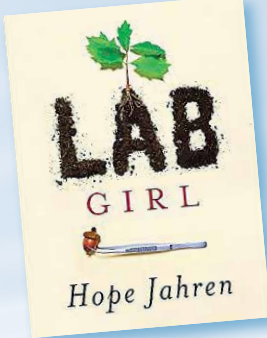




Events honoring
the military child
**See pages A-3,
B-3, B-4, B-5**



New York Times best-selling
author to visit **See page A-4**



Ford Island Bridge
Run scheduled
tomorrow
**See pages
B-3, B-5**



Tsunami Awareness
Walk to Safety **See page B-5**

WHO'OKELE

FOR THE NAVY AND AIR FORCE TEAM IN HAWAII

March 31, 2017

www.issuu.com/navyregionhawaii www.hookelenews.com

Volume 8 Issue 12

Chief petty officers celebrate 124th birthday

MC2 Jeffrey Troutman

Navy Public Affairs Support Element Detachment Hawaii

In celebration of the 124th birthday of the chief petty officer (CPO), more than 400 CPOs from across the island of Oahu came together to conduct community relations projects, CPO 365 Phase I events, and history and heritage gatherings throughout the week of March 27 to April 1.

The CPOs celebrated the birth of their ranks by participating in events such as a wreath-laying ceremony aboard the USS Arizona Memorial, restoration projects at local men and women's homeless shelters, and a CPO scholarship fund invitational golf tournament. The celebration week culminated with the 124th CPO Birthday Ball in Waikiki, March 31.

"One of the charges of the chief petty officer is to be responsible for keeping the heritage of the U.S. Navy alive and well," said Command Master Chief David Carter, Commander Navy Region Hawaii.

"The birth of the chief petty officer rank is pretty historic in our Navy's history, in that, no other branch of service has the cadre of leadership that



A chief petty officer on March 27 renders honors to the wall of names honoring service members killed aboard USS Arizona during the Dec. 7, 1941 attacks on Pearl Harbor.

U.S. Navy photo by MC2 Somers T. Steelman

the Navy does in our chief petty officers, so it's important that we recognize that as we continue to uphold our Navy's heritage."

Carter said that becoming a CPO was one of his proudest days in a career

that has spanned more than 30 years in the Navy, and he is sure that other CPOs share his passion for the anchor.

"My hope is that the chiefs who participate in the week celebrating

the 124th birthday of the CPO walk away with a renewed sense of pride, heritage and an understanding of why we do what we do as CPOs."

First class petty officers involved in the Navy's

CPO 365 Phase I program were afforded the opportunity to work alongside the CPOs during an athletic event, something Senior Chief Operations Specialist Pedro Lopez hoped would provide the

first class petty officers insight into how to better lead their junior personnel.

"As CPOs, we're ambassadors of the Navy's heritage, and this week represents 124 years of lessons learned," Lopez said.

"The CPO 365 program is run year-round, and having the chance to build that relationship with our Sailors is amazing."

Chief Personnel Specialist Christina Rheame echoed Lopez's desire to see enlisted service members strive to be better leaders.

"This week always instills a sense of personal pride in me, not only because it represents the importance of the CPO Mess, but also all of the great things it has contributed throughout the years to the legacy of the Navy."

On April 1, 1893, the rank of chief petty officer (CPO) was established in the Navy as the highest attainable rate an enlisted Sailor could earn, ushering a 124-year legacy of heritage in the U.S. Navy.

Since that day, the birth of the revered title is celebrated annually to honor the service of CPOs committed to developing their junior Sailors and instilling them with the Navy core values.

USS Louisville completes western Pacific deployment

Story and photos by MC2 Michael Lee

Commander Submarine Pacific Public Affairs

The crew of Los Angeles-class fast-attack submarine USS Louisville (SSN 724) was welcomed home by friends and family awaiting their return on the submarine piers at Joint Base Pearl Harbor-Hickam, March 23.

Louisville successfully completed a six-month western Pacific deployment while conducting operations in support of national security.

"I am exceptionally proud of the crew's efforts to prepare for, sustain and successfully execute every phase of this deployment — from our initial training more than

a year ago, to the final transit home," said Cmdr. David S. Cox, Louisville's commanding officer and a native of Dallas. "As commanding officer, it has been my privilege to lead such a fine group of professional young men in carrying out our nation's most important tasks, and I could not be prouder of their accomplishments."

While on deployment, 28 submariners earned the right to wear the submarine warfare insignia, also known as "dolphins."

More than half the crew rotated out of the Louisville following its 2015 deployment. For many of the crew, this was their first deployment, said Master Chief Fire Control Technician Larry E. Williams, USS



Yeoman 2nd Class Bryce Mack, a native of Dallas, reunites with his daughter.

Louisville's chief of the boat, a native of Silver Spring, Maryland.

"The senior members of the crew did an outstanding job mentoring and

teaching the younger Sailors at the deckplate level," Williams said. "Through hard work and cooperation, all hands safely operated the boat in some of

the most challenging environments into which we send submarines."

During the six-month deployment, Louisville performed various exercises, completed three successful missions vital to national security and enjoyed six port visits, including South Korea, Guam and the Philippines.

"There is nothing like climbing the ladder and coming topside after more than 60 days underway," said Machinist's Mate (Nuclear) 2nd Class Matthew R. Lesnick, a native of Ft. Lauderdale, Florida. "I have never been underwater for that long so when we came up in South Korea, the smell of the fresh air and cold weather was a striking difference from what we

left behind in Hawaii."

The deployment also marked a major milestone for the Louisville as it celebrated its 30th anniversary in commissioned service Nov. 8.

"This birthday underscored Louisville's continued tactical relevance, from the Cold War to the present despite being older than the majority of her crew," Cox said.

Louisville is the fourth United States ship to bear the name in honor of the city of Louisville, Kentucky and the 35th Los Angeles-class fast-attack submarine commissioned in 1986. The submarine measures 360 feet long and displaces more than 6,900 tons.

For more news from the Pacific Submarine Force, visit www.csp.navy.mil.



The Los Angeles-class fast-attack submarine USS Louisville (SSN 724) returns to the submarine piers of Joint Base Pearl Harbor-Hickam, March 23.



U.S. Navy photo by Justice Vannatta

Commander, Naval Sea Systems Command (NAVSEA) Vice Adm. Tom Moore, speaks to Pearl Harbor Naval Shipyard and Intermediate Maintenance Facility Sailors and civilian employees during an all-hands call, March 16.

NAVSEA commander visits shipyard

Pearl Harbor Naval Shipyard and Intermediate Maintenance Facility Public Affairs

Vice Adm. Tom Moore, Naval Sea Systems Command (NAVSEA) commander, visited Pearl Harbor Naval Shipyard and Intermediate Maintenance Facility (PHNSY & IMF), March 16.

The final stop on a multi-nation visit to the Pacific area of operation, this was Moore's first visit back to PHNSY & IMF since May 2016. Moore spent time talking with members of the shipyard workforce while he toured training facilities and visited USS Jefferson City (SSN 759), which is currently un-

dergoing maintenance in PHNSY & IMF's Dry Dock Two.

During the trip, Moore spoke about the framework behind NAVSEA's strategic plan.

"People are the key component of the campaign plan," he said.

NAVSEA's top priority is the on-time delivery of ship and submarines to the fleet.

"It's important that each of you understand how you fit into the campaign plan and contribute to expanding the advantage we have over our adversaries," Moore said.

"Staying motivated to support our young men and women in uniform is not difficult especially since you work, in many

cases, side-by-side with them on the ships that they will take into harm's way," Moore said.

In addition to the all-hands call, the NAVSEA commander met with PHNSY & IMF's senior leaders and the leaders of the local labor unions that represent the shipyard. Moore also met with Women in Trades, a Shipyard-based affinity group operating under a charter to develop and advance women in the shipyard to be "no ka 'oi," or the best they can be.

During the meeting, Moore emphasized the need to create a safe work environment at every NAVSEA activity, foster an environment

where people are able to go to their supervisors when issues arise, and trust that leaders ensure workers get the help they need.

"We must help others, and don't be a bystander and let things happen around us when we're able to do something," he said.

Pearl Harbor Naval Shipyard and Intermediate Maintenance Facility is a field activity of NAVSEA and a one-stop regional maintenance center for the Navy's surface ships and submarines.

For more information, visit Facebook at www.facebook.com/Pearl-HarborNavalShipyard

Flickr at www.flickr.com/photos/phnsy/.

ICE: How is Base Public Works doing?

