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“Navigator” HO'OKELE

FOR THE NAVY AND AIR FORCE TEAM IN HAWAII

August 19, 2016

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

Volume 7 Issue 32

PMRF holds change of command

Robert Purdy

PMRF Public Affairs

Capt. Vincent R. Johnson relieved Capt. Bruce W. Hay Jr. as commanding officer of Pacific Missile Range Facility (PMRF) at a change of command and retirement ceremony held at the base air operations hangar, Aug. 12.

Hay retired from 26 years of naval service during the ceremony.

Hay assumed command of PMRF in July of 2013 and during his three-year tenure as commanding officer supported advanced technology development, national ballistic missile testing programs and the training of Navy warriors.

His leadership led to significant improvements in range operations procedures, business practices, base facilities, public access and community outreach programs. He was a proponent of environmental stewardship and led the command to receive three Chief of Naval Operations and two Secretary of the Navy natural resource conservation awards.

Hay expressed his fondness for his time at PMRF and thanks for those he

had the privilege to serve with.

“When I took command of this amazing place, I made a simple proclamation that our relevancy would be tied to the demand for our services. I think looking back, we definitely achieved that and more,” Hay said. “As the head cheerleader for PMRF, it was an easy job telling people just how abso-

lutely awesome we are and encouraging them to train and test here. You did the rest. Our customer's suc-

cesses have been our successes. We've touched the outer reaches of space together and while doing so, we have continued to respect the land and sea and all the creatures that live on both. We have tirelessly volunteered, mentored and

enriched the lives of everyone we come in contact with and opened our gates for countless events for the entire Kauai ohana. I honestly believe there is not a single challenge this team could not meet.”

“To all the friends and partners on Kauai, thank you for supporting us, both the PMRF and Hay ohanas. This island is magical and I know great things have and will continue to be accomplished because we're all pulling the net in as a team,” Hay said.

Among the many visitors and guests were Rear Adm. John V. Fuller, commander of Navy Region Hawaii and Naval Surface Group Middle Pacific, Mayor of Kauai County Bernard P. Carvalho and Kaulana Finn, the Kauai representative for Congresswoman Tulsi Gabbard.

Finn shared a message from Gabbard, presented Hay with a token of appreciation for his service and welcomed Johnson to the Kauai ohana.

“Through notable skill you have guided PMRF to being a premier class training range which allows the testing of some of the most advanced weapons systems known to the world,” Finn said. “Your commitment to transparency and to involving the Kauai community in the Navy's mission at

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U.S. Navy photos by MC2 Omar Powell

Capt. Vincent Johnson and Capt. Bruce Hay pose for a picture at the end of the change of command ceremony.

PACAF commander meets with Japan defense leaders during first regional trip

HQ PACAF Public Affairs

Air Force Gen. Terrence J. O'Shaughnessy, Pacific Air Forces (PACAF) commander, met with Japanese Defense leaders and PACAF Airmen Aug. 7 through 12 as part of his first trip to the Indo-Asia-Pacific region as the commander.

The trip bolstered relationships with Japanese counterparts and allowed O'Shaughnessy the opportunity to discuss the vital role Airmen at Yokota Air Base and Kadena Air Base play in that relationship with Japan.

“The strength of our alliance with Japan has never been more important,” O'Shaughnessy said. “When we look at the current security situation in the region, the growing dependence on air power to maintain the peace and stability is directly related to both the strength of our Airmen, as well as their ability to contribute to the alliance.”

During his visit, O'Shaughnessy met with Japan Minister of Defense Tomomi Inada, Japan Air Self-Defense Force Chief of Staff Gen. Yoshiyuki Sugiyama, Air Defense Command Commander Lt. Gen. Hiroaki Fukue, and several other key JASDF leaders.

The general also took the time to visit the AN/TPY-2 radar site at Kyogamisaki to visit with the Soldiers of the 14th Missile Defense Battery who are responsible for the operations and maintenance



U.S. Air Force Gen. Terrence J. O'Shaughnessy, PACAF commander, greets members of Japan's Air Staff Office in Tokyo, Aug. 8.

of the vital ballistic missile defense system.

“We must continue to build these relationships and enhance the capabilities of our alliances,” O'Shaughnessy said. “It's the daily things we do, the partnerships that are people-to-people. If we are going to fight together, we need to understand each other. The relationships we make over time will have a huge impact.”

While meeting with Airmen, the general also ad-

ressed the importance of preserving ambassadorship with Japan.

“The actions of our Airmen can have a strategic impact on our vital relationship with Japan,” he explained. “I stress to all our Airmen that the professionalism they show each day must continue both in an out of uniform. Ensuring we maintain a strong alliance will help us to deter and defeat any potential threats.”

While visiting Yokota and

Kadena with Chief Master Sgt. Buddy Hutchison, PACAF command chief, O'Shaughnessy thanked Airmen for their dedication to maintaining peace and stability in the region.

“You're an amazing team; I know you will keep doing amazing things,” he said. “Remember you are an American Airman who is making a big difference and completing the mission our nation needs you to do. You should be proud of that.”

Joint Base to conduct harbor security exercise, Aug. 22 to 26

Joint Base Pearl Harbor-Hickam Public Affairs

Joint Base Pearl Harbor-Hickam (JBPHH) will be holding a harbor defense training exercise with activities that can be seen and heard in the vicinity of the harbor on Aug. 22 to 26 from 8 a.m. to 4 p.m.

During the training period, JBPHH will make “Giant Voice” announcements at the beginning and conclusion of the daily training exercises. The exercise will involve increased activities in the harbor, including using blank ammunition to simulate live fire. The exercise is not in response to any specific threat. There is no cause for concern.

This training is part of Exercise Citadel Protect, an annual exercise designed to enhance the training, readiness and capability of Navy security forces to respond to threats to military installations and units.

For information, please contact JBPHH Public Affairs Office at (808) 473-3152 or 473-2924.



U.S. Air Force Chief Master Sgt. Timothy Horn (left), the Air University command chief at Maxwell Air Force Base, Alabama participates in a brain teaser during the first U.S.-led Pacific Rim JELF at Joint Base Pearl Harbor-Hickam, Aug. 10.

Enhancing partnerships through joint education

Story and photo by Staff Sgt. Kamaile Chan

Pacific Air Forces Public Affairs

Does more stripes equate to more influence?

For about 20 U.S. and international junior enlisted members, these questions and many more were answered during the first U.S.-led Pacific Rim Junior Enlisted Leadership Forum (JELF) held at Joint Base Pearl Harbor-Hickam, Aug. 8-12.

During the five-day conference, Airmen and a Soldier from the U.S., and junior enlisted Airmen from Australia, Cambodia, Canada, Indonesia, Japan, Maldives, Mongolia, New Zealand, Philippines and Singapore participated in discussions that allowed participants to share their experiences in leadership and learn more effective ways to lead in their organizations.

The conference also included team building activities, guided lessons and senior leader briefings and panels. The activities incorporated some of the principles familiar to those who have completed one or several levels of Air Force professional military education.

“The professional development of our junior en-

listed Airmen and Soldiers is important and in this forum they are provided with valuable information and tools, focused on international leadership development to further their growth as tomorrow’s senior enlisted leaders,” said U.S. Air Force Chief Master Sgt. Buddy Hutchison, Pacific Air Forces command chief and senior enlisted host of the conference.

Handpicked by their leadership, the multinational participants were able to bring their knowledge and experiences to the conference, which enabled them to further strengthen alliances and partnerships in the Pacific.

“Diversity is so important in our military today,” said U.S. Air Force Chief Master Sgt. Timothy Horn, Air University command chief and conference guest speaker.

“Joint integration of our international militaries does not happen often enough, or early enough in any given service member’s career, so this forum provides a great opportunity for them to gain some leadership tools, to see the bigger picture and to understand how they fit in.”

Attendees discussed leadership with a variety of speakers including U.S. Air Force Brig. Gen. Craig Wills, the PACAF Strategy,

Plans, and Programs director, who was able to share his leadership experiences from an officer’s perspective.

“Generals are not the most important people in an organization. They are the most visible, and often get the glory, but the real strength of our Air Force is our non-commissioned officers (NCO) and Airmen,” Wills said. “Our front-line supervisors are the most important part of our Air Force. They make the mission happen, they train our Airmen and they take care of our families.”

Video portions of the conference advised the attendees to be actively involved with their people and to focus less on how many stripes they have.

Philippine Air Force Sgt. Bernard Magpantay, promotion branch NCO in charge, put these leadership tips into perspective for his peers.

