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# “Navigator” HO'OKELE

May 19, 2017

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Photo by MC2 Travis Litke  
A Chief Boatswain's Mate assigned to Arleigh Burke-class guided missile destroyer USS O'Kane (DDG 77) observes a U.S. Coast Guard MH-60T Jayhawk helicopter assigned to Air Station Kodiak, Alaska, landing during flight deck operations in the Gulf of Alaska.

## Northern Edge concludes

**Sgt. 1st Class Joel Gibson**  
*NE17 Joint Information Bureau*

Approximately 6,000 Sailors, Soldiers, Airmen, Marines and Coast Guardsmen, as well as Department of Defense civil servants and contractors participated in Exercise Northern Edge 2017 (NE17) at Joint Base Elmendorf-Richardson, Alaska and at Eielson Air Force Base near Fairbanks, May 1-12.

Pilots and crew of various aircraft took part in the exercise, including F-22 Raptors, Marine Corps F-35B Lightning IIs, F-15C Eagles, F-15E Strike Eagles, Marine Corps and Navy F/A 18E and F Super Hornets, and EA-18G Growlers working together against a role-playing aggressor squadron of F-16C Fighting Falcons.

Along with the fighter jets came dozens of surveillance, maintenance and support assets and aircraft, such as in-flight refueling tanker planes, airborne early warning and control (AWACS) and Coast Guard helicopters.

Navy ships USS Hopper (DDG 70) and USS O'Kane (DDG 77), both Commander, U.S. 3rd Fleet Arleigh Burke-class, guided-missile destroyers based out Joint

Base Pearl Harbor-Hickam, participated in the exercise as well, providing at-sea operational implementation and support in the Gulf of Alaska.

Similar to Hopper's visit to Homer, Alaska at the start of the exercise, the O'Kane and crew made a scheduled port visit May 13-17 in Juneau, Alaska, to conclude its participation in NE2017. Other maritime support included a Coast Guard cutter and Military Sealift Command replenishment oiler.

The fully integrated, large-scale exercise provided top-notch, realistic and comprehensive joint training opportunities in and around Alaskan land and airspace, as well as in and above the Gulf of Alaska. U.S. military personnel and their assets have participated in this exercise, under various names, during odd-numbered years since 1975. This year, NE17 participants trained on defensive counter-air, close-air support and air interdiction of maritime targets.

"The training value is extremely high, especially for young crew members," said Air Force Lt. Gen Ken Wilsbach, Alaskan NORAD Region, Alaskan Command and 11th Air Force Commander.

"If they ever have to execute this in combat they are

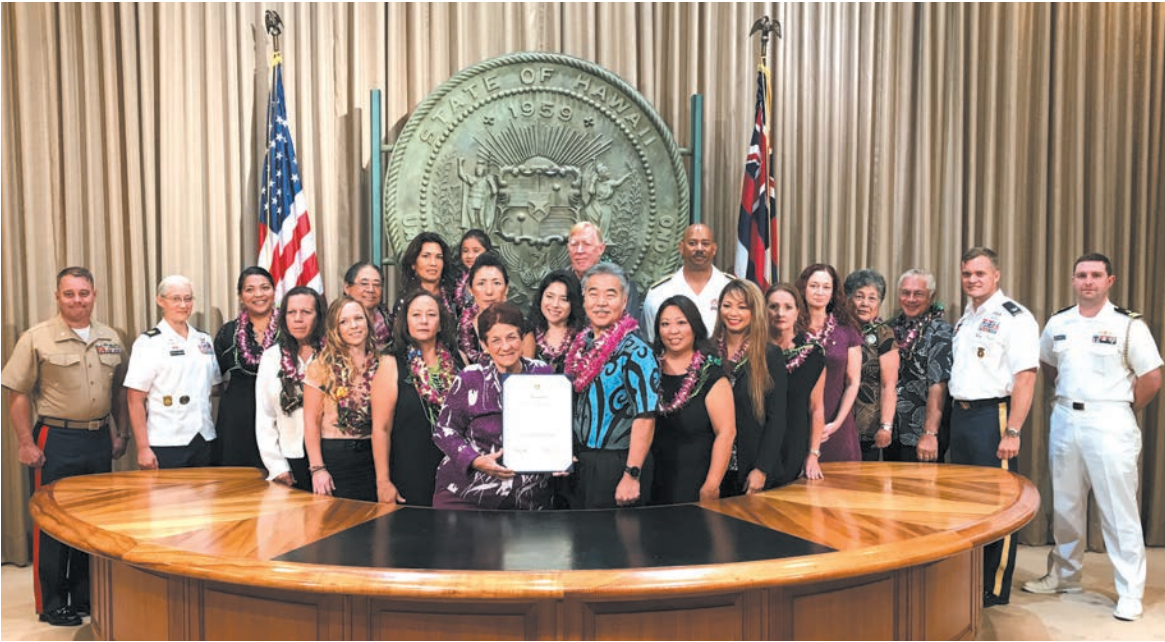
prepared—combat situations are often easier than the training because the exercise scenarios are so difficult. When they come away from the exercise they are more capable at their job than they were when they started the exercise, and that's the greatest value of Northern Edge."