NAVFAC Hawaii Public Affairs

Naval Facilities Engineering Command Hawaii's Public Works Department Joint Base Pearl Harbor Hickam (PWD JBPHH) has recently been added to the Department of Defense's (DoD) Interactive Customer Evaluation (ICE) system. This system allows DoD customers to rate products and services provided by PWD JBPHH production personnel.

"This positive or negative feedback is essential to improve our facilities work for all of our customers," said Cmdr. Burr Vogel, PWD JBPHH director. "The comment card is very easy to fill out and it will help us keep track of all customer comments."

To access our ICE comment card, go to ICE's homepage at https://ice.disa.mil/index.cfm?fa=ice_main&dep=DoD. Type in "Pearl Harbor," then select "Joint Base Pearl Harbor- Hickam," "Facility Management," and "NAVFAC Production Resource Optimization Support (PROS)." The direct link to NAVFAC PROS comment card is https://ice.disa.mil/index.cfm?fa=card&sp=138696&s=1008&dep=*-DoD&sc=5.

In order to properly identify the facilities work performed by PWD JBPHH, the comment card rater will be asked to provide the project's work order number. Be sure to have this information handy before starting a comment card.

For more information, call 449-3111 or 448-1701.



U.S. Navy photo by Denise Emsley

Production Controller Staff Sgt. Kevin Shields, a member of Naval Facilities Engineering Command (NAVFAC) Hawaii Public Works Department Joint Base Pearl Harbor-Hickam, Production Resource Optimization Support (PROS) section, processes a customer comment card on the ICE website page.

Reef cleanup set for April 14

Naval Facilities Engineering Command Hawaii (NAVFAC Hawaii) will hold a cleanup event from 9 a.m. to noon April 14 at Ahua Reef.

Volunteers can help restore a native Hawaiian wetland by removing invasive weeds, cleaning up trash and creating habitat for native plants and birds. Volunteers should wear closed-toed shoes and bring sun block, water, a hat, gloves and snacks. Expect to get wet and muddy, so boots and long sleeves/pants are recommended.

For more information, contact Corrina Carnes at 471-0378 or email corrina.carnes.ctr@navy.mil or contact Aurelia Gonzales at 471-0378 or email Aureliag@hawaii.edu.

First class petty officers hold leadership symposium

Story and photo by MC1 Corwin M. Colbert

Navy Region Hawaii Public Affairs

First class petty officers from the Hawaii region organized and conducted a "First Class Petty Officer Symposium" at the Joint Base Pearl Harbor-Hickam Chapel, March 22 to 24.

More than 100 Navy and U.S. Coast Guard first class Sailors stationed on Oahu united to coordinate the island's first of its kind three-day training conference.

The event was broken down by days with the first day focusing on "Leading in the present," followed by "Preparing for the future" and the last day a picnic to build relations and cohesion.

"We have been planning this for over two months. Many different petty officers from all over the island came together to get this done," said Navy Counselor 1st Class Cameron Pritchett of Virginia Beach, Virginia, who is assigned to Navy Information Operations Command (NIOC)



Navy Region Hawaii Command Master Chief David Carter speaks to first class petty officers about the CPO selection board during a symposium at Joint Base Pearl Harbor-Hickam, March 24.

Hawaii. "It was a couple of days for us first classes to get great mentorship and opportunities to attain new information to put into our leadership toolbox."

NIOC Hawaii's Legalman 1st Class Decora Hawkins, a Detroit native, has been stationed on the island just shy of two years. She said the symposium had a diverse slate of topics and it was

designed for all first classes from new to seasoned veterans.

"The topics are truly diverse from professional topics from the chief such as preparing for the CPO board to topics from Military and Family Support Center and the USO," Hawkins said. "Hopefully it will make me a well-rounded first class."

Senior Chief Cryptologic Technician Collec-

tion Nzinga Henderson of NIOC Hawaii said the planning of the event went smoothly and the turnout was great. With top enlisted advisors from around the island participating in the event, she said everyone went all-in to make the event successful.

"Today we had the first class symposium. It is the first on the island," Henderson said. "It

was mostly first classes throughout the region that planned it with the help of chief petty officers to mentor them throughout the process. The chiefs asked the first classes what topics were of value to them. As a result the topics were what they wanted to help them grow professionally and personally."

There was a strong turnout from Coastguardsmen as well.

"Hope that everyone gets something out of this to help them become a better leader and first class," said U.S. Coast Guard Damage Controlman 1st Class William Stevenson.

"It's a great opportunity for the sea services to get together and learn from each other. We definitely have some missions that are different but we also have missions and experiences that are related. This is a great medium to learn from a different perspective and build a bond between the services personally and professionally. I hope to gain something that will make me a better leader and an excellent candidate to move up the ranks."

Back to the 'basics' NIOC Hawaii sponsors RTC Division

Ensign Crystal Cornine

Navy Information Operations Command Hawaii Public Affairs

Navy Information Operations Command (NIOC) Hawaii recently brought a Hawaii-themed flag featuring King Kamehameha all the way to Great Lakes, Illinois.

NIOC Hawaii representatives participated in the Recruit Training Command (RTC) commissioning of the soon-to-be graduating Division 109 at Great Lakes, Illinois.

NIOC Hawaii is serving as Division 109's sponsor through the division's eight weeks

of training. From commencement to completion, Division 109 has the reinforcement and backing of the command.

The representatives completed the first of two opportunities to visit the division on Feb. 20 and 21 and conducted the division's commissioning ceremony.

Completed in the same manner that the Navy traditionally establishes new vessels, squadrons and shore installations, the sponsors marked the commissioning occasion by speaking to the recruits and presenting the division with a flag featuring the sponsor's logo on one side.

The other side of the

flag, designed by NIOC Hawaii Cryptologic Technician (Collection) 1st Class Brian Wilson, depicted King Kamehameha I with a background of palm trees and a Hawaiian sunset.

"King Kamehameha serves as a virtuous representative of NIOC Hawaii as he was a maritime warrior and leader with progressive ideas about warfare and respect for his fellow man," said Cmdr. James Adkisson III, who is the executive officer of NIOC Hawaii.

Kamehameha the Great is known for conquering all of the Hawaiian Islands and uniting them. Adkisson explained

the flag's relevance to today's Navy and how leadership has developed and is represented by the flag.

Once the commissioning came to a close, Division 109 was officially commissioned and granted approval to march together holding the division flag and sponsorship flag everywhere they go.

The NIOC Hawaii participants in the sponsorship included Adkisson, Wilson, Command Master Chief Daniel Tschida and Navy Counselor 1st Class Cameron Pritchett.

During Division 109's training time, NIOC Hawaii's representatives talked to the recruits about the importance of

setting goals and steps to take to achieve them. Along with the mentorship, the division was challenged to become the best division within their graduating class.

Sponsors are encouraged to visit divisions during important milestones throughout training, including running with the division during their physical fitness assessment, participating in the battle stations including the capping ceremony, and attending pass-in-review. Capt. Todd A. Gagnon, NIOC Hawaii's commanding officer, will serve as the reviewing officer during pass-in-review at RTC, today, March 31.

In attendance with Gagnon will be NIOC Hawaii's command master chief, public affairs officer and three additional Sailors.

NIOC Hawaii officials said they sent a mixture of ranks and rates as participants, in order to give the recruits a vision of what opportunities exist for them, and a glimpse of what life will be like after Great Lakes.

Sponsor representatives also joined the Sailors during battle stations on March 28, pizza night on March 30, other Division 109 meals. According to NIOC officials, being sent "back to the basics" reinforces a mutually beneficial experience.

Diverse VIEWS



What's the best April Fool's prank you played on someone, or someone played on you?



Louie Cobar
Cleaning services

"I told my friend that my girlfriend was pregnant."

Senior Airman Derek Mann
37th Intelligence Squadron

"I placed twisted ketchup packets under the toilet seat and Saran Wrap over the seat before my brother went to use the bathroom."



Ashley West
Military spouse

"I never have played a prank on anyone. Too afraid of karma!"

Capt. Nicole White
15th Wing

"I replaced my husband's toothpaste with Orajel."



FC3 Patrick Barrett
Naval Health Clinic Hawaii

"On INDOC I helped convince another Sailor the ship could crank its mast down by 40 degrees, and also asked him to grab some 'B' batteries."



Traci Feibel
Navy Pay and Personnel Support Center

"I had someone try to prank me on April Fools Day before, but only once. They never tried it again."



Suzanne Reeves
Military spouse

"Someone tried to trick me by giving me an Oreo cookie with toothpaste in it. Luckily for me, I inspect my food before eating it and didn't eat the toothpaste-filled treat."