“As an NCO, I understand that it is no longer about me,” he said. “My job is to prepare those below me, so they are prepared to take my place in the future.”

Hutchison hosted this iteration of the JELF along with the warrant officer of the Royal New Zealand Air Force Mark Harwood, who will be hosting the next JELF in New Zealand.

Bushnell relieves Sopko at Joint Typhoon Warning Center

Naval Meteorology and Oceanography Command Public Affairs

Cmdr. Jillene Bushnell relieved Capt. Steve Sopko as commanding officer of the Joint Typhoon Warning Center (JTWC) during a ceremony held Aug. 12 at Joint Base Pearl Harbor-Hickam.

Sopko had headed the center since June 2014. Bushnell previously served as chief of staff to the director, Warfare Integration on the Deputy Chief of Naval Operations for Information Warfare staff.

“I am excited to be on the cusp of science and operations,” Bushnell said. “The command is an incredible blend of Navy, Air Force, scientist, and civilian professionals with a very diverse missions set. The [area of responsibility] extends 113 million square miles in both the Pacific and Indian Ocean basins, supporting U.S. afloat and shore-based assets.”

Bushnell, a graduate of the U.S. Naval Academy, earned her pilot wings in 2001 and subsequently qualified to fly the S-3B Viking and F/A-18E/F Super Hornet. As an aviator she flew more than 1,500 hours and accrued more than 300 carrier landings. She transferred to the meteorology and oceanography community in 2007. She becomes the fifth female commander currently serving as a commanding officer within the Naval Meteorology and Oceanography Command.

“By November 2016, six of my eight commander-level commanding officers will be women,” guest speaker Rear Adm. Tim Gallaudet, Oceanographer of the Navy and commander, Naval Meteorology and Oceanography Command, said. “This is way, way above the Navy average for percentage of females in leadership positions.”

Sopko, a graduate of Texas A&M University, received his commission via the Na-

val Research Officer Training Corps in 1988. Under his command, JTWC provided 3,606 forecasts for 124 tropical cyclones, 22,900 aviation weather products and 110 tsunami warning products for 55 events. His next assignment will be on the staff of the Chief of Naval Research, Arlington.

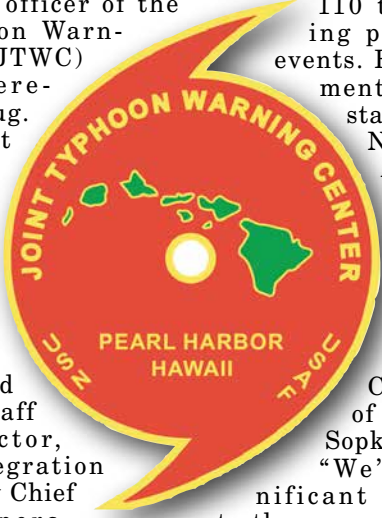
“The Joint Typhoon Warning Center has a long history of outstanding service in the [U.S. Pacific Command] area of responsibility,” Sopko said.

“We’ve made significant improvements to the accuracy of our track forecasts over the last five years, setting records for the lowest forecast track error at all forecast times during the 2015 season. The credit for this significant accomplishment goes solely to the highly skilled and dedicated team of professionals at the Joint Typhoon Warning Center and our many partners. I am confident they will continue to meet the challenges that surely lie ahead with the same fervor and commitment as seen during my tenure.”

JTWC is jointly staffed by U.S. Navy and Air Force personnel and falls under the operational control of commander, Task Group 80.7 (Commander, Naval Meteorology and Oceanography Command). U.S. Air Force personnel are sourced to JTWC by the 17th Operational Weather Squadron and 557th Weather Wing.

JTWC traces its origins to the aftermath of Typhoon Cobra in December 1944 when the U.S. Navy’s Task Force 38 lost three ships, 150 aircraft and more than 700 Sailors while operating in the Philippine Sea. This tragic event prompted many new initiatives aimed at improving tropical cyclone analysis, tracking and forecasting.

The Joint Typhoon Warning Center was established in 1959 at the direction of commander, U.S. Pacific Command. JTWC was originally located in Guam, but was moved to its current location in 1999.



Diverse VIEWS



What's your favorite Olympic sports event and why?



Staff Sgt. Willie Hogan
15th Wing

"Basketball, because of America's great record of winning. The 'Dream Team' was the best."

EM1 John Alcala
USS Mississippi (SSN 782)

"I like the swimming. Michael Phelps is always phenomenal to watch and the races are always close."



Chief Master Sgt. Edward Puttbrese, Jr.
HQ PACAF

"Swimming, because of Michael Phelps' legendary achievements."

CTISN Angelic Cortez
NIOC Hawaii

"My favorite Olympic sport is ping pong. I like how the players are so dedicated to the sport. It may not seem like the big sport but I've learned the history of ping pong and the players are really serious about it like in China and that's why it's my favorite."



STS2 Michael Jordan
Pearl Harbor Naval Shipyard

"My favorite Olympic sport is the various swimming events because I like being in the water myself."



*Provided by David D. Underwood Jr.
and MC1 Phillip Pavlovich*

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

Drop us a line at editor@hookelenews.com

Nimitz Highway, Valkenburgh Street construction announced

Beginning Monday, Aug. 22 through Friday, Sept. 16, road paving will take place in the intersection of Nimitz Highway and Valkenburgh Street. The work will be conducted Sunday through Thursday nights from 8 p.m. to 4 a.m.

The work will also include a partial lane closure at the intersection. Special duty officers or construction flaggers will assist with the flow of traffic through the area during the night work.

Motorists are encouraged to be aware of any instructional roadway and/or detour signage during the work operation and to drive safely through high-lighted construction zones.

Area residents and businesses within close proximity to the work may experience increased noise levels from machinery during those work hours.

For more information, contact the Honolulu Authority for Rapid Transportation's 24-hour project hotline at 566-2299 or visit www.honolulutransit.org.



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

Commentary

Capt. Hay stood out as PMRF commanding officer

Editor's note: The following editorial was published last week in Kauai's The Garden Island. It is reprinted here with the kind permission of TGI Editor Bill Buley.

Capt. Bruce Hay, today, will be relieved by Capt. Vincent R. Johnson as commanding officer of the Pacific Missile Range Facility. It was just three years ago when he became the 25th naval officer to hold the post when he relieved Capt. Nicholas Mongillo.

If we have learned anything about Capt. Hay since his arrival, it is that he is not what one might expect of a commanding officer of a military base like PMRF. The traditional picture that comes to mind is one of a gruff, demanding, arrogant, overbearing, no-nonsense person barking out orders and walking tall and proud. No doubt, Bruce Hay

walks tall and proud, as he should.

But in his time here, he has proven himself to be a friend of Kauai. He is gracious, respectful, pleasant and surprisingly humble for someone of his importance. You would never know he is an ace pilot because he doesn't bring it up.

Hay has done his best to open up the base and invite the public in. One of the first things he did was offer tours, which he led, to community leaders.

PMRF was the host for late night fun runs, triathlons, concerts and opportunities for student activities and environmental outings. He made it clear he did not want the base to be considered an off-limits, out-of-bounds place to the people of the island. He wanted it to be part of the community, and he wanted the community to be part of it.

He succeeded.

Hay, his wife Susie, and their daughter Sheridan have become part of Kauai. They could be found at fundraisers, parades, and community celebrations. They shopped at stores, took walks on beaches and attended social events.

Capt. Hay could always be counted on to deliver a humorous speech at different functions, often poking fun at himself. He is the kind of man who makes you feel welcome, makes you feel like you really do matter, like he is glad to see you. He is a man who

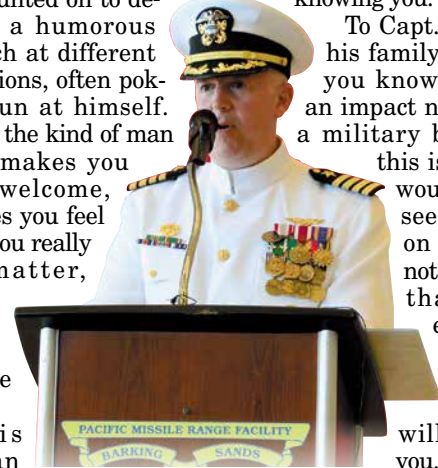
loves his family and his country. He is, simply put, a good man.

Men like Bruce Hay are not easy to find. Fortunately, he and wife came to this island. PMRF, and Kauai, are better for it.

Capt. Johnson, we welcome you and wish you well here. We look forward to knowing you.

