the ball was thrown in pretty hard, so all I had to do was deflect it," Kawamura said about his goal. "It's good. It definitely boosted our morale."

With about 20 minutes still left in the game, it was apparent that Shipyard #2 had momentum going their way.

Emory said that as hard as he and his teammates tried to stop Shipyard #2 from advancing, it was getting more and

more difficult with each passing minute.

"Up until this game, we had a lot more subs," Emory said. "Unfortunately, today, we had just enough people to man the field. We had nine players and I think we just got a bit tired toward the end."

Down into the final minute of play, Shipyard #2 was back applying pressure on the CG United side of the field.

With only seconds ticking on game clock, Kawamura got the ball on the right sideline facing the goal.

On the inbound pass, Kawamura sailed the ball high and toward the goal in the vicinity of Oliveira.

Without a second to spare, Oliveira reached up and headed the ball into the goal for the game-winning shot.

"Our intensity was really up there in the second half," Oliveira said. "We knew we are a really good team and we weren't showing it in the first half. I missed my last shot on a breakaway, so I really wanted this. I was going to do whatever it took to get it in the goal."

August is National Immunization Awareness Month

Yan Kennon

Naval Hospital Jacksonville
Public Affairs

Immunizations represent one of the greatest public health accomplishments of the 20th century. Navy Medicine is a national leader in preventive health, and Naval Hospital Jacksonville joins with partners nationwide to recognize August as National Immunization Awareness Month.

Vaccines are safe and save lives. Patients should talk with their primary care manager about which vaccines are right based on age, health, job, lifestyle and other factors.

Parents are encouraged to make sure children are up to date on vaccines. Children are at an increased risk for disease and can spread disease to others in play groups, child care centers and classrooms, and to babies who are too young to be fully vaccinated and people with weakened immune systems due to cancer and other health conditions.

“Getting children vaccinated according to recommended immunization schedules is one of the most important things parents can do to protect their children from serious diseases,” Cmdr. Jesse Geibe, Naval Hospital Jacksonville director for public health, said. “Now is the time to check with your primary care manager or our immunizations clinic to find out what vaccines your child needs.”

Vaccines can protect babies from 14 serious diseases before turning age 2. After 6 months of age, children are recommended to receive the annual flu vaccine, and additional vaccines between ages 4 and 6. It’s very important that babies receive all doses and receive each one on time.

If a child falls behind the recommended immunizations schedule, vaccines can still be given to “catch-up” before adolescence.

Pre-teen and teen vaccines protect against serious and potentially life-threatening diseases, including meningitis, septicemia and cancers caused by human papillomavirus (HPV).

Young adults also need vaccines to stay protected, especially when college-bound, because protection from childhood vaccines can wear off with time. College students may be at increased risk for vaccine-preventable diseases like meningococcal disease.

There are misconceptions that vaccines are just for children, but people never outgrow the need for immuniza-



U.S. Navy file photo by Brandon Bosworth

Rear Adm. John Fuller, commander, Navy Region Hawaii and Naval Surface Group Middle Pacific, receives a flu immunization in 2015.

tions. They are recommended throughout life based on age, lifestyle, occupation, travel and medical conditions.

Each year, tens of thousands of adults in the U.S. needlessly suffer, are hospitalized, and even die from diseases that could be prevented by vaccines. Even healthy adults can become seriously ill and pass certain illnesses on to others.

Adults (including pregnant women)


should receive the flu vaccine annually. Every adult should have one dose of Tdap (tetanus, diphtheria and pertussis) vaccine, if not received as a teen, and a Td (tetanus and diphtheria) booster every 10 years.

Women should stay current on vaccines before becoming pregnant, including an annual flu shot (which is safe during pregnancy). Additionally, pregnant women should receive a vac-

cine against whooping cough (pertussis) during each pregnancy, preferably at 27 through 36 weeks. These vaccines protect mom and baby.


Women who are planning to become pregnant should talk to their provider, prior to becoming pregnant, to determine if vaccines are needed.