Submitted by David D. Underwood Jr.
and Staff Sgt. Christopher Stoltz

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

Drop us a line at editor@hookelenews.com

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COMMENTARY



U.S. Air Force/Courtesy graphic

Everything is listening in the digital age

Col. Patrick S. Ryan

*Secretary of the Air Force,
Office of the Chief Information Officer*

Today's environment is filled with examples of technology designed to connect Airmen to the internet: smart phones, smart watches, and other common personal technology that is always capable of connection. While Airmen grow more connected to the digital world, the connections open the door to insider and external threats eager to use those vulnerabilities to subvert data, plant malicious code or simply activate that entry point for later use.

The Air Force culture has integrated an understanding of smartphone capabilities and risks because they've been with us for more than two decades. It's common knowledge that smartphones send and receive data and can therefore be used as a tool to

transmit data for espionage purposes. We think about the risks and have adapted to them for the most part by leaving those devices at home, in the car or in lock boxes as appropriate.

The issue now is the many blossoming technologies with similar "smart" capabilities that pose an equal threat, yet appear harmless.

Current Air Force policy places the majority of risk mitigation upon the owners of the workspace and not as specifically on individual Airmen, but Airmen can, and do, play a vital role with regard to protecting data.

As new devices such as smart home security systems and appliances, water bottles that transmit the amount of fluid consumed, and toys that use voice recognition technology and internet connectivity to engage children, Airmen must be cautious and adapt behaviors in line with threat made pos-

sible by each new smart product.

Many times, the end goal of cybercrime isn't strategic military objectives, but instead simply identity theft for monetary gain, which is why Airmen are dual-targets and cyber hygiene is just as important at home as it is at work.

As policy continues to catch up to an increasingly agile and fast moving technological world, Airmen must serve the critical role of instituting personal cyber hygiene. They must add cyber to existing wingman traits.

Questioning the mission impact of smart devices in the workplace, researching their cybersecurity capabilities or even just disabling their Wi-Fi connectivity features will go a long way in establishing a more secure Air Force culture as well as the home front. Asking questions before purchasing smart technology will

also add a huge layer of protection for Airmen and their families.

"Personal cyber hygiene is the foundation of cybersecurity culture. Airmen and their families should take that extra moment to understand the risks involved with all things connected to the internet. Whenever possible, take steps to harden those devices through security patches or disabling of Wi-Fi when not in use," said Pete Kim, the Air Force chief information security officer.

Ultimately, cybersecurity is the epitome of a team sport. As technology gets smarter, Airmen must heighten their awareness and efforts to protect themselves and the Air Force. It is vitally important to be extra vigilant and recognize how more products are becoming "smart" and connected, and to know the risks those devices present both at home and work.

Eagles welcomed to Hickam



Photo courtesy of the State of Hawaii Department of Transportation
The first two of 26 F-15 Eagles for the Hawaii Air National Guard arrive at the 154th Composite Group Hangar at Hickam Air Force Base, and were draped with maile lei, March 11, 1987. The arrival took place 30 years ago this month.

April is Child Abuse Prevention Month

**Navy Region Hawaii
Plan of the Week**

April is Child Abuse Prevention Month with the theme "Keep Them Safe."

In the early 1980s, the U.S. Congress recognized the need for innovative programs to prevent child abuse and neglect, and to assist parents and families affected by maltreatment.

In 1983, Congress proclaimed April as National Child Abuse Prevention Month and designated it as a time for our nation to remember child fatality victims and survivors of abuse and neglect. April is also the month of the military child. The celebration reinforces the Department of the Navy's

Upcoming event honors Military Child

In honor of National Child Abuse Prevention Month and Month of the Military Child, Joint Base Pearl Harbor-Hickam's Military and Family Support Center will host a proclamation signing and pinwheel planting event on April 3 from 10 to 10:30 a.m. at Building 150 at JBPHH. For additional pinwheel planting events, see page B-4.



U.S Navy file photo

commitment that all children deserve to be safe, nurtured and cherished. Each year, the Family Advocacy Program develops

an enterprise-wide Child Abuse Prevention Month Campaign that serves as a prevention strategy that:

- Reminds Sailors, Ma-

rines, and their families that Child Abuse and Neglect negatively impacts the Fleet's mission and war-fighting capability.

- Reminds the military community that all adults play a significant role in child abuse and neglect prevention.
- Creates awareness that child abuse and child neglect is a public health and family issue.
- Reinforces the Navy and Marine Corps' commitment to prevent and eliminate child abuse and neglect from the Department of the Navy and Joint Base communities.

For more info about Child Abuse Prevention Month, go to www.child-welfare.gov/topics/preventing/preventionmonth.

Navy Reads:

One Hope for Science

Review by
Bill Doughty

Dr. Hope Jahren, an American geochemist and geobiologist, asks us to plant a tree while she plants a forest of ideas in this remarkable book. Part autobiography in the very cool shade of science essays, “Lab Girl” (Alfred A. Knopf, 2016 by A. Hope Jahren), is a perfect book for Women’s History Month.

To be clear, Jahren is a unique voice, humble but fearless in what she reveals. This book that is ultimately an extended love letter to the world, to life, to “the transcendent value of loyalty,” and to her imagined granddaughter.

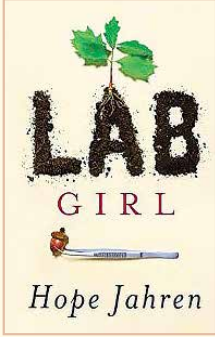
I enjoy reading short chapters of “Lab Girl” to my young grandkids. Here’s an excerpt from her chapter on seeds (and more):

“A seed knows how to wait. Most seeds wait for at least a year before starting to grow; a cherry seed can wait for a hundred years with no problem. What exactly each seed is waiting for is known only to that seed. Some unique trigger-combination of temperature-moisture-light and many other things is required to convince a seed to jump off the deep end and take its chance to take its one and only chance to grow ... Each beginning is the end of a waiting. We are each given exactly one chance to be. Each of us is both impossible and inevitable. Every replete tree was first a seed that waited.”

Jahren is heart-achingly honest and belly-achingly funny in describing roadtrips, the Monkey Jungle, dancing at a glacier, finding some-



Dr. Hope Jahren



Hope is here

NOAA and Navy Region Hawaii will host a leadership and professional development opportunity with geobiologist and New York Times best-selling author Dr. Hope Jahren on April 10 at the NOAA Inouye Regional Center Auditorium at Ford Island from noon to 2 p.m. Open to NOAA employees, DoD CAC holders with base access, and their guests. For more information, call 473-1173. Please RSVP at <http://evite.me/jttYDHwRy6>. Space is limited.

(Doughty writes the Navy Reads blog on weekends, dedicated to books, reading and critical thinking: <http://navyreads.blogspot.com>)

thing special in hackberry seeds, finding love, being pregnant, and confronting mortality.

Along most of the way she introduces us to her fraternal soulmate, fellow scientist and lab partner, Bill. We get a bit of history about Armenia and Norway, as relates to Bill’s and Hope’s families respectively.

Another theme of this book is self-awareness and self-acceptance.

In advice for any parent, leader, scientist or sailor, Jahren writes, “People are like plants. They grow toward the light.”

Her writing is often pure poetry in prose:

“In Minnesota, the spring thaw happens all at once when the frozen ground yields to the sun in one day, wetting the spongy soil from within. On the first day of spring, you can reach into the ground and easily pull up great, loose clumps of dirt as if they were handfuls of too-fresh devil’s food cake

and watch the fat pink earthworms come writhing out and fling themselves joyfully back into the hole. There is not even a hint of clay within the soils of southern Minnesota; they have lain like a rich black blanket over the limestone of the region for a hundred thousand years ... but the growing season is short, so there’s no time to be wasted.”

In “Lab Girl” we travel with indefatigable Jahren to her birthplace in Minnesota to places like California, Alaska, the American South, Maryland, Norway and Ireland, then finally to her new home and lab—often the same thing—at the University of Hawaii at Manoa in Honolulu, where she is a tenured professor at the book’s end.

What makes this book so perfect for Women’s History Month is the inspiring story behind Jahren’s success as a woman in the traditionally man’s world of science.

The submarine tender USS Frank Cable (AS 40) arrives at Joint Base Pearl Harbor-Hickam, March 22.
U.S. Navy photo by MC1 Daniel Hinton

Frank Cable visits Pearl Harbor

MC3 Alana Langdon

USS Frank Cable (AS 40) Public Affairs

Submarine tender USS Frank Cable (AS 40) arrived at Joint Base Pearl Harbor-Hickam, March 22.

Hawaii is a working port for Frank Cable, with departmental inspections and offloads to prepare for its scheduled dry-dock maintenance availability. However, Morale, Welfare and Recreation (MWR) will still be offering Sailors convenient means to experience Hawaii in their time off.