To Capt. Hay and his family, we hope you know you had an impact not just on a military base, but this island. We would love to see you stay on Kauai. If not, we know that wherever you go, the aloha spirit will be with you.

— Bill Buley



Capt. Bruce Hay

PMRF welcomes new commander

Continued from page A-1

PMRF is commendable."

"To Captain Vincent Johnson, welcome aboard. It is with open arms and aloha that we welcome you and your family to the Kauai community and to PMRF," Finn said.

Carvalho applauded Hay for his service and dedication with an award and spoke of their relationship throughout the years.

"I like to call him braddah Bruce, brother Captain Bruce. I know how important our goal is in our community, to be able to pick up the phone and talk story. That's the kind of relationship we need, to know how important this military base is to Kauai, for Hawaii and the world. This is our responsibility to continue to work closely, to continue to bridge and connect into our community," Carvalho said.

Fuller, the ceremony's speaker, presented Hay with the Legion of Merit and commended his exceptional work, outstanding service and contributions to the community.

"I opened my remarks by stating that today is historic. It's historic because today is more than just a change of command ceremony. It's about turning over a strategic gem from one very capable naval officer to another," Fuller said. "Flounder (Capt. Hay) impressed all of us with his ability to lead on many diverse fronts, from cyber readiness to improving morale and readiness and to supporting fleet and other DoD customers, all with such a small staff. He excelled at tasks that many com-



U.S. Navy photo by MC2 Omar Powell

Capt. Vincent Johnson and Capt. Bruce Hay conduct their reading of orders during the change of command ceremony.

manders would not have even attempted. He figured out how to make it work."

Fuller also welcomed Johnson to the PMRF ohana.

"On behalf of Admiral Swift, and the Navy Region Hawaii and MID-PAC team, I join the PMRF ohana in welcoming you to the extended family as the PMRF commanding officer. I know you will anticipate change, communicate, strengthen the ohana and be ready for what comes next. I look forward to working with you, supporting you, and helping you succeed," Fuller said.

After official orders were read, Johnson succeeded Hay to be the 26th naval officer in command of PMRF and the nearly 1,000 active duty, civilian and contractor employees assigned to the base.

"I look forward to the opportunity to serve the fleet, PMRF and the com-

munity," Johnson said. "The fact that I get to do all this while living in paradise, surrounded by the most dedicated group of professionals I have ever been associated with isn't too bad either."

Johnson was born in Sturgeon Bay, Wisconsin and raised in Lansing, Michigan. He graduated from the United States Naval Academy with a commission and bachelor's degree in physics in 1993 and holds a master's degree in national security and strategic studies from the U. S. Naval War College.

He was designated a naval aviator in 1996 and has achieved more than 3,100 flight hours, including 1,000 hours in the SH-60B Seahawk as well as breaking 1,000 hours in EA-6B Prowler. He arrives from the U.S. Naval War College where he most recently served as a military professor of strategy and policy.

Phantoms appear at Hickam



Photo courtesy of the Hawaii State Department of Transportation

As fighting in Southeast Asia ceased, many of the aircraft used there stopped at Hickam Air Force Base en route to the U.S. mainland. In this photo are some of the 20 F-4 Phantoms parked in front of 15 KC-135 Stratotankers that transited Hickam in August 1974, 42 years ago this month.

HO'OKELE

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

Chief of Staff
Capt. Mark Manfredi

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

Deputy Commander
Col. Richard Smith

Director, Navy Region
Hawaii Public Affairs
Agnes Tauyan

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Public Affairs
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Pacific Fleet commander refreshes guidance to the fleet

U.S. Pacific Fleet Public Affairs

Adm. Scott H. Swift, commander of the U.S. Pacific Fleet (PACFLT), recently issued updated guidance to the fleet that all PACFLT Sailors, uniformed and civilian, should read and understand.

“We live in a complex world and an increasingly complicated theater,” Swift said. “If we hope to be successful as an institution and as professionals, it’s fundamentally important we weigh carefully how we meet our responsibilities and treat each other.”

The fleet’s vision is one that sustains an Indo-Asia-Pacific maritime domain where the established and enduring international framework of norms, standards, rules, and laws is preserved.



Adm. Scott Swift, commander of U.S. Pacific Fleet, speaks to Sailors assigned to the Pacific Surface Action Group (SAG) during an all-hands call aboard USS Momsen (DDG 92), April 26.

U.S. Navy photo by MC2 Brian M. Wilbur

In doing so, its mission is to advance Indo-Asia-Pacific regional maritime security and enhance stability in support of commander, U.S. Pacific Command by being where it matters, when it matters, with what matters to decisively prevail in all contingencies from war to peace.

The guidance goes on to indicate in executing the mission, PACFLT forces at all levels and ranks will plan, operate, and assess their activities in a manner that is thoughtful, rather than rash; consistent, rather than erratic; firm, rather than rigid; and patient, rather than reactionary.

A copy of the guidance suitable for printing and posting in workspaces can be found at www.cpf.navy.mil/guidance.

Cyber security internship pilot program promotes innovation

MC2 Tamara Vaughn

U.S. Pacific Fleet Public Affairs

The introduction of new technology, especially in the fields of cyber information and security, has radically altered the world in so many ways, creating new opportunities and challenges along the way.

U.S. Pacific Fleet (PACFLT) is working to keeping up with the demands of an ever changing world with the kickoff of a new pilot internship program. In partnership with the “The Bridge” program, launched back in February 2016, and the MD5 National Security Technology Accelerator at the National Defense University, the pilot program provides opportunities for junior officers and enlisted Sailors in the ever changing field of cyber security technology.

“This is just one project of many programs that ‘The Bridge’ has fostered with its core concept of turning all 140,000 Sailors in PACFLT into innovators, replacing innovation cells with a bridge from the deckplates to innovation opportunities,” Adm. Scott Swift, commander of U.S. Pacific Fleet, said.

A team of four Sailors led by Lt. j.g. John Vincent Deniega, attached to Navy Information Operations Command, Hawaii,

were the first selected for this pilot program, which offers a unique combination of academic mentoring and valuable real-world experience working with leading experts in the field. The four Sailors compete against college level interns in co-educational competitions using the latest research, technology and developments by applying them strategically and tactically in real-world scenarios against cyber-attacks.

“I am not sure if I was just lucky enough to have three proactive and brilliant Sailors on my team,” Deniega said. “They demonstrated they were ready to exceed expectations from day one. My job as team lead was simple: Ensure my team had what they needed in order to own their tasks, keep eyes down the calendar, and unify the technology with a deliverable business strategy.”

The Navy team has won six out of six competitions, demonstrating to the other interns, industries, and the local college directors who have visited as judges, that the Navy is a key player in the cyber security field. According to Deniega a few interns have actually started asking questions about how to join the Navy ranks either in the military or civil service side.

“Although we are mostly the same age as these college students we are competing against, we are all slightly older and the

levels of work ethic and determination vary drastically,” team member Cryptologic Technician (Networks) 2nd Class Tyler Fulkerson, attached to Navy Information Operations Command, Hawaii, said. “Being in the Navy, we have been working full time on top of taking college classes and developing skills relevant to our rate. So when a task is assigned or a goal needs to be met we have no issue hitting target simply because we are all experienced in this fast paced and demanding environment. We come out on top by appropriately assigning roles and jobs due to strengths in skills and that really fast tracks our work here.”

The Navy’s team continues to lead the charge. They’ve developed potentially viable products that have captured the attention of industry, academia, and the U.S. Department of Homeland Security.

“The work our internship project is doing and the milestones they are achieving surpass my expectations,” Swift said.

As an added benefit of the internship effort, this pilot program succeeded in showing industry professionals and college students that Sailors can set the pace. The team participated in a final show to present their inventions and innovations in front of a panel of investors on Aug. 17.

Women’s Equality Day events planned at JBPHH

There will be a special meal in honor of Women’s Equality Day on Aug. 22 from 11 a.m. to 12:30 p.m. at the Silver Dolphin Bistro, Joint Base Pearl Harbor-Hickam.

The cost is \$5.55 and the meal is open to U.S. military, retirees, Department of Defense civilians and family members of active duty military with a valid ID card.

The meal will include chicken papaya soup, roast pork, Hawaiian barbecue chicken, loco moco with brown gravy, Spam musubi, jasmine rice, Okinawa yams, vegetable stir fry and green beans. The meal will also include macaroni salad and

garden salad. Dessert will include assorted cheesecakes, pineapple upside down cake, an ice cream bar with assorted toppings, Hawaiian haupia and assorted dinner rolls.