Environmental protection is an integral factor in planning military exercises anywhere in the world. NE17 leaders remained concentrated on the environment and took any necessary precautions to ensure the training activities have no significant impact. As with any exercise, the military is concerned about potential environmental and community effects of training activities, including how maritime actions may impact fisheries and marine mammals.

"We really tried to look to the scientists that know about sonar and other naval activities that would occur, and what those activities may do to the environment," Wilsbach said.

"Their conclusion was that these activities have little to no impact on fish and marine mammals. With that in mind, we intend to go back to the [coastal] communities after the exercise is over and find out what they saw, and what we can improve on for Northern Edge 2019."

## Governor recognizes Gold Star families



Hawaii Gov. David Y. Ige signs a Gold Star proclamation.

Photo by Ensign Britney Duesler

**MC1 Corwin Colbert**  
*Navy Region Hawaii  
Public Affairs*

Rear Adm. John Fuller, commander, Navy Region Hawaii joined other military leaders and families at Hawaii Gov. David Y. Ige's Gold Star proclamation-signing in the governor's ceremonial room at the state

capitol, May 17.

Gold Star families from all branches of service were recognized, represented and honored.

Commander, Navy Installations Command asked each regional command to partner with its state in organizing a Gold-Star recognition proclamation.

The Gold Star family program provides long-term sup-

port to surviving families of service members who die while on active duty.

Through the program, families may be afforded long-term assistance through coordinators offering to assist on an array of benefits and entitlements.

For more Gold Star information, visit [www.navygoldstar.com/](http://www.navygoldstar.com/) or [www.army.mil/goldstar/](http://www.army.mil/goldstar/).

Illustrated by Saige DeloSantos, Grade 4, Keaukaha Elementary School



Sew a Lei for Memorial Day

## Sew a lei for Memorial Day

**Fire Inspector Angela Yamane**  
*Federal Fire Department*

Every year leading up to Memorial Day, the Department of Parks and Recreation, City and County of Honolulu, and the Department of Education sponsors the "Sew a Lei" project.

This year the Federal Fire Department has joined the project. Fresh flower or ti leaves lei that are 20-24 inches in length can be dropped off at the following locations on Friday, May 26, from 8 a.m. to 6 p.m.

- Federal Fire Department Headquarters on 650 Center Drive, building 284.
- Pearl Harbor Fire Station 1, building 206 Central Avenue, Pearl Harbor Naval Shipyard
- Ford Island Fire Station 4, building 467 Cowpens Street, Pearl Harbor Ford Island.
- Kaneohe Marine Corps Base Fire Station 8, building 4074 3rd and G Street, Marine Corps Base Hawaii
- Schofield Barracks Fire Station 15, building 140 Access A Road. For more information, call 471-8019.