“For many of our crew, this is their first time visiting,” said Cmdr. Tony Pecoraro, Frank Cable’s executive officer. “I hope they enjoy the historic sites like Pearl Harbor, and embrace the warm ‘aloha spirit’ of the Hawaiian people.”

This will be the first time Frank Cable has returned to the United States since 2012 during its last regular overhaul and dry-docking.

“People are excited to be back in America,” said Hull Maintenance Technician 3rd Class Neiko E. Hill, Frank Cable’s MWR Fun petty offi-

cer, a native of Brooklyn, New York. “Being in the actual States means a decent time zone to talk to loved ones and food they haven’t eaten in years,” Hill said.

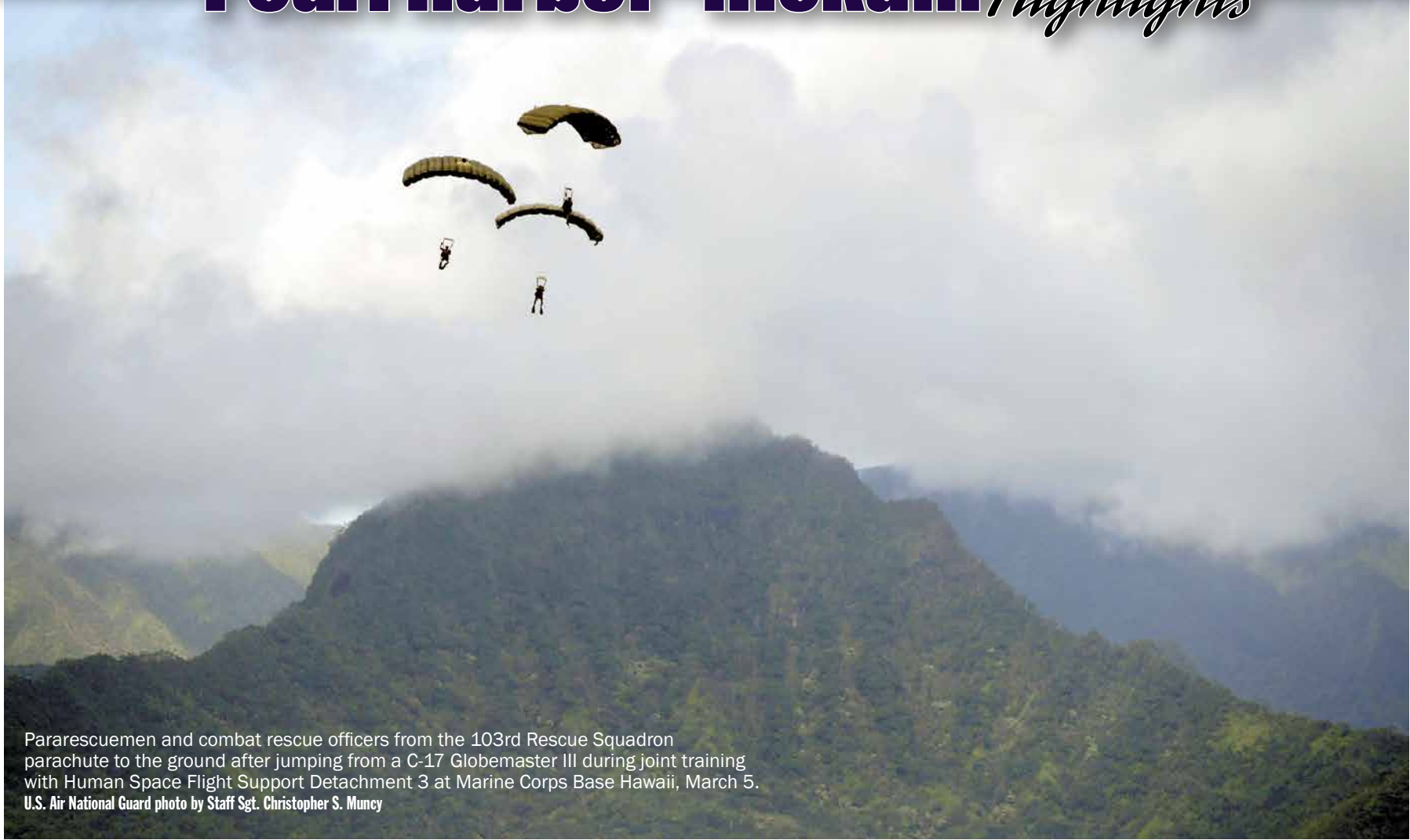
Many Sailors are taking this opportunity to see the USS Arizona Memorial, to honor and remember those lost in Pearl Harbor Dec. 7, 1941.

“The memorial is the one thing I’ve been determined to see,” said Damage Controlman 2nd Class Wesley Blankenship, a native of Marion, Ohio, assigned to Frank Cable’s training division.

After working hours, Sailors can walk to the local Navy Exchange to access special discounts to secure tours highlighting Polynesian culture and Hawaiian adventures.

Frank Cable, en route to its scheduled dry-dock maintenance availability, conducts maintenance and supports submarines and surface vessels in the 5th and 7th Fleet areas of operations.

Pearl Harbor-Hickam Highlights



Pararescuemen and combat rescue officers from the 103rd Rescue Squadron parachute to the ground after jumping from a C-17 Globemaster III during joint training with Human Space Flight Support Detachment 3 at Marine Corps Base Hawaii, March 5.
U.S. Air National Guard photo by Staff Sgt. Christopher S. Muncy



U.S. Navy photo by MCSN Sarah Myers
Above, Aviation Boatswain's Mate (Handling) 1st Class Patrick Henry, from Pearl City, carries a cargo net cable on the flight deck of the amphibious transport dock ship USS Green Bay (LPD 20) in the East China Sea, March 20.



U.S. Marine Corps photo by Lance Cpl. Matthew Kirk
Above, Hospital Corpsman 3rd Class Joshua Zamber, assigned to Bravo Company, 1st Battalion, 3rd Marine Regiment, builds confidence being underwater prior to using an emergency breathing system during helicopter underwater egress training at the pool at Marine Corps Base Hawaii, March 23.



At right, Boatswain's Mate 2nd Class Justin Wahl, from York Haven, Pennsylvania, signals the USNS Tippecanoe (T-AO 199) as Arleigh Burke-class guided-missile destroyer USS Michael Murphy (DDG 112) receives pallets of food during a replenishment-at-sea, March 15.
U.S. Navy photo by MC3 Danny Kelley



A sunrise is viewed from aboard Battleship Missouri Memorial on Ford Island at Joint Base Pearl Harbor-Hickam, March 22. Moored a short distance from the USS Arizona Memorial, the Missouri and Arizona provide a symbolic connection from the "day which will live in infamy" to the formal ending of World War II.
U.S. Navy photo by MC2 Katarzyna Kobiljak

Welcome home Port Royal

U.S. Navy photos by MC2 Jeff Troutman



Above and below, Sailors staff the rails of the guided-missile cruiser USS Port Royal (CG 73) as the ship returns to homeport Joint Base Pearl Harbor-Hickam, March 24, after a 212-day independent deployment to the Arabian Sea, Arabian Gulf, Gulf of Oman, Red Sea, Gulf of Aden, South China Sea, western Pacific and Indian Ocean. While deployed to the U.S. 5th, and 7th Fleet areas of responsibility, the ship and crew of more than 390 Sailors conducted joint maritime security exercises with South East Asia partners, theatre anti-submarine operations, joint counterterrorism/smuggling exercises, Pacific presence operations in the South China Sea, 5th Fleet sector air defense, and carrier strike group operations with USS Dwight D. Eisenhower (CVN 69) and USS Carl Vinson (CVN 70). Port Royal also conducted straits transits, providing protection for U.S. and international commerce and projecting sea control in the vicinity of Yemen and Somalia.



Above, Fire Controlman 1st Class Robert Dobrenz greets his wife and children.



Above, Chief Operations Specialist Willie Sparrow greets his wife, Ora Sparrow, with “the first kiss.”



Yeoman 2nd Class Thornton Jackson meets his newborn son, Shane, for the first time.

Volunteers needed

Several volunteer opportunities are available in April.

In preparation for the Easter Sunrise Service, the Pearl Harbor Memorial Chapel is asking for volunteers to help set up and conduct the event. On Saturday, April 15, from 9 to 10 a.m., volunteers are needed to set up chairs at the Battleship Missouri Memorial in preparation for the service.

On Easter Sunday, April 16, from 5:15 to 11 a.m. at the Battleship Missouri Memorial parking lot, volunteers are needed to organize and usher. Those who help will receive a letter of appreciation.