To find out more, visit the Centers for Disease Control and Prevention website at <http://www.cdc.gov>.



[KIDS']


CORNER





The U.S. Navy Energy, Environment and Climate Change website has a kids’ energy and environment page called Kids’ Corner. Here is an energy activity page for children in grades kindergarten through first. For activities and answers for children in second through third grade and fourth through fifth, visit <http://greenfleet.dodlive.mil/energy/kids-corner/>.

EQ has to get to the recycling bin!

Help him find the way!







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.

15th Wing SAPR to host first Glow Run

Tylynn Taylor

15th Wing Public Affairs

The 15th Wing Sexual Assault Prevention and Response (SAPR) office is planning to light up the streets of Joint Base Pearl Harbor-Hickam with a Glow Run 5k on Aug. 26 at 6:30 p.m.

Airmen, Sailors and their families are invited to participate in the event, which is intended to bring the community together to focus on resiliency in a fun and new environment.

“It is important to keep the community aware of their part of being a wingman, battle buddy or shipmate,” Capt. Shaina Holler, 15th Wing sexual assault response coordinator, said. “With this 5K, it’s not just an opportunity for us to come together and exercise, but also to remind each other that sometimes we need to be the light bearer for a friend in need. We may need to help support someone who feels they are in the shadows, and guide them to the light.”

For the run, various organizations from around Joint Base will team up including; Wounded Warrior Care, Equal Opportunity, Mental Health, Family Ad-

vocacy, Green Dot, Navy SAPR and Air Force SAPR.

“The Air Force is committed to prevention of sexual assault and other interpersonal violence,” Holler said. “Making the community aware of these issues and informing them on how to prevent it, helps foster an environment that cultivates a culture of dignity, mutual respect and trust.”

Each organization will have a booth set up at the event to provide information on their respective association, so Airmen looking to have fun and learn more about the base’s helping agencies will have to look no further.

“SAPR’s main focus is prevention. We are always finding new ways to educate and inform people on knowing their part, and the steps needed to fulfill that duty,” Tech. Sgt. Christine Kearney-Kurt, 15th WG SAPR office NCO in charge, said.

The event will be open to anyone with base access, and glow products will be provided to those participating at no charge.

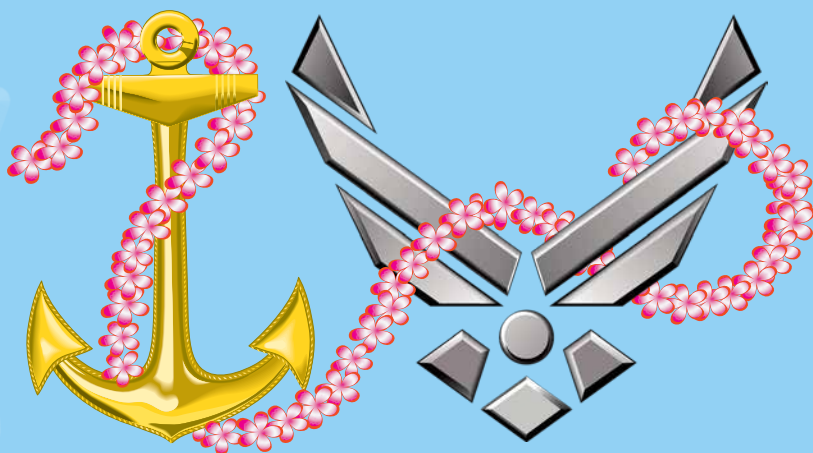
(For more information on this event call the 15th Wing SAPR office at 449-7272.)

MY FAVORITE PHOTO



John Burns, administrative support assistant for Navy Region Hawaii, took this close up photo of a bee on a bright yellow flower. How to submit: Email your photos to editor@hookelenews.com.

AUGUST COMMUNITY CALENDAR



PAU HANA CONCERT

TODAY — Free Pau Hana Concert in the Park featuring the Navy rock band Pipeline will be held from 5 to 7 p.m. at the Hickam Harbor waterfront. Food trucks will be on site to purchase food and beverages. Patrons are also welcome to bring their own food and beverages. FMI: 449-5215.