There will also be a special observance at Hickam Memorial Theater on Aug. 26 from 10 to 11 a.m. The theme will be “Celebrating Women’s Right to Vote.”

Capt. Stan Keeve, Joint Base Pearl Harbor-Hickam commander, will present the opening remarks. The guest speaker will be Lynn Simpson, director of Total Fleet Force Manpower and Personnel, U.S. Pacific Fleet.

HIANG hosts Sentry Aloha



U.S. Air National Guard photo by Airman 1st Class Stan Pak

An Airman from the Texas Air National Guard marshals in an F-16 fighting falcon at Joint Base Pearl Harbor-Hickam, Aug. 17 to participate in the Hawaii Air National Guard’s (HIANG) Sentry Aloha exercise. Sentry Aloha is an ongoing series of exercises, hosted by HIANG’s 154th Wing, involving multiple types of aircraft and services.

Pearl Harbor-Hickam Highlights



Capt. William A. Dodge Jr., left, reads orders relieving him of command of Naval Computer and Telecommunications Area Master Station Pacific Aug. 11. During the change of command ceremony at Wahiawa Annex, Capt. Herman L. Archibald assumed command.

U.S. Navy photo by MC2 Somers Steelman

The Japan Maritime Self-Defense Force (JMSDF) submarine JS Takashio (SS 597) arrives Aug. 11 at the submarine piers of Joint Base Pearl Harbor-Hickam.

U.S. Navy photo by MC2 Michael H. Lee



Army mariners from 605th Transportation Detachment, 545th Transportation Company, 8th Theater Sustainment Command, hold a farewell ceremony as they prepare to deploy. The Army mariners deployed aboard the 8th TSC's Logistics Support Vessel-2, the CW3 Harold C. Clinger, Aug. 12 from Joint Base Pearl Harbor-Hickam, in support of Pacific Pathways 16.3

Photo by Sgt. Jon Heinrich, 8th TSC Public Affairs

Members of the Defense POW/MIA Accounting Agency (DPAA), excavate during the recovery process in search of a pilot downed during World War II in Graefentona, Germany, Aug. 11. The DPAA deploys teams from its operation office based at Joint Base Pearl Harbor-Hickam to provide the fullest possible accounting of missing personnel to their families and the nation.

DoD photo by Staff Sgt. Erik Cardenas



U.S. Air Force Gen. Terrence J. O'Shaughnessy, PACAF commander, and Japan Air Self-Defense Force Gen. Yoshiyuki Sugiyama, chief of staff, salute the American and Japanese flags during an honor guard ceremony at the Japanese Ministry of Defense Aug. 8 in Tokyo, Japan.

U.S. Air Force photo by Staff Sgt. Michael Washburn

Navy and Marine Corps Public Health Center releases updated ShipShape Program

Navy and Marine Corps Public Health Center Public Affairs

The Navy and Marine Corps Public Health Center (NMCPHC) announced the release of an updated ShipShape Program, Aug. 16.

The ShipShape Program is the official Navy weight-management program designed to assist active duty and reserve military service members, beneficiaries, and government civilians with making healthy behavior changes in order to lose weight.

The curriculum was modernized to reflect the most recent weight-management research and best practices, and the program transitioned to an open enrollment format to provide flexibility and meet an increased demand for the program.

William Calvert, deputy director of Population Health at NMCPHC expressed excitement about this update.

“For over 15 years, the ShipShape Program has helped par-



U.S. Navy photo by MC1 Nardel Gervacio
Navy Reserve Sailors assigned to Navy Operational Support Center Pearl Harbor-Hickam conduct their physical fitness assessment.

ticipants achieve their weight management goals,” Calvert said. “This new and improved version enhances what is really great about the program — an

evidence-based approach to weight management offered in a group setting — and expands it to benefit participants and make it more accessible.”

Anthony Barkley, NMCPHC’s department head for Health Promotion and Wellness and ShipShape program manager, emphasized the benefits of the

new program.

“In this new open enrollment format, participants have the flexibility to make the program work for their schedule,” Barkley said. “They can take the first and last sessions online and attend the in-person group sessions in whatever order they choose, depending on the availability of courses in their area.”

The flexible program will offer participants greater and easier access to the program. Additionally, the open enrollment format will enable any personnel who fail a physical fitness assessment (PFA) spot check to enter into the program immediately if a course is in session. Other individuals interested in weight management and healthy living can self-enroll at any point throughout the year based on availability of courses in their location.

To learn more, visit the NMCPHC ShipShape Program homepage, www.med.navy.mil/sites/nmcphc/health-promotion/Pages/shipshape.aspx.

Pacific Partnership 2016 completes Malaysia Mission

MC2 Lindsey E. Skelton

Pacific Partnership 2016 Public Affairs

Pacific Partnership 2016 departed Kuantan, Malaysia, Aug. 14, marking the completion of Pacific Partnership 2016’s fourth mission stop.

This year marks the first year Pacific Partnership has visited the country, although Malaysia has supported Pacific Partnership in various capacities since the mission first began in 2006.

During the visit, Malaysian civilian leaders and military worked side-by-side with Pacific Partnership personnel from Australia, New Zealand, Canada, the Republic of Korea and the United States to strengthen ties between among partner nations in order to establish an efficient force for humanitarian aid and disaster relief. Together, mission personnel and their Malaysian counterparts conducted subject matter expert exchanges in veterinary medicine, nursing, surgeries and engineering.

“We’re here to build partnerships to work with each other as equals,” Vice Adm. C. Forrest Faison, III, Navy Surgeon General and Chief, Bureau of Medicine and Surgery, said during a visit to hospital ship USNS Mercy (T-AH 19). “To learn from each other and our partner nations — both those on the mission with us and those that invite us to come and visit them — that we can prepare, train and work together so when something really does happen we can save lives.”

A small team of Pacific Partnership medical personnel spent three days near Tasik Chini, and connected with the local community there through cooperative health outreach programs and participation in a community health fair.

The Malaysian armed forces (MAF) and Pacific Partnership personnel also came together to discuss humanitarian aid and disaster relief response during a two-day lecture and subject matter expert exchange.

Participants discussed case studies, response plans and gender roles during disaster. The event concluded with a live search and rescue exer-

cise (SAREX) off the coast of Kuantan. Participants responded to a simulated distressed vessel resulting from a devastating typhoon in the region.

Pacific Partnership also held a one-day “Women, Peace and Security” (WPS) seminar with local nurses to highlight the importance of women’s roles during a natural disaster or crisis. WPS emphasized the significance of women taking part in the decision-making process during an emergency, and the rights and vulnerability of women and children in the aftermath of a disaster.

U.S. Navy Seabees and Malaysian Royal engineering regiment soldiers worked together to complete renovations of two schools near Kuantan. The engineering projects included interior and exterior renovation to one school, while the other received a 130-by-115 concrete slab in order to better support the movement of foot traffic and to serve as a helicopter landing zone in case of a disaster.

“We have repaired and replaced five drop ceilings, painted about 1,000 square feet, placed two doors, installed five electrical lights and five fans,”



U.S. Navy photo by MC3 Trevor Kohlrus

Lt. Steven Whelpley, center, an emergency physician assigned to hospital ship USNS Mercy (T-AH 19), reviews defibrillator operations during a Pacific Partnership 2016 advanced cardiovascular life support training course aboard Mercy, Aug. 9, in Malaysia.

Steelworker 3rd Class Joshua Kolpit, a Seabee assigned to the Tabika Kemas Felda Bukit engineering project, said.

Kolpit also shared his technique for applying putty to wood pieces with his MAF counterparts.

“Even though there’s a

language barrier, we all laugh, we all joke, and we all get frustrated if we can’t hit a nail the first time,” Kolpit said. “It’s a good time.”

Pacific Partnership 2016 previously completed missions in Timor Leste, the Philippines, and Vietnam

before stopping in Malaysia. Simultaneously, a Pacific Partnership 2016 team is in Palau until Aug. 15, led by Japanese Maritime Self-Defense Force personnel aboard JS Shimokita (LST 4002). Upon departure from Malaysia and Palau, Pacific

Partnership 2016 will make its final stop in Indonesia.

For more information on Pacific Partnership 2016 follow on Facebook and twitter:<http://www.facebook.com/pacificpartnership/> and @PacificPartnership.