For more information, email RP3 Kamau Daa-Ja-Ra at kamau.daa-ja-ra@navy.mil

In addition, the Pacific Aviation Museum Pearl Harbor is looking for 15-20 volunteer event escorts each day on April 10, 12, 14, 16 and 18 from 5 to 7:45 p.m. A letter of appreciation and two museum admission passes will be provided.

For more information, contact Consuela Rodriguez by email at consuela.rodriguez@pacificaviation-museum.org or call 445-9189.

Life & Leisure

Chef Robert Irvine challenges an inexperienced cook to prepare a healthy meal on stage during a USO show at Joint Base Pearl Harbor-Hickam, March 25.

DoD photos by U.S. Army Sgt. James K. McCann

2017 USO World Tour Celebrities put on a show

Reid Tokeshi

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

Kicking off its Spring Visit of 2017, the United Services Organization (USO) began its world tour at Joint Base Pearl Harbor-Hickam, March 25 at Ward Field. The free event featured a variety of celebrities from the sports and entertainment worlds.

Celebrity chef, restaurateur and television personality Robert Irvine pulled double-duty as both a featured entertainer and emcee for the event. One of the crowd favorites, Irvine repeatedly paused for photos with fans while still running the show.

Team USA swimmer and medalist in the Rio Olympics, Katie Meili, talked about her experiences as an athlete and Olympian. Meili also expressed her gratitude to the crowd for their service before fielding questions from the audience.

Mentalist and entertainer Jim Karol stepped up to the stage next, keeping Meili and Irvine on stage with him as assistants. Karol amused the crowd with comedy while drawing everyone in to a card trick that surprised everyone, including his fellow entertainers.

Ultimate Fighting Championship commentator and fighter Dominick Cruz provided impromptu fight training of an audience member, which added some sparks before he answered several questions from the audience. He even enlisted Irvine to help in a grappling demonstration.

One of the most anticipated moments of the event took place when Irvine created one of his unique cooking challenges. The cooking versus push-ups proved to be one of the more energetic moments of the day.

The final act kept the energy level up as country artist Craig Morgan sat down and serenaded the crowd with a mini concert. Morgan kept the crowd entertained with his music, plus a little help from his guest stars. Two highlights were Morgan bringing an audience member to improvise a song, and having U.S. Air Force Gen. Paul J. Selva sit in with his own guitar for the final number.

Throughout the show, audience members picked up another free treat. The scouts of the Aloha Council, an organization including the various troops of the Boy Scouts of America from Hawaii, American Samoa and Guam, gave out free bags of popcorn to all attendees.

The roster of this year's USO Spring Visit then didn't sit still, as they prepared for their next stop, Guam.



USO entertainers pose for a photo during a meet-and-greet.



Mentalist Jim Karol performs for the USO show crowd.



Mixed-martial artist Dominick Cruz rewards the best question with a signed surfboard.



A Sailor, right, creates a quick on-the-spot song with country music star Craig Morgan.



Chef Robert Irvine releases a flower petal into the wishing well aboard the USS Arizona Memorial.





Airman 1st Class Brandon Bauer squeezes a tight pass to the goal for an assist. Staff Sgt. Mark Guldner headed Bauer's pass into the goal.

Hungry Fire Sharks eat up 17th OWS Owls

**Story and photo by
Randy Dela Cruz**

Sports Editor, Ho'okele

In their first season as a team, the 37th Intelligence Squadron/ 352nd Cyberspace Operations Squadron (37 IS/352 COS) Sharks intramural soccer squad has more than lived up to the challenge. Grabbing an early lead at the top of the White Division, the Sharks continued to set the pace by trouncing the 17th Operational Weather Squadron (17th OWS) Owls, 4-1, on March 25 at Earhart Field, Joint Base Pearl Harbor-Hickam. By defeating the Owls, the Sharks improved their division-leading record to an impressive 4-0-1, while the Owls are still learning to put the

pieces together as they dropped their fifth straight game against no wins. "This is our first season together, but so far we've played five games now and we practice twice a week," said Staff Sgt. Mark Guldner, who got the first goal for the Sharks. "Just being able to jell together and knowing where everybody is going to be, we go out there and give it 100 percent." The team's familiarity with each other was on full display right from the beginning, as the Sharks converted their first goal on their first drive downfield. As the players approached the goal, Airman 1st Class Brandon Bauer moved to the right corner of the field, before booting a pass right in front of the Owls' goal. Guldner saw the ball coming and knocked in a perfect head-

shot that immediately put the Sharks ahead at 1-0. "From the beginning, we knew that we were going to be able to control the ball, so we just wanted to make good passes from the start," Guldner said. "I stayed on the left side and once he (Bauer) saw me, he crossed it in and I was there for the header." The quick goal by the Sharks seemed to put them at ease, as the team was able to control the ball from that point on. A few minutes after the Sharks' first goal, Guldner put himself right in the middle of things once again, as he broke out in front to get a one-on-one against the Owls goalkeeper. While, Guldner's shot on goal was stopped on a good play at the goal, the ball ricocheted off the keeper where Jordan Abraham (a military family mem-

ber) was right on the spot for a putback to make it 2-0 in favor of the Sharks. "We are always trying to help each other out," Guldner said. "Even though we make a shot, we never give up. We always go 110 percent and everybody is there to clean each other's mess up." To their credit, the Owls refused to give up and cut the lead in half, when Lt. Col. Joe Coughlin responded with a goal shot of his own. However, the Sharks quickly snatched back momentum, when Anthony Patrick (a Department of Defense civilian) got the ball at the top of the Owl's goal and blasted in a straightaway boot that got past the keeper for a 3-1 lead going into halftime. Later in the second half, the Sharks put the game away for good. Abraham broke free and

kicked in his second goal of the game. Although the team is playing in its first intramural season, Guldner said that the Sharks aren't a team full of novice players. He said that the overall level of experience has done wonders in helping the Sharks become, and stay, competitive in the division. "I'd say that 75 percent of the team is experienced," Guldner said. "This is my first year playing and just by watching them I've learned from them every day." As one of the only remaining teams without a loss this season, Guldner said that while the year is young, he believes that the Sharks can win it all. "There is no limit," he said. "We're going to make it to the finals and no one is going to tell us otherwise."

Naval Health Clinic Hawaii squeaks past HIANG

**Story and photo by
Randy Dela Cruz**

Sports Editor, Ho'okele

When two top teams square off against each other, you can expect a battle that could go either way. In a low-scoring affair, Naval Health Clinic Hawaii (NHCH) did just enough to tilt the contest in their favor. Sonar Technician (Surface) 3rd Class Aaron McMillian scored in the early minutes of the game to provide the only goal in the matchup for a 1-0 win over Hawaii Air National Guard (HIANG) on March 25 at Earhart Field, Joint Base Pearl Harbor-Hickam. The victory leapfrogged NHCH into sole possession of second place in the White Division with a record of 3-0-2, while HIANG lost for the first time this season to see their record drop to 3-1. The HIANG, which played the entire game without any substitutions, still fought until the very end, but NHCH's overall speed and quickness seemed too tough for HIANG to crack. "We didn't actually notice that they didn't have any subs until halftime," McMillian said. "We asked them at halftime if they had any subs and they said no. So we said, OK, you all must be tired then." From the start, the game appeared to have all the markings of a shootout as NHCH pushed



Sonar Technician (Surface) 3rd Class Aaron McMillian tries to move past a HIANG defender. McMillian scored the only goal of the game to lead NHCH to the win.

the ball upfield at a breakneck pace. Within the first couple of minutes, NHCH attempted three shots on goal and didn't seem to be slowing down anytime soon. Then, on the team's fourth

possession, McMillian found himself all alone with the ball at the left sideline. Pushing the ball forward, McMillian freed himself for an open shot on goal and followed through with a perfect kick to the net for the only score of the

game. He said that he was disappointed about not getting on the scoreboard sooner, so he knew he had to make good on the attempt. "I think we could have been more successful," he said. "I

think we played a little bit too back and I think we could have done better." Realizing the importance of his kick on goal, McMillian said that all he had to do was stay cool and put the ball right where it needed to be. "I was like, I'm going to take my time," he said. "I looked around and didn't see anybody coming at me, so I was just going to take my time and put it in the far right corner. That's what I did." From that point on, NHCH used their overall speed and quickness to their advantage to really put the clamps down on HIANG. Seems like any time a 50-50 ball came into play, NHCH was right there on the spot to claim the free ball and keep the HIANG chasing after them. "I think we have too much speed," McMillian said. "At the same time its good because we don't have too many teams who have fast players, so they're having to play keep up with us every time there's a 50-50 ball and we get the advantage on the keeper, when we're one-on-one." Still, while NHCH has yet to experience a defeat in the division, McMillian said that he feels there is a lot of room to grow for the team. "There's a lot of improvement," he said. "Our communication is not so good right now and teamwork has to improve, but today was a good game."