JROTC MAGNET COURSE REGISTRATION MEETING

AUG. 6 — Punahou School JROTC offers a fully accredited magnet course for all high school students grades 9-12, including homeschool students, who do not have JROTC offered at their schools. The course meets each Wednesday from 3 to 6 p.m. at Punahou. Interested students and their parents must attend an orientation/registration meeting on Aug. 6 from 9 to 10:30 a.m. at Punahou. The class begins Sept. 7. There is no enrollment charge for this course. FMI: Call 944-5723 or email retired Lt. Col. Bob Takao at rtakao@punahou.edu.

FBI RECRUITMENT

AUG. 9 — Agency representatives from the FBI will be available from 9 to 11 a.m. at Military and Family Support Center Hickam to discuss available career choices, qualifications and hiring procedures. FMI: www.greatlifehawaii.com or 474-1999.

FEDERAL RESUME WRITING

AUG. 9 — A class on federal resume writing and navigating USAJOBS will be held from 8 to 11:30 a.m. at Military and Family Support Center Wahiawa. Registration

is highly encouraged. It is also helpful to bring along your own laptop and a federal job announcement from USAJOBS you may be interested in pursuing. FMI: www.greatlifehawaii.com or 474-1999.

STRESS MANAGEMENT

AUG. 9 — A class on stress management will be held from 8 to 11 a.m. at Military and Family Support Center Pearl Harbor. The class will include ways to decrease stress, how to interrupt the stress cycle and how to use relaxation techniques. FMI: www.greatlifehawaii.com or 474-1999.

FREE CLASSICAL MUSIC CONCERT

AUG. 9 — The Hawaii International Music Festival will perform a free classical music concert from 6:30 to 7:30 p.m. at Pearl Harbor Memorial Chapel, Joint Base Pearl Harbor-Hickam. The event is in appreciation of members of the U.S. armed forces and their families. This concert is open to all military and Department of Defense ID card holders and their sponsored guests. Performances will include classical solo, chamber and vocal music featuring Tchaikovsky. Performers include violinist Eric Silberger, sopranos Mikayla Sager and Amy Shoremount-Obra, pianists Ian Parker and Carlin Ma and cellist Daniel Lechuck.

FINANCIAL PLANNING FOR RETIREMENT

AUG. 10 — A class on financial planning for retirement will be held from 8 to 9:30 a.m. at Military and Family Support Center Pearl Harbor. FMI: www.greatlifehawaii.com or 474-1999.

FINANCIALLY SAVVY RETIREES

AUG. 10 — A class on financially savvy retirees will be held from 9:30 to 11 a.m. at Military and Family Support Center Pearl

Harbor. The 30-minute topics include sources of income, draw down of accounts and cutting back to meet financial needs. FMI: www.greatlifehawaii.com or 474-1999.

SURVIVOR BENEFIT PLAN

AUG. 10 — A Survivor Benefit Plan class will be held from 11 a.m. to noon at Military and Family Support Center Pearl Harbor. The plan is an insurance that will pay your surviving spouse a monthly annuity payment to help make up for the loss of your retirement income. FMI: www.greatlifehawaii.com or 474-1999.

SMOOTH MOVE

AUG. 11 — The Smooth Move workshop will be held from 8 to 11 a.m. at Military and Family Support Center Hickam. The workshop features speakers from several departments to provide a better understanding of the Permanent Change of Station process. FMI: www.greatlifehawaii.com or 474-1999.

OPERATION HELE ON

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. Registration ends today. FMI: www.greatlifehawaii.com.

HICKAM HALF MARATHON

AUG. 20 — The 10th annual Hickam Half Marathon will begin at 5:30 a.m. starting and finishing at Earhart Track, Joint Base Pearl Harbor-Hickam. The awards ceremony will start at 8 a.m. Volunteers are also being sought for the event. FMI: ciara.meyers@us.af.mil and www.facebook.com/events/288587678139153/.