Cmdr. Colby W. Sherwood, commanding officer, greets Alaska Gov. William M. Walker aboard the Arleigh Burke-class guided missile destroyer USS O’Kane (DDG 77) as it arrives in Juneau, Alaska for a scheduled port visit, May 13.

# USS O’Kane visits Juneau

**Story and photo by MC2 Alex Van’tLeven**  
*U.S. 3rd Fleet*

The Arleigh Burke-class guided missile destroyer USS O’Kane (DDG 77) arrived to kick off its scheduled port visit to Alaska’s capitol city of Juneau, May 13.

“A lot of community members participated and we’re just thankful the Navy is in town, and we want them to know they’re welcome and we’re thankful to them for keeping us safe,” said Carl J. Uchytel, City and Borough of Juneau port director, who was appointed by the Mayor of Juneau to head the city’s welcoming committee.

The port call comes after O’Kane’s participation in the biennial multi organization training event called Exercise Northern Edge. The ship and its crew was in town May 13-18. A contingent from the U.S. Pacific Fleet Band was also part of the port visit.

The O’Kane, homeported at Joint Base Pearl Harbor-Hickam, is the first ship to visit Juneau since the

namesake Austin-class amphibious transport dock ship USS Juneau (LPD 10) visited in 2008 before its decommissioning.

“It’s been about 10 years since a Navy vessel has been here so there aren’t a lot of Sailors who have been here before,” said Cmdr. Colby W. Sherwood, commanding officer, USS O’Kane. “It’s also a lot colder than we’re used to. Coming from Pearl Harbor, which is in the 80s or 90s (degrees), it’s colder here so it should be fun for them.”

The ship anchored in the Gestineau Channel directly off the shores of the city where it was greeted by local community and state representatives including Alaska Gov. William Martin “Bill” Walker.

“I hope the crew takes away the hospitality and warm reception that we always offer our visitors to Alaska,” Walker said. “I know they’ll experience that, but also I hope they’re here long enough to get the itch to come back.

“A whole lot of our population that move to Alaska is because they come up here as part of being in the

military, doing a tour of duty of some sort, and when it comes time to retire they go ‘Well you know Alaska, there is something special about Alaska,’ so I know they’ll have that experience while they’re here,” Walker said.

Planning for the port visit began in the city a month prior to the ships arrival and involved various government, civic and business organizations who coordinated with command liaisons aboard O’Kane and Commander 3rd Fleet to ensure the ship received a warm welcome.

Local civic and business organizations including civic leaders, Navy League, the Rotary Club, the Lions Club, Chamber of Commerce, Veterans of Foreign Wars, American Legion, and others including tourism, travel, education, arts and business representatives were involved in coordinating various events for the crew’s participation.

“We have Coast Guard ships that come to town quite frequently but I think having a gray hull added some excitement,” Uchytel said. “Because we’re kind of a Coast Guard town, we want to treat all our military personnel well. The Coast Guard district commander is here in Juneau, so we assume that the Coast Guard and their ships are pretty well taken care of, but we wanted to make sure that they’re sister service, the Navy, feels welcome and that we appreciate their service.”

Once ashore, the crew had the opportunity to participate in various command sponsored volunteer opportunities and outings, explore Juneau’s tourist attractions and experience the cities food, culture and nightlife.

“This is actually the first real liberty port visit we’ve had,” Sherwood said. “We went underway about two months ago and about seven weeks of that has been spent conducting exercises. Out of the last seven and a half weeks we’ve been in port for four days. This is a great chance for the crew to get some liberty.”

Not only did O’Kane’s Sailors have the opportunity to experience Juneau, they brought a glimpse of the Navy, its mission, lifestyle and culture with them into the local community.

“I hope that the local population of Juneau gets to learn a little about our Sailors and what they do, as well as, the diverse background they come from,” Sherwood said. “We have Sailors from the Philippines, some from Africa and all across the United States, including Puerto Rico. So it’s a real diverse group of individuals.”