647th CES tops undefeated season with championship

Story and photo by
Randy Dela Cruz

Sports Editor, Ho'okele

For the 647th Civil Engineer Squadron (647 CES) Bulls, it was mission accomplished.

Stating early in the season that it was title or bust, the Bulls finished off the regular season with a perfect record and then swept through the playoffs to win the Over 30 White Division championship on March 28. They captured a 62-44 win over Defense POW/MIA Accounting Agency (DPAA) at Joint Base Pearl Harbor-Hickam Fitness Center.

Even on a night where the Bulls went without star forwards Staff Sgt. Labronze Paden and Staff Sgt. Corey Doss, the 647 CES downed Last Run, 77-56 in the semifinal, before fighting off a very physical DPAA squad to wrap it all up.

It was an iron man performance for the Bulls, who played both games with only five players.

"I guess we wanted it more," said Staff Sgt. Elvis Shaw as he held up the championship trophy. "We played hard and played our game and after halftime, kept it going."

Led by Shaw and Staff Sgt. Brian Sanders, the Bulls pulled away from both teams in the second half.

Shaw tallied 34 points in the first game and 30 in the title showdown against DPAA.

A good portion of his points came via the long ball, as Shaw put on a show from beyond the three-point arc by knocking down eight in the first game and four in the second.

"My teammates were talking to me the whole down time," Shaw said. "I just didn't want to let them down."

Meanwhile, Saunders controlled the tempo at point guard and contributed 18 in the first game and 12 more in game two.

"This is the first one (championship) in my whole career," Sanders said. "I've got chill bumps all over my body. I'm happy."

For Shaw, the night started out slow in the semifinal game against 15th Maintenance Group (15 MXG), but just before the buzzer sounded to end the first half, Shaw sank a ball from deep in the left corner.

The shot seemed to have awakened Shaw from his shooting slumber, as he began on a roll that lasted through the semifinal and into the title matchup.

In the second half against the 15 MXG, Shaw tore up the net with a spectacular performance from the perimeter by connecting on six treys, with most of them coming from NBA range.

He continued the hot streak against DPAA, when he opened up by scoring the Bulls' first 10 points and 12 out of their first 14.

"I was just playing off of my teammates," Shaw said. "They had confidence in me and I couldn't let them down. They was giving me the ball and I was open."

The 647 CES got their first 10-point lead over DPAA on a two-for-two from the line by Staff Sgt.



Staff Sgt. Elvis Shaw (647 CES) finishes off a lay-up for two of his game-high 30 points in the White Division intramural basketball game against DPAA.

Roy Jackson at the 7:30 mark in the first half.

The momentum carried into the second half, as the Bulls built up a 16-point lead, but back came DPAA.

A drive and hoop by Capt. John Duncan cut the lead down to eight with 9:55 remaining on the clock.

However, a basket-and-one by Jackson put the lead back into double digits and the Bulls retook control of the game.

Besides the 30 by Shaw and 12 by Saunders, the Bulls got strong support for their three other players in the championship final.

Jackson and Staff Sgt. Dejuan Coulter finished with seven points

apiece, while Master Sgt. Brent Jordan added six.

"We talked to each other and said we needed it," Saunders said. "It's the last game. We just got to pull together for the team. We did it for each other. These last three games, it was all heart."

Already loaded with one title in their back pocket, the Bulls, who are battling for the regular season championship in the Blue Division, are now focused on becoming the first squadron to claim two intramural basketball championships in one season.

"Now that we got that taste, we want that second one," Saunders said.

ProCamps to bring football stars to military youth

Kevin L. Robinson

DeCA public affairs specialist

As the son of a career Navy officer, Alejandro Villanueva grew up on military bases worldwide, playing football and basketball among other sports.

That's why today, as an offensive tackle for the Pittsburgh Steelers, Villanueva said he embraces his participation with youth football ProCamps as a way of giving back to a community he cherishes.

"Last year I did a camp at [Joint Expeditionary Base] Little Creek, Virginia, and that was a really cool experience," Villanueva said, who served three tours to Afghanistan as an Army Ranger and is currently a captain in the Army Reserves. "In doing a camp for military kids I immediately saw the connection because I grew up on a military installation as well."

From March 27 to April 15, select commissaries worldwide are competing for a chance to be eligible to win one of the many NFL ProCamps for their installation. Winning installations will host a free, two-day football camp for up to 150 children in first through eighth grade, both boys and girls, of active duty military, reservists, retirees and Department of Defense civilian employees.

Campers will learn from and play with NFL players like Villanueva, Andre Roberts (Atlanta Falcons), Jonathan Stewart (Carolina Panthers), Graham Gano (Carolina Panthers), Steve Smith Sr. (former Baltimore Ravens) and LeGarrette Blount (New England Patriots) among many others.

ProCamps is part of a "Start Strong/Stay Strong" cause platform. It will also tie into a Defense Commissary Agency (DeCA) "Month of the Military Child" promotion,

said Sallie Cauthers, DeCA's marketing and mass media specialist.

"Service members and their families receive additional benefits from commissary shopping thanks to our industry partners, who provide millions of dollars annually in giveaways and promotional events such as ProCamps," Cauthers said. "Through this event, our patrons get quality products at significant savings, while their children learn football fundamentals from some dynamic pro players."

ProCamps manages and operates sports camps around the world led by professional athletes. These camps take place on military bases and teach the fundamentals of football, teamwork and how to make new friends, said Molly Fanning of ProCamps.

"This year we will be hosting camps across the United States, in Germany for the Kaiserslautern Military community and then in the Far East,"

Fanning said. "To date we have executed more than 40 camps for military youth and are excited to continue to support military families through this program."



"The ProCamps program allows us to celebrate and honor heroic, resilient and courageous military youth and their families while enabling us to partner with the commissary to execute on their mission of bringing the military community together," she added. "This program helps promote living a healthy and active lifestyle which is important to all parties supporting this program. The commissary is truly the 'heart' of the community and so much more than a grocery store."

Note: To see a video on the agency's YouTube page related to ProCamps and Alejandro Villanueva, go to www.youtube.com/watch?v=t0Ku-FR7HGI&spfreload=10. To see photos related to ProCamps, go to <http://ow.ly/fAy630ajh9s>.

March 31, 2017

Ho'okele B-3



UPCOMING EVENTS

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation

Ford Island Bridge Run April 1

- 20th Annual Ford Island Bridge Run** will begin at 7 a.m. tomorrow at the Adm. Clarey Bridge. Late entry will be accepted until tomorrow. The event is open to runners, walkers and strollers. There are no pets allowed. Applications are available at www.grealifehawaii.com. The bridge will be closed from 6:55 to 7:35 a.m. in support of the race. The race will start at the entrance to the bridge, proceed clockwise around the island and end at Richardson Field 6, across from Aloha Stadium. For more information, call 473-2494 or 473-2437.
- April Fool's Day bowling** will be held from 3 to 5 p.m. tomorrow at the bowling center on the Pearl Harbor side of Joint Base. Bowling games cost \$1.50 per game. For more information, call 473-2574.
- Month of the Military Child** bowling for kids will be held from 11 a.m. to 2 p.m. Sunday at the bowling center on the Pearl Harbor side of Joint Base. Children ages 12 and younger can bowl for free with a paying adult. Shoe rental is free for the child. For more information, call 473-2574.
- Kernel Popcorn magic show** will begin at 1 p.m. Sunday at Sharkey Theater. Magician and family entertainer Kernel Popcorn returns to Joint Base Pearl Harbor-Hickam to entertain audiences young and old. The event is first-come, first-served. Seating is limited, but no tickets are necessary. The event is open to Department of Defense ID cardholders and their sponsored guests. A family-friendly movie will be shown at 2:30 p.m. following the Kernel Popcorn show, with a separate admission price. For more information, call 473-2651.
- 20th Annual Hawaii All-Military Bowling Tournament** will begin at 10 a.m. April 4 at various locations. Patrons can watch the best of Hawaii's military bowlers compete to win the "HAM" title. The action starts at the bowling center on the Pearl Harbor side of Joint Base on April 4, continues at Marine Corps Base Hawaii Kaneohe Bay Lanes on April 5 and Schofield Bowling Center on April 6, and wraps up at the bowling center on the Hickam side of Joint Base on April 7. This is a free event. For more information, call 473-2651.
- Free Sexual Assault Awareness Month 5K Run/Walk** will begin at 7 a.m. April 6 at Wahiawa Annex Fitness Center. This is a 5K run/walk in conjunction with Sexual Assault Awareness Month. The event is open to all eligible patrons. For more information, call 653-5542.
- Free turbo kick class** will be held from 3 to 5 p.m. April 7 at the Hickam Fitness Center. Participants can learn some new skills and get a workout. Sign ups will be taken before class. For more information, call 448-2214.
- North Shore bike ride** will begin at 8 a.m. at the MWR Outdoor Adventure Center at the Fleet Store. The trip starts at Waimea Bay and travels just beyond Sunset Beach. This is a seven mile round-trip on level terrain and is considered an easy ride for beginners. A towel and bathing suit will come in handy for a quick dip in the ocean. The trip includes gear, transportation and guides. The cost is \$25, which includes the bicycle, or \$20 without. The deadline to sign up is April 6. For more information, call 473-1198.
- Hanauma Bay teen getaway** will be held from 8:30 a.m. to 2:30 p.m. April 8 at the Hanauma Bay. This event is for all teens ages 13-18 years old. Teens need to bring sunscreen, hats, snacks, swimsuits, and snorkel gear. The cost is \$5, and the deadline to sign up is April 5.