PACFLT Band performs community outreach concert



Photos courtesy of Beth Ivy

(Above) The U.S. Pacific Fleet Band's Harbor Brass Quintet performed a community outreach concert Aug. 10 at the Hale Koa Hotel in Waikiki. Sharing with the audience the work that is being done by Navy music across the country and around the world, Harbor Brass played a varied selection of marches, jazz, and patriotic themed pieces of music.

(Far left) Musician First Class (Surface Warfare) Alex Ivy, assigned to the U.S. Pacific Fleet Band, entertains audience members on a tuba feature with the Harbor Brass Quintet during a community outreach concert at the Hale Koa Hotel in Waikiki.

(Left) Musician Third Class Galen McKinney, assigned to the U.S. Pacific Fleet Band, is featured on the piccolo trumpet with the Harbor Brass Quintet during a community outreach concert filled with a variety of selections of marches, jazz, and patriotic themed pieces of music at the Hale Koa Hotel.

Life & Leisure

Service members clean up wildlife refuge

Story and photos
by MC1 Phillip Pavlovich

Navy Region Hawaii Public Affairs

Sailors and Airmen attached to Hawaii-based commands and Royal New Zealand Navy Sailors attached to the HMNZS Te Kaha (F77) participated in a volunteer beach cleanup at the James Campbell National Wildlife Refuge in Haleiwa, Aug. 3, during Rim of the Pacific (RIMPAC) 2016.

The refuge covers more than 160 acres of wetland habitat on Oahu and provides sanctuary for Hawaii's endangered waterbirds, migratory shorebirds, waterfowl, seabirds, endangered and native plants, endangered Hawaiian monk seals and threatened green sea turtles.

"Having both military forces working together, hand-in-hand, for a common cause that we are fighting for was a very proud moment. Everyone worked tirelessly, and the results proved that," Hayden Smith, New Zealand Sea Cleaners program representative, said.



"We were able to remove a significant and concentrated volume of marine litter in a relatively short amount of time, due to the work ethics of the military." New Zealand Sea Cleaners is an organization dedicated to removing rubbish from the coastline.

Sea Cleaners initiated the cleanup with RIMPAC participants and Navy Region Hawaii support. Smith and members from

Ocean Aid and the U.S. Fish and Wildlife Service worked alongside service members to remove debris. Throughout the day, volunteers removed an estimated three tons of debris from approximately half of the 2-mile shoreline the refuge beach covers.

"I enjoyed myself quite a bit, and I know that all the services that were there definitely had an impact on the wildlife refuge," Cryp-

tologic Technician (Maintenance) 1st Class Andreas Zahn, a volunteer attached to Hopper Information Services Center, said.

"The military volunteers expended a lot of energy removing the marine debris. They were able to pull several heavy abandoned fishing nets off the beach. Those nets are normally too heavy for most of the volunteers we have helping on cleanups, so they would not have been removed without the military assistance," Joseph Schwagerl, Hawaiian Islands Oahu and Maui National Wildlife Refuge Complex project manager, said.

Twenty-six nations, more than 40 ships and submarines, more than 200 aircraft and 25,000 personnel participated 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 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 was the 25th exercise in the series that began in 1971.



Service members and civilians pull together to clean the coastline at James Campbell National Wildlife Refuge.

Preble prevails over NCTAMS PAC, 54-49



Boatswain's Mate 3rd Class Preston Bias pulls away a rebound from information Systems Technician 2nd Class Hunter Bell.

**Story and photo
by Randy Dela Cruz**

Sports Editor, Ho'okele

The battle for sole possession of second place in the Summer Basketball League was everything expected and even more. As USS Preble (DDG 88) squared off against Naval Computer Telecommunications Area Master Station Pacific (NCTAMS PAC) with second place on the line, the teams staged one of the most competitive showdowns this season. In the end, Preble hung on to a 54-49 victory on Aug. 13 at Joint Base Pearl Harbor-Hickam Fitness Center and found themselves all alone in second place with a 4-1 record. NCTAMS PAC fell two behind league-leaders Reasonable Doubt with a record of 3-2. Preble was led by guard Boatswain's Mate 3rd Class Warren Wilson, who started off the game with three straight baskets and finished with a game-high 22 points. "We wanted to get a good start so that everyone could get into the rotation," Wilson said about Preble's early lead. "I felt like, set the tone and everybody would piggyback." Although Preble held the upper hand early in the game, the battle was by no means over, as NCTAMS PAC fought back to keep things close. Down by four points, NCTAMS PAC cut the lead down to a single point, when Information

Systems Technician 3rd Class Miltuan Williams hit a long jumper for three points at about midway through the first half. Preble stepped up to the challenge and scored the next two baskets to get some breathing room at 18-13. Then with only 3:32 remaining until halftime, Engineer 2nd Class (SW) Blake Petenbrink pulled up just outside the three-point arc and swished his second trey of the game to give Preble their first double-digit lead at 25-15. While NCTAMS PAC shrank the margin down by a basket, the team still trailed by four baskets at 29-21 at halftime. Early in the second half, NCTAMS PAC used their fresh legs coming out of intermission to make a strong run against Preble. Using an aggressive defense, NCTAMS PAC forced the action and within two minutes had cut the lead down to four points at 29-25 after Information Systems Technician 2nd Class Hunter Bell muscled in a shot from the low post. The game remained tight for the next six minutes, before Petenbrink sank this third shot from downtown and then followed up with a short jumper on the next trip down the floor to retake a 10-point lead at 39-29 with 11:11 left on the clock. Facing another 10-point deficit, NCTAMS PAC took a deep breath and went back to work to chip away at the lead.

Williams, who had already hit one huge shot in the first half, did it one more time on a putback that cut lead down to three at 41-38 with 3:34 remaining in the game. However, still trailing at 46-41 with time running out, Wilson scored on a breakaway lay-up at the 1:31 mark to finally put the game away for good. "It's a game of runs," said Wilson about how the neither team could pull away the other. "We were a little short, so we started feeling the fatigue, but you got to push through it." Master Chief Patrick Walker, head coach of NCTAMS PAC said that while he was very proud of the way his players fought back each time, in the end, playing catch-up throughout the game eventually took its toll. "We fell behind and tried to play catch-up," Walker said. "We didn't box out and we didn't stick to what we do best." While Walker assured that it wouldn't take much to get his team back on track, Wilson said that he likes where his team is at right now, but could it also use some improvement. If Preble works on their defense and push the ball up court better, the team should be around come championship time. "We got a good bunch of guys," Wilson said. "We've got to play every game like it's the championship."

Latest win pulls 613th AOC out of the cellar

**Story and photo
by Randy Dela Cruz**

Sports Editor, Ho'okele

After having to play one of the toughest schedules to kick off the Summer Soccer League, the 613th Air and Space Operation Center (613 AOC) looked for some relief. Starting off by taking on three out of the top four teams in the league, the 613 AOC are now matching up against teams that are more to their liking and it's beginning to make a difference. On Aug. 13, the 613 AOC took on the 17th Operational Weather Squadron (17 OWS) in a matchup of 1-4 teams, with the winner getting a pass out of the league's cellar. While it wasn't easy, the 613 AOC took a huge step toward respectability by earning a

tough 3-2 victory over the 17 OWS at Earhart Field, Joint Base Pearl Harbor-Hickam. "We played three of the top four teams," 613 AOC head coach Eric Davison, a Department of Defense civilian, said. "Now we're working mid-tier and the bottom and we're starting to see teams that are more even. It was good to get those tough teams out of the way. We still got the USS Preble (DDG 88), but we practice a lot against them, so they're making us better players." After squaring off against the top teams in the league, the 613 AOC looked like they were going to have a much easier time against the 17 OWS. While it may have started off that way, the 613 AOC found themselves in another battle. In a season where Davison said that the 613 AOC's biggest challenge has been scor-

ing goals, the team got a huge lift when Master-at-Arms 1st Class Brian Smith snuck in to score off a corner kick to take a 1-0 lead. The team had another reason to celebrate when Spc. Alexi Treu completed a breakaway to raise the 613's lead to 2-0 with more time to play in the first half. As the 17 OWS tightened down their defense, the team got a huge boost just before halftime, when Tech. Sgt. Nicholas Jones took a pass near the 613 AOC's goal and pushed it past the goalkeeper and into the net to cut the lead in half heading into the break. The last-minute goal before the half seemed to shift momentum to the 17 OWS, as the team came out in the second half and immediately pressured the 613 AOC. After spending most of the

time in the second half on the 613 AOC side of the field, the 17 OWS evened the score at 2-2 on a goal by Hospital Corpsman 2nd Class Pablo Yuguero. While Davison credited the 17 OWS for the comeback, he said that his team's play created many of their own problems. "Every time we tried to advance the ball, there were open gaps, but we had no guys there," Davison said. "I don't know where our midfield disappeared to. We actually came into this game with a different strategy, but some of the key players weren't able to make the game, so we had to change." With time ticking away, it seemed as if the 613 AOC wasn't going to break midfield before the game ended. However, a good bounce gave military family member Eric Aamothe just enough space to

kick the ball out into the open for a breakaway. With the goalkeeper quickly converging up the ball, Aamothe booted the ball over the keeper and watched as the ball took a bounce right into the net for the game winner. "I think one came into our advantage because the wind was at our front," Aamothe said. "I expected the ball to sail and I think the defenders thought that too that's why they slowed down a bit." Davison said that as he saw the play develop, he had a good feeling that Aamothe would come through. "I've been playing with him for four years," Davison said. "Anytime he has an opportunity, he has space, he has a big body and his legs are moving, he has a good chance of kicking a goal and it was right there."