MOVIE SHOWTIMES



THE SECRET LIFE OF PETS

Max (Louis C.K.) is a spoiled terrier who enjoys a comfortable life in a New York building until his owner adopts Duke, a giant and unruly canine. During their walk outside, they encounter a group of ferocious alley cats and wind up in a truck that's bound for the pound. Luckily, a rebellious bunny named Snowball swoops in to save the doggy duo from captivity. In exchange, Snowball demands that Max and Duke join his gang of abandoned pets on a mission against the humans who've done them wrong.

SHARKEY THEATER

TODAY — AUG. 5

7:00 PM The Legend of Tarzan (3-D) (PG-13)

SATURDAY — AUG. 6

2:30 PM The Secret Life of Pets (3-D) (PG)
4:40 PM Finding Dory (PG)
7:00 PM Mike and Dave Need Wedding Dates (R)

SUNDAY — AUG. 7

2:30 PM The Secret Life of Pets (PG)
4:40 PM Finding Dory (3-D) (PG)
7:00 PM Independence Day: Resurgence (PG-13)

THURSDAY — AUG. 11

7:00 PM Mike and Dave Need Wedding Dates (R)

HICKAM MEMORIAL THEATER

TODAY — AUG. 5

6:00 PM Finding Dory 3D (PG)

SATURDAY — AUG. 6

3:00 PM Finding Dory (PG)
6:00 PM Independence Day: Resurgence (PG-13)

SUNDAY — AUG. 7

3:00 PM The Shallows (PG-13)

THURSDAY — AUG. 11

7:00 PM Free State of Jones (R)



U.S. Navy photo by MC3 Katarzyna Kobiljak

Children of military members run an obstacle course during a previous Operation Hele On.

Volunteers needed for Operation Hele On

Volunteers are needed for Operation Hele On, a mock deployment for kids ages 8 to 14.

The event will be held from 7:30 a.m. to 3 p.m. Aug. 19 at Makai Recreation Center, Joint Base Pearl Harbor-Hickam.

Volunteer positions include help with the registration table, trained

medics, team leads, help with set up and tear down, photographers and more.

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

Today is the deadline for children's applications for the mock deployment. There is a \$5 application fee. To register, visit www.great-lifehawaii.com.

(For more information, call the Joint Base Pearl Harbor-Hickam Military and Family Support Center at 474-1999.)

HURRICANE PREPARATION TIPS BEFORE AND AFTER THE STORM



The Ready.gov website explains what actions you can take when you receive a hurricane watch or warning alert from the National Weather Service for your local area. It also provides tips on what to do before, during and after a hurricane. Here is some information from the website.

Basic preparedness tips

- Know where to go. If you are ordered to evacuate, know the local hurricane evacuation route(s) to take and have a plan for where you can stay. Contact your local emergency management agency for more information.
- Put together a disaster supply kit, including a flashlight, batteries, cash, first aid supplies, and copies of your critical information if you need to evacuate
- If you are not in an area that is advised to evacuate and you decide to stay in your home, plan for adequate supplies in case you lose power and water for several days and you are not able to leave due to flooding or blocked roads.
- Make a family emergency communication plan.
- Many communities have text or email alerting systems for emergency notifications.
- To find out what alerts are available in your area, search the internet with your town, city, or county name and the word "alerts."

Preparing your home

- Hurricane winds can cause trees and branches to fall, so before hurricane season trim or remove damaged trees and limbs to keep you and your property safe.
- Secure loose rain gutters and downspouts and clear any clogged areas or debris to prevent water damage to your property.
- Reduce property damage by retrofitting to secure and reinforce the roof, windows and doors, including the garage doors.

- Purchase a portable generator or install a generator for use during power outages. Remember to keep generators and other alternate power/heat sources outside, at least 20 feet away from windows and doors and protected from moisture; and never try to power the house wiring by plugging a generator into a wall outlet.
- Consider building a FEMA safe room or International Code Council (ICC) 500 storm shelter designed for protection from high-winds and in locations above flooding levels.