New labels help commissary patrons focus on nutrition

Rick Brink

DeCA public affairs specialist

The phrase “Dietitian approved! We did the work for you!” is catching on at commissaries around the world as customers are using the Defense Commissary Agency’s (DeCA) new Nutrition Guide Program (NGP) to help them shop.

“It’s catching on quickly! Here we are in March, National Nutrition Month, and our customers are readily adapting to NGP, which was just introduced in January,” said Deborah Harris, DeCA dietitian.

“That speaks to how easy it is to use, and how important nutrition is to our customers, especially since a big part of military service is readiness and resilience.”

One reason for NGP’s success is because commissary store directors, dietitians and other health professionals on military



Photos courtesy DeCA public affairs

installations have helped raise local awareness of the program, some with commissary shopping tours, Harris said.

Dietitians and health professionals are quick to point out that no one diet is right for everyone. It’s important to follow

a healthful eating plan that fits each person’s unique lifestyle. So what does NGP do?

“It helps you meet your health and wellness needs and guides you in building a nutritious shopping cart,” Harris said.

The color-coded shelf labels

point out items with key nutrient attributes. The labels make shopping easier. There’s dark blue for low sodium, brown for whole grain, purple for no sugar added, light blue for low fat, golden yellow for good source of fiber. There is also

green for the lifestyle choice of USDA certified organic. Many items have a combination of qualifying attributes.

Then there’s the “Thumbs Up” icon. Labels that also feature a “Thumbs Up” icon identify more nutrient dense items, so-called high nutrition quality/high performance foods and align closely with the Department of Defense’s Go for Green program. Details of the NGP are available at www.commissaries.com/healthy-living/nutrition-guide.cfm.

“We’re off to a great start, and it’s good to know that long after National Nutrition Month is over, our NGP will continue to help patrons improve the nutritional quality of their diets, and meet their health and wellness needs,” Harris said.

Note: To see a video on the agency’s YouTube page related to the NGP, go to www.youtube.com/watch?v=4XIM-ByUFpR0.

Outdoor fun thrills kids at the Youth Ocean Adventure Program



MWR Marketing photo

The Youth Ocean Adventure Program featured hours of outdoor activities.

Story and photo by Justin Hirai

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation

Joint Base Morale, Welfare and Recreation’s (MWR) Outdoor Recreation Program (ODR) at Hickam Harbor held the Youth Ocean Adventure:

Spring Break program from March 20 through 24. Youth were separated into two age groups, 7-9 year olds and 10-15 year olds. Each group participated in three hours of outdoor activities each day. Activities included kayaking, stand-up paddleboarding, canoe paddling, snorkeling, slip-n-sliding, tubing and experiencing the feeling

of walking on water with ODR’s new water mat.

ODR usually holds a Youth Ocean Adventure program in the spring, summer and winter each year at Hickam Harbor. The programs, covering multiple days, typically run during the public school breaks. The summer program offers multiple sessions through the

months of June and July. Registration for the summer sessions will begin on May 6 at 9 a.m. online at www.greatlifehawaii.com. The dates and activities for the sessions are to be determined.

For more information on the Youth Ocean Adventure Program, call the Hickam Harbor Marina at 449-5215.

Commissaries highlight Month of Military Child

Sallie Cauthers

DeCA marketing and mass media specialist

Commissaries are observing April, the Month of the Military Child, with giveaways and savings for the entire family.

“At the Defense Commissary Agency, we do all we can to provide our military children and their families with significant savings on groceries and household items” said Tracie Russ, Defense Commissary Agency (DeCA’s) sales director.

“With events such as ProCamps and our ‘5-2-1-0’ nutritional message, we recognize the unique challenges our youth experience because of the demands of military life.”

DeCA’s industry partners — vendors, suppliers and brokers — are collaborating with commissaries in April to offer discounts beyond everyday savings. Overseas

stores may have substitute events for certain promotional programs. Also, shoppers can find even more deals on DeCA’s website, www.commissaries.com, along with the commissary sales flyer, which features discounted items and healthy recipe ideas.

Patrons can also access the DeCA website for the following features: the Commissary Rewards Card, which allows patrons to redeem coupons electronically at the commissary checkout. Patrons can pick up a card at their local commissary and register it at www.commissaries.com/rewards/index.cfm, where they can log into their account to load coupons on the card before they shop; and DeCA’s new Nutritional Guide Program; go to www.commissaries.com/healthy-living/nutrition-guide.cfm to learn more about the color-coded shelf labels that point out items with key

nutrient attributes such as low sodium, whole grain, no sugar added, low fat, good source of fiber and organic.

Customers can check their local commissary for details on dates and times for promotions such as:

- Commissaries worldwide will use the Month of the Military Child to educate shoppers to encourage their children about healthier lifestyles. The “5-2-1-0” message remains the call to action: Eat five fruits and vegetables every day; limit recreational screen time to two hours or less daily; get one hour or more of physical activity every day and avoid all drinks with sugar. Your local commissary may have commissary tours highlighting the nutritional value of fresh fruits and vegetables along with recipes, food sampling and giveaways. Check with your local commissary to find out when your child’s

event takes place.

- Many camps, 30-day dash, three ways to win! Through April 15, almost 100 commissaries worldwide will have a chance to win a football ProCamp for their installation. Winning stateside installations will host a free, two-day football camp for military children, both boys and girls, in first through eighth grade. At these camps, participants will learn from and play with some of their favorite NFL players like Alejandro Villanueva (Pittsburgh Steelers), Andre Roberts (Atlanta Falcons), Jonathan Stewart (Carolina Panthers), Steve Smith, Sr. (formerly of the Baltimore Ravens), Graham Gano (Carolina Panthers), LeGarrette Blount (New England Patriots).

“As we honor our military children, don’t miss out on these opportunities to save even more,” Russ said.

MFSC to honor children with events

Joint Base Pearl Harbor-Hickam Military and Family Support Center (MFSC) has announced a series of events in honor of National Child Abuse Prevention Month and the Month of the Military Child. They include:

- Proclamation signing and pinwheel planting from 10 to 10:30 a.m. April 3 at Building 150.
- Pinwheel planting from 10 to 10:30 a.m. April 4 at MFSC Pearl Harbor.
- Pinwheel planting from 10 to 10:30 a.m. April 5 at Wahiawa Annex.
- Pinwheel planting/puppet show from 3 to 4 p.m. April 12 at the Joint Base Library.
- Sunset hike in partnership with the Teen Center from 4 to 7 p.m. April 15.
- Superhero movie will be shown at 10 a.m. April 22 at Sharkey Theater.

In addition, everyone is encouraged to wear blue on Fridays to spread awareness of Child Abuse Prevention. Throughout the month of April, be on the lookout for children’s drawings posted around the Joint Base Military and Family Support Center lobby.

For more information, call MFSC at 474-1999.



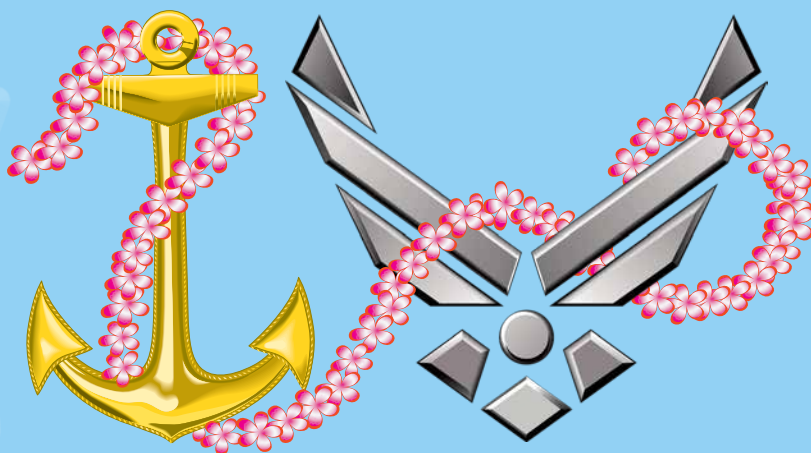
Passover, Easter events scheduled

Joint Base Pearl Harbor-Hickam has announced Passover and Easter religious events.