Players scramble for a loose ball during a Summer Soccer League game between the 613 AOC and 17 OWS.

Congresswoman Tulsi Gabbard (center) stands next to retired Sen. Daniel Akaka, while meeting with a possible vendor at the ALA Food Show.



Vendors score record turnout at ALA FOOD SHOW

Story and photos by Randy Dela Cruz

Sports Editor, Ho'okele

In 19 years of operation, the annual American Logistics Association (ALA) Hawaii Food Show has become the premier destination for local vendors wishing to break into the lucrative commissary marketplace.

According to ALA Hawaii show co-chair Sharon Zambo-Fan, from its modest beginnings, which opened the doors to five vendors, the show has continually pushed the envelope and this year was no exception.

"We normally cap off at 70 because we try to give people more space," Zambo-Fan said. "This year, we went to 76 and we still had over a dozen companies that we couldn't meet their request to come here."

It's no wonder that local companies are turning out in record numbers, as a place on the commissary's shelves could be a gateway to getting their products into marketplaces around the globe.

Zambo-Fan said that the uniqueness of the Hawaii market has a lot to do with the success of the ALA Food Show.

"They tried to emulate what we do here in San Diego, but it's difficult," Zambo-Fan said. "Ninety-percent of businesses are local, small businesses, but at the same time, we have a big base of military and with that, we have a very diverse ethnicity here. It's a partnership."

Upon entering packed room of vendors, one of the first visible booths spoke volumes of the kind of diversity that has become commonplace at the annual event.

Golden Touch Trading, whose selection of Filipino foods has been a part of commissary shelves for over a decade, was back again looking to expand upon their presence at the Hawaii locations.

Rhea Castro said that the company's acceptance into the local commissary market was the biggest turning point toward its success.

"It's really hard before," she said. "But later on, we have products in all commissaries."

While the show highlights some of the best food products that the island has to offer, Keith Hagenbuch, Defense



Members of Golden Touch Trading cook a few of the products that they brought to the ALA Food Show.

Commissary Agency (DeCA) executive director store operations, said that this was just the first step in a very stringent process before vendors are finally welcomed.

"We'll taste products here that are fantastic," Hagenbuch said. "But since the military has such a scrutinized environmental system, they will never make it through the process."

Eyvinne Umemoto, store director of Pearl Harbor commissary, and Tototua Ripley, Hickam store director, said that not only does the military hold very strict standards, but getting through the gauntlet of tasters and evaluators that roam the show can be a daunting task — especially for first timers.

Umemoto said that uniqueness is certainly a factor in deciding which prod-

ucts make it, but he and Ripley must always keep in mind that everyday items will always have a place in a well-rounded store.

"For example, if somebody wants to make sushi," Umemoto said. "The ingredients to make that sushi are not the fastest sellers. If you don't have that wrap, then you cannot make your sushi. Why let them go downtown somewhere else looking for it?"

As in the past few years, many of the vendors aimed their products toward a healthier lifestyle through food and drinks that not only taste good, but also are also good for you.

Hawaii Coffee Company, which distributes Lion Coffee, Royal Kona Coffee and Hawaiian Island Tea, made a pitch for coffee that is full of antioxi-

dants, while Patrick McGuirk of Johnson Brothers of Hawaii hopes to add new favors of Bai5, another drink that is antioxidant rich, low in calories and is naturally sweetened.

If you need more energy to get through your day, then Uptime energy drink just might be the right boost to help get you going.

Carrie Kim, president and proprietor of the company, said that Uptime offers smooth energy all day long without the crashes that other drinks in the same category might cause.

Even body care has gone natural with companies, such as Puna Noni Naturals, which offers a variety of products that includes Puna Noni juices, capsules and a line of body wash, shampoos and conditioners.

Congresswoman Tulsi Gabbard, who along with retired Sen. Daniel Akaka, spoke and untied the maile lei during the show's opening ceremonies, said that going through the event reaffirmed the important role that our local commissaries play in Hawaii's communities and in the lives of military families all over the world.

Gabbard said that she would always fight to ensure that our country's military families never lose the benefits and quality of life that commissaries afford all of those who protect our nation.

"I know from firsthand experience for myself and my family, but I hear it from my fellow Soldiers all the time on how much they depend on being able to shop at the commissary to support their families," Gabbard said. "We were able to include in the House defense authorization bill this year to continue funding and resources to support the commissary. As people talk about rolling back or getting rid of the commissary benefit, I appreciate being able to serve in Congress to be able to bring voice for our service members to say 'no this is not something that we will allow to happen.'"

Sailors can support their football team

Navy Office of Community Outreach

For the upcoming football season, Navy Office of Community Outreach (NAVCO) is offering an opportunity to create and share short, recorded shout-outs (15-20 seconds) with a Navy key message for all Sailors to support their favorite professional or college football team.

Sailors can call 1-855-OUR-NAVY to record their shout-outs. Participating Sailors can call from any available phone and NAVCO screens each call.

Once received, NAVCO will thoroughly screen for useable files and share the audio file with a full range of radio media outlets in their hometown. If the shout-out is picked up by a radio station,

details will be sent back to the command public affairs office.

Sailors should deliver their message with enthusiasm, and speak audibly and clearly for the shout-out to be usable.

Sailors should tailor their message to their command, area of responsibility, hometown and the team they are recognizing.

Here is a sample script: "Hi, I'm Navy Petty Officer (name) from (hometown) and currently serving aboard the flagship, USS (ship). We are forward deployed in the (area of responsibility) and ready to defend America at all times. I want to wish the (team) good luck this season. Go (team nickname)!"

(For more information, visit www.navyoutreach.org.)

How to record your shout out:

- Call the toll-free number 1-855-OUR-NAVY (1-855-687-6289) before Sept. 1, at 8 a.m. Eastern Standard Time.
- Have the script ready and follow the recorded voice directions after calling.
- Wait for a three-to-five second pause after the voice directions and record the message after the beep.
- Hang-up and the audio file will automatically be sent to NAVCO's email.





Semi-homemade spaghetti sauce adds flavor to meals

Defense Commissary Agency

MyPlate (www.choosemyplate.gov/myplate/) encourages Americans to fill half of their plates with fruits and vegetables because research has proven that diets filled with them will assist with meeting weight goals, lower blood pressure, reduce the risk of heart disease and stroke, prevent some types of cancer, and lower the risk of eye and digestive problems.

The amount of vegetables and fruits recommended per day varies depending on age, sex, and activity level; but, for the average adult, the combined minimum amount is about five to six cups per day.

Aiming to eat a variety (“eating a rainbow”) of fruits and vegetables is just as important as the overall amount consumed. This is because no single fruit or vegetable provides all the nutrients the body needs. Because fruits tend to be higher in calories than vegetables, increasing the variety with mainly vegetables is a great strategy to keep calories balanced.

However, over the course of a week, the recommended amount of weekly intake from each subgroup should be consumed. All cooked, raw, canned and frozen varieties count toward meeting the weekly goals.

One cup of raw or cooked vegetables or vegetable juice, or two cups of raw leafy greens, can be considered as one cup of vegetables.

Each week, adults should aim to eat between four to five cups from the red and orange vegetable subgroup. Some of the key nutrients that the red and orange subgroup of vegetables provides your body with vitamins A, C, and potassium.

Vitamin A helps to promote healthy eyes, skin, hair and teeth and strong immune system. Vitamin C also keeps the teeth and gums healthy and keeps the immune system strong, while also helping with wound healing and the body’s absorption of iron. Dietary potassium lowers blood pressure and may reduce the risk of kidney stones.