After a hurricane

- Listen to local officials for updates and instructions.
- Check-in with family and friends by texting or using social media.
- Return home only when authorities indicate it is safe.
- Watch out for debris and downed power lines.
- Avoid walking or driving through flood waters. Just 6 inches of moving water can knock you down, and fast-moving water can sweep your vehicle away.
- Avoid flood water as it may be electrically charged from underground or downed power lines and may hide dangerous debris or places where the ground is washed away.
- Photograph the damage to your property in order to assist in filing an insurance claim.
- Do what you can to prevent further damage to your property, (such as putting a tarp on a damaged roof), as insurance may not cover additional damage that occurs after the storm.

For more information,
visit www.ready.gov/hurricanes

Commissaries celebrate service

Dr. Peter Skirbunt

Defense Commissary Agency historian



While the Defense Commissary Agency's (DeCA) 25th birthday on Oct. 1 is fast approaching, the agency salutes the people it has had the privilege to serve for the last 25 years: the men, women, and families of the military community — active duty, reserves, and retirees.

In August, DeCA observes the 226th birthday of the U.S. Coast Guard. Congress established the Coast Guard — at the time it was called the "Revenue Cutter Service" on Aug. 4, 1790.

The Coast Guard is a multi-mission service unique among the U.S. military branches. It has a maritime law enforcement mission as well as duties as a federal regulatory agency. It is not controlled by the Department of Defense. Until 1967, it had been a branch of the Treasury Department, but then control was transferred to the Department of Transportation.

In the wake of the Sept. 11, 2001 terrorist attacks, it transitioned to the U.S. Department of Homeland Security in 2003. It can be transferred to the Navy Department by the president at any time or by Congress during wartime. This transfer has only occurred twice: during World Wars I and II.

The Coast Guard began selling groceries to its community after the Navy began its commissaries in 1909-1910. After the World Wars, all services, including the Coast Guard, discovered that commissaries were a valuable inducement to enlistment and retention. In 1949, although the new Armed Services Commissary Regulation (ASCR) did not control the actions of the Coast Guard stores, they used the ASCR as a guide to their own operations.

The Coast Guard never had many commissaries in the modern sense of the word. Instead, most USCG grocery stores were located inside their exchanges. By the 1980s, there were 15 such stores; 11 of them were located on bases on or near the Atlantic Ocean, two were near the Pacific, and two more were located near the Great Lakes.

When DeCA started up in 1991, it assumed control of one of the few true commissaries the Coast Guard owned: the store on Governors Island, located south of Manhattan, squarely on the approach to New York City's harbor. Base Realignment and Closure (BRAC) actions shut down the Governors Island installation in 1996, but DeCA took control of the Coast Guard's commissary at Kodiak Coast Guard Station, Alaska, located on Kodiak Island in the Aleutians, at virtually the same time.

Today, DeCA continues to manage the Kodiak store. It's the only Coast Guard store on DeCA's books. Located in a large building that also houses the station's exchange, credit union, post office, and several concessionaires, it is one of DeCA's most unusual stores. Its exterior is unglamorous, but it was designed specifically to stand up to harsh weather and heavy snow.

No exterior signage advises what functions are housed inside, but it's safe to say the station's population knows exactly where their commissary is; after all, it supplies vital goods for people stationed at a location that truly is "at the far end of the pipeline."

FREE MOVIE SCREENING PLANNED



There will be a free studio appreciation screening at the Hickam Memorial Theater on Aug. 13 at 4 p.m. Tickets will be available at the AAFES food court. Due to advertising restrictions, the title of the movie cannot be released. The movie is rated R. Seating will be open to non-ticket holders 30 minutes prior to show time. For more information, call 422-4425.

Recipe offers a new ‘twist’ on pasta salad

Defense Commissary Agency

Whole-grains provide health benefits and they’re usually packed with fiber to help you feel full longer. Numerous studies have shown that with a greater intake of whole-grains, the risk for heart disease, obesity, type 2 diabetes and some forms of cancer decreases.