- April 10, 6 p.m., Jewish Passover Seder at the Hale Koa Hotel. Civilian attire is acceptable. There is no charge for active duty and their family members. Reservations are required by today, March 31. For more information, contact Dan Bender at 239- 9533 or email CTI1 John Allen at john.c.allen1@navy.mil to reserve your seat.
- April 14, 7:30 p.m., Jewish Shabbat Pesach Service at Aloha Jewish Chapel at Joint Base Pearl Harbor-Hickam.
- April 14, 5 p.m. Protestant Good Friday Service at Pearl Harbor Memorial Chapel.
- April 14, 7 p.m., Catholic Good Friday Service at Hickam Chapel Center.
- April 15, 7 p.m. Catholic Holy Saturday Easter Vigil Mass at the Hickam Chapel Center.
- April 16, 6:30 a.m., Protestant Easter Sunrise Service at Battleship Missouri Memorial.

For more information, email ITCS Carrie Allen at carrie.allen@navy.mil.

MARCH — APRIL

HO'OKELE
PEARL HARBOR - HICKAMCOMMUNITY
CALENDAR**BABY DAYS EVENTS MARCH 31, APRIL 1-2**

— Authorized patrons expecting a new baby, giving birth for the first time, or needing newborn support can see demonstrations by organizations such as the Military and Family Support Center, Fit4MOM and Babies Breast Friend at the Pearl Harbor Navy Exchange mall children's department. There will be experts on site to answer questions from breastfeeding to post-pregnancy exercise to new parent support. No purchase is necessary. FMI: 423-3287 or email stephanie.lau@nexweb.org.

FORD ISLAND BRIDGE RUN APRIL 1 — The 20th Annual Ford Island 10K will be held from 7 to 10 a.m. The Ford Island Bridge will be closed from 6:55 to 7:35 a.m. in support of the run. Motorists and pedestrians should plan accordingly. The race will start at 7 a.m. at the entrance to the bridge, proceed clockwise around the island and end at Richardson Field 6, across from Aloha Stadium. No pets will be allowed. Fees are \$45 race day entry, accepted until 6:45 a.m. The first 3,000 finishers will receive medals. FMI: 473-0784/2494/2437.

YMCA CAMP ERDMAN COMMUNITY DAY

APRIL 1 — Families are invited to experience some of the fun and adventure YMCA Camp Erdman offers through its summer camp programs at its annual free Community Day from 10 a.m. to 3 p.m. Families are invited to spend a free day at YMCA Camp Erdman for tours, camp activities and to learn what the camp has to offer. The camp address is 69-385 Farrington Highway in Waialua. FMI: 637-4615 or visit the website www.CampErdman.org to register online.

PROCLAMATION AND PINWHEEL PLANTING

APRIL 3 — A proclamation and pinwheel planting designating April as National Child Abuse Prevention Month and the Month of the Military Child will be held from 10 to 10:30 a.m. at Joint Base Pearl Harbor-Hickam Building 150. Rear

Adm. John Fuller, commander, Navy Region Hawaii and Naval Surface Group Middle Pacific, and Col. Richard Smith, Joint Base deputy commander, will participate in the events. FMI: www.greatlifehawaii.com/family-support/mfsc-class-schedule or 474-1999.

WALK TO SAFETY APRIL 3 — The Joint Base Office of Emergency Management will hold a tsunami awareness one-mile "Walk to Safety" at 11:30 a.m. to inform the base community about tsunami preparedness. At 11:45 a.m., participants will walk from the hazard zone to the safe zone in conjunction with the monthly siren test. The event will start at Aloha Aina Park and will finish at Hickam Fitness Center. Transportation will be provided back to the starting point. FMI: 448-2754.

FINANCIAL LEADERSHIP SEMINAR APRIL 4

— A division officers' financial leadership seminar will be held from 8 a.m. to 3:30 p.m. at Military and Family Support Center Pearl Harbor. This one-day training is for non-Command Financial Specialist (CFS)-trained E-7s and above. FMI: www.greatlifehawaii.com/family-support/mfsc-class-schedule or 474-1999.

SPONSOR TRAINING APRIL 4 — Sponsor training will be held from 1 to 3 p.m. at Military and Family Support Center Wahiawa. The training is designed to give the new sponsor information to assist incoming personnel and families. FMI: www.greatlifehawaii.com/family-support/mfsc-class-schedule or 474-1999.

TRANSITION GPS APRIL 4, 5 — Transition GPS (Goals, Plans, Success): Accessing Higher Education Track will be held from 7:30 a.m. to 3:30 p.m. over two days at Military and Family Support Center Pearl Harbor. The course is designed to guide participants through the complicated decisions involved in choosing a degree program, college institution and funding, as well as completing the admissions process. FMI: www.greatlifehawaii.com/family-support/mfsc-class-schedule or 474-1999.

GOLD STAR SPOUSES DAY APRIL 5 — Gold Star Spouses Day will be held from 9 to 11 a.m.

at the Pearl Harbor Navy Exchange. Military and Family Support Center will be at the Navy Exchange in the rotunda in recognition of Gold Star Spouses Day. The Navy Exchange will be sponsoring the event with gift bags available for spouses. Gold Star Identification Cards are required. FMI: www.greatlifehawaii.com/family-support/mfsc-class-schedule or 474-1999.

CIA RECRUITMENT APRIL 5 — A CIA recruitment seminar will be held from 2 to 4 p.m. at Military and Family Support Center Pearl Harbor. A CIA representative will be on hand to discuss qualification procedures and the hiring process. FMI: www.greatlifehawaii.com/family-support/mfsc-class-schedule or 474-1999.

RESUME WRITING CLASSES APRIL 5 — A civilian resume writing class will be held from 1 to 3 p.m. at Military and Family Support Center Hickam. In addition, a class on federal resumes and USAJOBS will be held from 4:30 to 6:30 p.m. at Military and Family Support Center Pearl Harbor. Registration is highly encouraged. It's also helpful to bring along your own laptop as well as a draft resume and a job announcement you may be interested in pursuing. FMI: www.greatlifehawaii.com/family-support/mfsc-class-schedule or 474-1999.

HOME BUYING APRIL 6 — A workshop on buying a home will be held from 1 to 3 p.m. on Military and Family Support Center Pearl Harbor. FMI: www.greatlifehawaii.com/family-support/mfsc-class-schedule or 474-1999.

ASIST TRAINING APRIL 6-7 — Applied Suicide Intervention Skills Training (ASIST) will be held over two days from 8 a.m. to 4 p.m. at Pearl Harbor Memorial Chapel. FMI: www.greatlifehawaii.com/family-support/mfsc-class-schedule or 474-1999.

BUILDING SELF-ESTEEM IN CHILDREN

APRIL 7 — A class on building self-esteem in children will be held from 9 to 11 a.m. at Military and Family Support Center Pearl Harbor. FMI: www.greatlifehawaii.com/family-support/mfsc-class-schedule or 474-1999.

SHARKEY THEATER

TODAY — MARCH 31
7:00 PM The Shack (PG-13)

SATURDAY — APRIL 1
2:30 PM Rock Dog (PG)
4:30 PM John Wick: Chapter 2 (R)
7:00 PM Logan (R)

SUNDAY — APRIL 2
2:30 PM The LEGO Batman Movie (PG)
4:50 PM The Great Wall (3-D) (PG-13)
7:00 PM The Shack (PG-13)

THURSDAY — APRIL 6
7:00 PM Get Out (R)

HICKAM MEMORIAL THEATER

TODAY — MARCH 31
7:00 PM Get Out (R)

SATURDAY — APRIL 1
3:00 PM The LEGO Batman Movie (PG)
6:00 PM The Great Wall (PG-13)

SUNDAY — APRIL 2
3:00 PM The LEGO Batman Movie (PG)

THURSDAY — APRIL 6
7:00 PM Fifty Shades Darker (R)

MOVIE
SHOWTIMES**LOGAN**

In the near future, a weary Logan cares for an ailing Professor X in a hideout on the Mexican border. But Logan's attempts to hide from the world and his legacy are upended when a young mutant arrives, being pursued by dark forces.