This meal features a semi-homemade “starter” marinara sauce that will help you in meeting the recommended weekly level for red/orange vegetables, while also keep-

ing the sodium and sugar levels in check. Have fun with this sauce by using it in other meals and adding more vegetables, like peppers, zucchini, eggplant or mushrooms, etc.

Directions:

Semi-homemade spaghetti sauce (serves four)

1. Over medium heat, begin cooking about three-quarters of a pound of lean ground meat (at least 90 percent lean beef, chicken or turkey), stirring occasionally.

2. Begin cooking 12 ounces whole wheat or whole grain pasta, according to package directions.

3. While the pasta and ground meat are cooking, in another large sauce pan, pour a 14.5 ounce can of no added salt stewed tomatoes (Italian-basil, garlic, oregano), two to eight ounce cans of plain tomato sauce, and one small can of tomato paste, a half-teaspoon of garlic powder and one teaspoon of dried Italian seasoning blend.

4. Over medium-high heat, mix the sauce well, while mashing the large pieces of tomatoes against the side of the pan. Let the sauce simmer for about five minutes, while stirring occasionally.

5. Drain the grease from the ground meat, and discard the grease. Carefully pour the ground meat into the sauce and mix well. Turn the heat to medium and cook for an additional five minutes until the flavor blends.

6. For each plate, serve one-fourth of the drained pasta, topped with one-fourth of the sauce, sprinkle of grated parmesan cheese and chopped fresh basil (optional).

7. To make the meal complete, serve four to six ounces of vanilla Greek yogurt topped with a handful of your favorite berries or fresh sliced peaches.

Notes: Use pasta made from vegetables to help meet the recommended level of weekly consumption.

Use the tomato sauce as a base in home-made lasagna or as a dipping sauce.

Make a double batch of the sauce and freeze ½ of it, so you will have it at the ready for a quick meal. All you’ll have to do is microwave it to thaw and heat, while the pasta is cooking.

(For more meal solutions, visit www.commissaries.com/healthy-living/healthy-eats.cfm)

Finances, employment among MFSC classes



Joint Base Pearl Harbor-Hickam Military and Family Support Center (MFSC) will hold upcoming classes on wide-ranging topics, including finances, employment and anger management.

• Managing money and credit class will be held from 8 to 9:45 a.m. Aug. 22, and 4:30 to 6 p.m. Aug. 23 at MFSC Pearl Harbor. Topics will include credit scores, savings goals and loans.

• Consumer awareness and insurance class will be held from 10 to 11 a.m. Aug. 22 at MFSC Pearl Harbor. This class is designed to discuss scams, consumer rip-offs, how to defend yourself against fraud and maintaining adequate insurance.

• Savings and investing and Thrift Savings Plan (TSP) basics class will be held from noon to 2 p.m. Aug. 22 at MFSC Pearl Harbor. The TSP is a retirement savings and investment plan for federal employees and members of the uniformed services.

• Car buying strategies class will be held from 2 to 3:30 p.m. Aug. 22 at MFSC Pearl Harbor. The class includes how to

negotiate and determine what you can afford, trade-ins, financing and how to watch out for high-pressure sales tactics.

• Anger management class will be held from 8 to 11 a.m. Aug. 23 at MFSC Pearl Harbor. The class is designed to help participants better understand, channel and control anger.

• Civilian resume writing class will be held from 8 to 11:30 a.m. Aug. 23 at MFSC Pearl Harbor. Registration is highly encouraged. It’s also helpful to bring along your own laptop as well as a draft resume and a civilian job announcement you may be interested in pursuing.

• Pursuing federal employment class will be held from 4:30 to 6 p.m. Aug. 23 at MFSC Pearl Harbor. This class is designed to teach participants how to navigate USAJobs and how to build a competitive resume within the system. It will be helpful if you can bring

your own laptop as well as a federal job advertisement from USAJobs that you may be interested in pursuing.

• Transition GPS: career and technical training track will be held from 7:30 a.m. to 3:30 p.m. Aug. 23 and 24 at MFSC Pearl Harbor. The class is designed to provide transitioning personnel with information to obtain technical training in their chosen field.

• Applied Suicide Intervention Skills Training (ASIST) will be held from 8 a.m. to 4 p.m. Aug. 24 and 25 at the Naval Computer and Telecommunications Area Master Station Pacific (NCTAMS PAC) chapel. ASIST is a two-day, 15-hour workshop that teaches suicide first aid intervention skills.

(For more information and to register for classes visit www.greatlifehawaii.com or call 474-1999.)

MWR seeks customer feedback via online survey

Reid Tokeshi

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation

Patrons of Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation (MWR) now have the opportunity to give helpful input about the many programs available at JBPHH and outlying areas by responding to an online survey created by Commander, Naval Installations Command (CNIC).

The survey features a quick series of questions related to facilities and programs. It differs from the focus groups conducted earlier this week. The in-person focus groups discussed MWR in a general sense. The online version is broken down by areas: Joint Base, Wahiawa and Pacific Missile Range Facility (PMRF) on Kauai. Within each area customers can click on a particular program, such as fitness, food and beverage, Liberty, etc. and give their opinion.

Each survey consists of multiple-choice questions plus a section for individual comments. Patrons can either answer the questions anonymously or provide their names and contact information.

The survey for JBPHH is available at www.greatlifehawaii.com/surveys. For PMRF, visit pmerf.greatlifehawaii.com/surveys. Both surveys are scheduled to remain available through September.



Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation will hold upcoming events.

● Free golf clinic will be held at 9:15 a.m. Aug. 20 at Barbers Point Golf Course. Pros will offer tips on improving your golf game. For more information and to preregister, call 682-1911.

● Pre-teen back to school bash will be held from 10 a.m. to 1 p.m. Aug. 20 at the Makai Recreation Center, building 1859. This event is open to youth ages 9 to 12 years old. The annual pre-teen event has always been based around water events. This year the new element of color is added. Attendees should be dressed in lighter-colored clothing, so the colors will pop. Registration will be accepted at the door. The cost to attend is \$5. For more information, call 448-0418.

● Intramural flag football coaches meeting will be held at 1 p.m. Aug. 24 at Joint Base Pearl Harbor-Hickam Fitness Center. The season runs from Sept. 6 through December. The league is limited to active-duty commands from JBPHH. Any additional active-duty members not belonging to a command team will come from a players’ pool. All individuals who are interested in getting into the players’ pool can call the intramurals office. For more information, call 473-2494 or 473-2437.

● Bike Waikiki will be held from 8 a.m. to 1 p.m. Aug. 25 at the MWR Outdoor Adventure Center at the Fleet

Store. Participants should bring extra cash for lunch stops along the way. Riders must be over the age of 12 and be comfortable riding a bike. The cost to participate is \$25. Participants need to sign up by Aug. 23. For more information and to sign up, call 473-1198.

● Intramural Winter Softball League registration deadline is Aug. 26. The cost is \$460 per team. The league is open to active-duty, family members 18 years and older, and Department of Defense employees assigned to JBPHH. For more information and to sign up, call the intramurals office at 473-2494 or 473-2437.

● Movie night will be held from 6 to 9 p.m. Aug. 26 at Pool 2. Patrons should bring floats. “The Lion King” (rated G) will be screening at sunset and free popcorn will be offered. For more information, call 260-9736.

● Kayak open ocean North Shore begins 8 a.m. to 2 p.m. Aug. 27 at the MWR Outdoor Adventure Center at the Fleet Store. The route begins at Kaiaka Bay Beach Park, westward along the coastline, passing Kaiaka Bay and heading down all the way to Aweoweo Beach Park. This open ocean kayak adventure will test endurance and knowledge of the water. Kayaking skill level is moderate to advanced. The cost to attend is \$30. Participants should sign up by Aug. 25. For more information and to sign up, call 473-1198.

● Spearfishing excursion will be held from 9 a.m. to noon Aug. 27 at the MWR Outdoor Recreation at Hickam Harbor. This event includes three hours of open water, good company and a wide array of fish. To participate, patrons must have taken “Learn to Spearfish” course, as the skills needed for this activity can be moderate to difficult. The cost to participate is \$20. Participants need to sign up by Aug. 25. For more information and to sign up, call 449-5215.

● Learn to stand-up paddleboard will be held at 9:15 to 10:15 a.m. and 10:30 to 11:30 a.m. Aug. 27 at MWR Outdoor Recreation at Hickam Harbor. The cost is \$25 per session. Participants need to sign up by Aug. 25. For more information, call 449-5215.