“For my Sailors, I hope they get some fantastic seafood and I hope they make some memories that they cherish for a long, long time,” Sherwood added. “It’s neat for our Sailors to have an opportunity to show what we do, and what do for the people of Alaska, who don’t get to see the Navy very often.”

## Key Spouse program provides family support, friendship

**Master Sgt. Theanne Herrmann**  
*624th Regional Support Group*

Key Spouse volunteers from Hawaii and Guam have made it their kuleana, or responsibility, to support the 624th Regional Support Group (RSG) by promoting a greater sense of an Air Force community among Airmen and their families.

The Key Spouse program is designed to enhance readiness by connecting families of Airmen with their squadrons. The volunteers give back to the RSG community by providing information, resources and support to families as they balance civilian and military life.

“I highly encourage Key Spouse involvement on all levels,” said Col. Kenneth Lute, commander, 624th Regional Support Group. “The volunteers benefit the unit by creating stronger leadership support teams that consider the family’s needs. Beyond that, Airmen and family resiliency is enhanced, and overall morale, quality of life and military readiness is improved.”

A key benefit to the program is supporting families of the unit’s deployed Airmen.

“The Key Spouse is a valuable resource to families, es-

pecially during a deployment,” said Leslie Lute, the key spouse mentor for the 624th Regional Support Group. “They will call the families of the deployed Airmen about once a month just to check on them and provide them with helpful information.”

Each Key Spouse completes a nine-module training course to learn their role, as well as specialized courses that cover sexual assault prevention and suicide awareness.

“A commander is free to choose whomever they feel will enhance their communication and be an advocate for families,” Lute said. “This person is usually connected to an Airman either by family or close relationship. The volunteer doesn’t have to be a spouse.”

One of the Key Spouse’s for the 624th Aeromedical Staging Squadron was encouraged to volunteer by his daughter.

“My daughter felt the unit could use someone with military experience as their Key Spouse,” said Gary Mobley, a retired Army Command sergeant major with 26 years of service. “I have experience working with Soldiers and their families, which will help me with any future challenges I may face. I know what can happen and what will happen when



**U.S. Air Force photo by Master Sgt. Raquel Griffin**

Key Spouses volunteers and mentors, gather for a group photo during a quarterly meeting at Joint Base Pearl Harbor Hickam, April 17.

a service member deploys.”

The Key Spouse program helps reduce anxiety for deployed service members, Mobley said.

“When an Airmen is deployed the mission comes first, so they need to be able to focus and not worry about problems at home,” Mobley said. “If the service member knows his or her family is being looked after while they are deployed it will allow them to have a free conscience. The service member will per-

form better and the unit will be more productive overall.”

The program also creates an environment where life-long friendships are made, said Naupa Warnet, 48th Aerial Port Squadron Key Spouse.

“The Key Spouse program is beneficial for the unit’s family members so they know who to contact and talk to when they are having an emergency or issue,” Warnet said. “I benefit because I get to know other spouses. Overall it is a good

way to help, communicate and support each other. It helps grow the unit into a family.”

Key Spouses will help connect families with resources for any life issue that may arise, such as legal matters, childcare, finances, counseling and more.

“I encourage Airmen to let their families know about their Key Spouse,” Lute said. “Military life can be frustrating when the family feels they are in the dark about what is happening on base. The Key Spouse can help shed light onto any issues they may be having and be a great resource for the family.”

If you would like be a Key Spouse, contact your unit’s first sergeant or commander, or call 449-7232. Currently, the Hawaii team of Key Spouses includes Alberto Morales and James Griffin for the 624th RSG Group Staff; Napua Warnet, Richelle Concepcion and Rae Matsuo for the 48th APS; Gary Mobley and Kelli Cole for the 624th ASTS; and Imelda Pascua for the 624th Civil Engineer Squadron. The Guam team includes Arthur San Agustin, Brandon Santos and Rizalina Fernandez for the 624th Aerospace Medicine Flight; and Lavina Camacho for the 44th APS.