This is why the Dietary Guidelines for Americans recommends that at least half your choices from the grain group be whole-grain foods. At the very least, you should aim to consume at least three servings of whole-grains per day.

Very few Americans meet the minimum level of daily intake.

This is because many Americans believe whole-grains just don’t taste good, it’s difficult to work them into their daily diet, or they believe they purchased whole-grain products, when in fact they didn’t.

It is true, some whole-grain food items may not taste that great, but remember eating whole-grains doesn’t have to be all or nothing. Try switching to items that may be less noticeable like whole-wheat buns and snacking on popcorn.

Food manufacturers are reformulating their products to contain whole-grain(s) while maintaining the taste of the original products.

To find whole-grain foods, look at the ingredients list and for the word, “whole” before the grain(s), such as wheat, rye, barley, etc. Be cautious of foods that display words like “multigrain,” “100 percent wheat,” “organic,” “pumpernickel,” “bran,” and “stone ground.”

Although these words may sound “healthy,” it doesn’t mean the product is whole-grain. Aim to choose products where the whole-grain is listed first on the ingredients list.

Use the following list to guide you in choosing products made of whole grains:

- Whole oats/oatmeal, whole-wheat flour, whole-grain barley, and/or whole rye.
- Popcorn.
- Brown rice or wild rice.
- Quinoa, millet, bulgur, triticale, chai seeds, buckwheat, sorghum, amaranth and faro.

Some grains may not be as familiar to you as the others, such as quinoa, millet, bulgur, triticale, chai seeds, buckwheat, sorghum, amaranth and faro.

However, these grains have been around since ancient times. Unlike the other grains like wheat and corn, “ancient grains” have remained unchanged for thousands of years. “Ancient grains” are nutrient powerhouses with some (like quinoa) being packed with protein.

These versatile grains are quick and easy to prepare. They can be served as a side dish or mixed into salads, casseroles, burgers, breakfast meals, etc. Adding the nutty rich flavor of “ancient grains” into a healthy eating pattern is another strategy that can be used to help you meet the recommendations for wholegrain intake, while adding variety to your diet.

This meal features two items that are whole-grain. Try the whole-wheat hotdog bun and quinoa.

Use a pasta salad kit that contains quinoa to sample the tastiness of quinoa and then add fresh produce for even more healthy nutrients.

Twisted Pasta Salad

Directions: (serves four)

1. Begin cooking the pasta/quinoa salad kit according to package directions.
2. While the pasta salad is cooking, wash and dry a medium sized yellow squash and green zucchini squash; and, drain and rinse one can of sliced olives.
3. Finish preparing the pasta salad according to package directions and then let cool while the remainder of the meal is prepared.
4. In a large bowl, gently mix together one 32-ounce container of vanilla flavored Greek yogurt and six to eight ounces of blueberries.
5. Cook four hot dogs as desired (boiled or grilled—according to package instructions).
6. Add the cut up vegetables and drained, sliced olives to the pasta salad kit.
7. On each plate, serve one hotdog in a bun (if desired, warm the buns in the microwave for eight seconds each) and one-fourth of the quinoa pasta salad. Serve the yogurt/berries in a small bowl.

Notes:

- Experiment mixing in your favorite vegetables and carry the pasta salad to your next office party or picnic.
- If hot dogs are not your thing, substitute a grilled hamburger made with 90 percent lean ground beef on a whole wheat bun.
- Cook a frozen stir-fry blend of vegetables and mix into the salad kit and serve warm with your favorite type of lean beef.

(For more information, visit 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). 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:

- Aug. 10, 9 a.m. to 1 p.m., 2293 Victor Wharf Access Road, bldg. 992, SPAWAR Hawaii.
- Aug. 16, 11 a.m. to 3 p.m., PX, Schofield Barracks.
- Sept. 6, 11 a.m. to 3 p.m., NEX, Tripler Army Medical Center.
- Sept. 20, 9 a.m. to 1 p.m., Schofield Barracks Health Clinic, building 683, Schofield Barracks.

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