● Learn to surf at Hickam Harbor will be held from 9 a.m. to noon Aug. 28 at the MWR Outdoor Recreation at Hickam Harbor. The Hickam Beach staff will familiarize participants with technique, gear, etiquette and methods on how to surf. The class starts out on land, and then transitions to the water near shore. Once comfortable and ready, instructors will take the surf taxi out to “the breaks.” Participants must be able to swim without a lifejacket. The cost is \$30. Participants need to sign up by Aug. 25. For more information and to sign up, call 449-5215.

Arizona Pool closed weekdays

As of Aug. 19, Arizona Pool will be closed on weekdays.

The pool is still open on weekends from noon to 5 p.m.

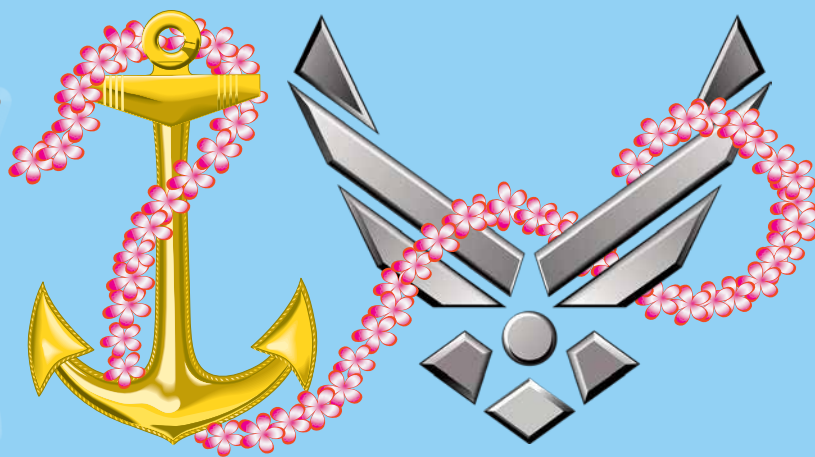
The pool will be open on Labor Day from noon to 5 p.m.

AUGUST – SEPTEMBER

COMMUNITY

CALENDAR

HO'OKELE
PEARL HARBOR - HICKAM



15TH CPTS NEW HOURS – NOW

As of Aug. 15, the new customer service hours for the Air Force finance office, 15th Comptroller Squadron (15th CPTS) are from 8:30 a.m. to 3:30 p.m. The office is located at 900 Hangar Ave. (Hangar 2), Joint Base Pearl Harbor-Hickam. Appointments will still be available between 7:30 a.m. and 4:30 p.m. to accommodate customers unable to make it during customer service hours. The office closes at noon the third Thursday of every month for training. FMI: call 2nd Lt. Jordan S. Edwards at 449-0892.

WOUNDED WARRIOR REGATTA – AUG. 20

Teams of wounded warriors, active duty military, National Guard members, Reserves and veterans will participate in the 2016 Na Koa Wounded Warrior Canoe Regatta beginning at 8:30 a.m. at Fort DeRussy Beach, Waikiki. The event is designed for teams in various divisions to compete in the spirit of athletics and camaraderie. FMI: (808) 256-9788.

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/

MADDEN NFL 17 – AUG. 20 TO 22

The Pearl Harbor Navy Exchange (NEX) has been authorized to allow customers to play the Madden NFL 17 game at the NEX mall electronics department prior to the Aug. 23 scheduled release date. One authorized patron will win the demo game from an in-store drawing. The winner will be contacted on Aug. 23. FMI: 423-3287 or email Stephanie.Lau@nexweb.org.

WOMEN'S EQUALITY DAY EVENTS

AUG. 22, 26 – There will be a special meal in honor of Women's Equality Day on Aug. 22 from 11 a.m. to 12:30 p.m. at the Silver Dolphin Bistro. The cost is \$5.55 and the meal is open to military personnel, retirees, Department of Defense civilians and family members of active duty military with valid ID card. There will also be a special observance at Hickam Memorial Theater on Aug. 26 from 10 to 11 a.m. The theme will be "Celebrating Women's Right to Vote." Capt. Stan Keeve, JBPHH commander, will present the opening remarks. The guest speaker will be Lynn Simpson, director of Total Fleet Force Manpower and Personnel, U.S. Pacific Fleet.

NAVFAC PACIFIC JOB FAIR – AUG. 22

Naval Facilities Engineering Command (NAVFAC) Pacific is hosting a federal job fair from 8 a.m. to noon at the Moanalua Shopping Center Navy Service Center building, room 143. The public is welcome. Interested attendees should bring their resume and other hiring documentation.

ASIST TRAINING – AUGUST TO NOVEMBER

Applied Suicide Intervention Skills Training (ASIST) will be a two-day, 15-hour workshop that teaches suicide first aid intervention skills. The training will be held Aug. 24-25 and Sept. 29-30 from 8 a.m. to 4 p.m. at the Naval Computer and Telecommunications Area Master Station Pacific (NCTAMS PAC) Chapel in Wahiawa. Training will also be held Oct. 11-12 and Nov. 21-22 from 8 a.m. to 4 p.m. at Military and Family Support Center Pearl Harbor. Participants can register online. FMI: www.greatlifeohawaii.com/family-support/mfsc-class-schedule.

5K GLOW RUN – AUG. 26

The 15th Wing Sexual Assault Prevention and Response (SAPR) office is planning to light up the streets of JBPHH with a 5k Glow run on Aug. 26 at 6:30 pm. 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. The event will be open to anyone with base access, and glow products will be provided to those participating at no charge. FMI: call the 15th Wing SAPR office at 449-7272.

TRIPLER FISHER HOUSE RUN – SEPT. 10

The Tripler Army Medical Center's Fisher House will hold the fifth annual 8K Hero and Remembrance Run beginning at 6:30 a.m. on Ford Island. All participants should be on the island no later than 6 a.m. The free event is open to the military and the public. The event honors fallen service members from all branches who have given their lives since Sept. 11, 2001. There will be numerous boots with pictures of fallen service members on them and flags inside that will line the running route. The registration website is www.eventbrite.com. FMI: email anita.f.clingerman.naf@mail.mil or call 436-5543 or email Theresa.m.johnson2.naf@mail.mil or call (931) 217-0800.

9/11 REMEMBRANCE CEREMONY

SEPT. 12 – A free public ceremony to mark the 15th anniversary of the Sept. 11, 2001 attacks on the World Trade Center and Pentagon will be held from 12:15 to 1 p.m. at Tamarind Park at Bishop Square in downtown Honolulu. The event will honor the victims of the attacks and Honolulu's first responders. The event will include ceremonial services by a Joint Service Color Guard and the U.S. Pacific Fleet Band.

DODGEBALL TOURNAMENT

SEPT. 23 – A dodgeball tournament will be held from 1 to 4 p.m. at Hickam Gym. Teams must register by Sept. 21. The tournament is limited to 18 teams of six players per team. Official rules are available upon email request. Water and barbecue pupus will be provided. The event is open to all services. FMI: Tech Sgt. Sergio Jackson at 448-2257 or Tech Sgt. Christopher Fiero at 449-8555 or email afsa.alohachapter.1550@gmail.com.

MOVIE

SHOW/TIMES



ICE AGE: COLLISION COURSE

Scrat's epic pursuit of the elusive acorn catapults him into the universe where he accidentally sets off a series of cosmic events that transform and threaten the Ice Age World. To save themselves, Sid, Manny, Diego, and the rest of the herd must leave their home and embark on a quest full of comedy and adventure, traveling to exotic new lands and encountering a host of colorful new characters.

SHARKEY THEATER

TODAY – AUG. 19

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

SATURDAY – AUG. 20

2:30 PM Ice Age: Collision Course (PG)
4:50 PM Star Trek Beyond (3-D) (PG-13)
7:30 PM Lights Out (PG-13)

SUNDAY – AUG. 21

2:30 PM Ice Age: Collision Course (3-D) (PG)
4:50 PM Star Trek Beyond (PG-13)
7:20 PM Ghostbusters (2016) (PG-13)

THURSDAY – AUG. 25

7:00 PM The Infiltrator (R)

HICKAM MEMORIAL THEATER

TODAY – AUG. 19

6:00 PM The Secret Life of Pets (PG)

SATURDAY – AUG. 20

3:00 PM The Secret Life of Pets (PG)
6:00 PM Ghostbusters (PG-13)

SUNDAY – AUG. 21

3:00 PM The Secret Life of Pets (PG)

THURSDAY – AUG. 25

7:00 PM The Purge: Election Year (R)