# Diverse VIEWS



Submitted by David D. Underwood Jr. and Ensign Makeedra Hayes

## What's the most memorable summer vacation you ever had?



**Maj. Christian Balmaceda**  
HQ PACAF

"My favorite summer was 2015. My family and I were stationed in Los Angeles Air Force Base, California and we received PCS orders to Washington, D.C. With two kids (Ava, 6 and Christian, 4) we were going to make the cross-country trip packed in our mini-van. The trip spanned 10 days and was just the most memorable time."



**Fire Controlman 3rd Class Rebecca Fox**  
Joint Base Pearl Harbor-Hickam

"My most memorable summer vacation was when I was in the ninth grade and I came to Hawaii. It was the farthest I had ever traveled and been away from home. Also it was the most diverse culture I had experienced at the time."



**Tech. Sgt. Kristina Davis**  
PACAF

"Four-day trip to Disney World, senior-year trip with friends."



**Sonar Technician Surface 2nd Class Gina Santiagorios**  
Joint Base Pearl Harbor-Hickam

"I had a great time when I went to Kauai. There were so many different activities to participate in, ziplining was my favorite. Also, I feel like I was able to experience a more authentic version of the Hawaiian culture. Plus the scenery was beautiful."



**Airman 1st Class Dylan Marksberry**  
647th Civil Engineer Squadron

"I went to Key West, Florida my sophomore year of high school with my best friend's family. It was my first vacation ever. It was so memorable because I had never experienced anything like it. I felt free. I got to swim in the ocean and eat coconuts. And I got to see alligators and pet a manatee! It was amazing!"



**Fire Controlman 1st Class Autumn Farlow**  
Naval Surface Group Middle Pacific

"Mine was the summer of 1993 when I was 13. We took a six-week road trip starting in Illinois all the way to Alaska, and ending in Tennessee to see my grandfather before returning to Illinois. What made it so memorable was that we camped the entire time, we saw almost every U.S. landmark you can think of, we drove through at least 16 states, and saw more wildlife than you can imagine."

Want to see your command featured in Diverse Views? Got opinions to share? Drop us a line at [editor@hookelenews.com](mailto:editor@hookelenews.com)

## '13 Reasons Why' makes for a teachable moment

**Lt. Cmdr. Rebecca Miranda**  
Navy Suicide Prevention Program Manager, MFSC

**Brent Oto**  
Army Suicide Prevention Program Manager

The Netflix original miniseries "13 Reasons Why," which is rated "MA" for mature audiences, is getting a lot of attention in the media.

It chronicles a high schooler's suicide after she experiences a number of traumatic, negative life events, including bullying, underage drinking and sexual assault.

While many have voiced concerns about the series – that it risks contagion, includes graphic scenes, lacks positive help-seeking behaviors, highlights blame/shame themes and presents suicide as a solution – the series also provides an opportunity to discuss suicide prevention and mental health in a positive light.

Fittingly, May is Mental Health Awareness Month. In response to the series, the American Foundation for Suicide Prevention, the American School Counselor Association, and the National Association of School Psychologists (NASP) have joined forces to highlight how the series could teach about suicide risk and mental health awareness.

On May 2, the State of Hawaii Department of Education sent home parent/guardian letters to inform parents about the series and the concerns raised by it, as well as, to encourage supportive adult involvement in processing discussions that arise from it. Many don't realize that suicide is the second-leading cause of death among those ages 15-24, according to the Centers for Disease Control and Prevention. Considering the ages of our teens and many young service members, these statistics emphasize even more why we need to address suicide directly, and to have helpful discussions about life challenges and mental health.

In particular, the NASP has emphasized that adult engagement is critical and presents an opportunity to help process the issues addressed and reinforce the message that suicide is not a solution to problems and that help is available. Research shows that exposure

## COMMENTARY

### Stress comes in two forms

**Maj. Charu Stokes-Williams and Tech. Sgt. Caton Todd**  
15th Medical Operations Squadron Hickam Mental Health Clinic

May is Mental Health Awareness Month. Many people strive for a life free from stress, but stress is often a key to personal growth and development. It is a normal and unavoidable part of life. Stress comes into our lives in two forms: as distress or as eustress.

Distress is known as extreme anxiety, sorrow, or pain, such as the feelings we get after the death of a family member, or while going through a divorce.

Eustress is moderate or normal psychological stress, interpreted as being beneficial for the experiencer, such as working on a college degree, competing for awards and recognition, or having a new baby.

More often than not, distress and eustress are present in unequal portions, simultaneously. Stress is a normal reaction to difficult circumstances in life. But it's when stressors are not effectively managed that life becomes

imbalanced.

If you find yourself feeling imbalanced with the stress in your life, it might be time to look for outside help. Don't let fear of the unknown prevent you from getting better.

Eliminating stress is impossible and avoiding resolution can bring on more stress. Change within ourselves, no matter how beneficial the change may be, can be difficult to endure.

There are a wealth of resources available. You can seek assistance through the Hickam Mental Health Clinic (448-6377), Military Family Life Consultant (221-1341), Chaplains (449-1754), or Military OneSource 1-800-342-9647.

Take comfort in knowing that seeking assistance can help you resolve many of the issues that might be holding you back from living your life to the fullest.



to another person's suicide, or to graphic or sensationalized accounts of death, can be one of the many risk factors that youth struggling with mental health conditions cite as a reason they contemplate or attempt suicide.

Here are tips for starting a discussion:

- Consider the audience. If you know someone who is vulnerable and has watched the series, pay extra attention to how they react.
- Talk to your younger service members or teens about the series and listen to what they say.
- Ask open-ended questions.
- Be cautious not to trivialize the series. What is portrayed is often a reality for many young adults.

- If you are concerned someone may be contemplating suicide, ask them directly. This gives a sense of relief that someone is willing to talk about difficult feelings.

- Model and encourage positive help-seeking behaviors. Emphasize the message, "You are never alone."

- Learn how to talk about suicide. "safeTALK" and Applied Suicide Intervention Skills Training are military-funded, skills-based trainings that are interactive and designed to teach how to confidently and willingly ask about suicide. The Navy CREDO and Military and Family Support Center offer these workshops monthly. Visit [www.greatlifeohawaii.com](http://www.greatlifeohawaii.com) or call 474-1999. For more information, call 474-0045 or 448-6377.

## Asian American woman accepted as pilot



National Archives photo

This historical image shows Hazel Ying Lee in flight simulation training. Lee was one of two Asian American women accepted into the Women Airforce Service Pilots, known as the WASPs. Lee died in late 1944 in a crash. May is Asian American and Pacific Islander Heritage Month.



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# Last B-52 gunner retires, marking end of era



Photo courtesy of Chief Master Sgt. Rob Wellbaum  
Chief Master Sgt. Rob Wellbaum, 15th Operations Group superintendent, and his family Shaelie, Robbie Lynn, Shannon, Rylee and Nathan pose in front of a KC-10 Extender.

**Tech. Sgt. Heather Redman**  
*15th Wing Public Affairs*

The Air Force’s last B-52 Stratofortress (BUFF) aerial defensive gunner retired at Joint Base Pearl Harbor-Hickam, May 12, marking

the end of an era. Chief Master Sgt. Rob Wellbaum, 15th Operations Group superintendent, ended his 30-year career as the last former defense aerial gunners (Air Force Specialty Code 111X0), 25 years after his first career field

was retired. Wellbaum joined the Air Force in 1987 after feeling unfulfilled working as a civilian. “I worked in the civilian sector for a number of years and didn’t really have a gratifying experience,” Wellbaum said. “I

just wanted something more.” Although his father and older brother served in the Air Force, it was Wellbaum’s desire to fly that encouraged him to join. “I went into the recruiter’s office and asked them what jobs they had for enlisted [members]

## How to protect against ransomware

**Department of Defense  
Chief Information Office**

The Department of Defense is aware of reports of ransomware known as WannaCry affecting multiple global entities. To increase our collective defenses across the department and federal networks, we urge all employees to take three actions:

- Do not click on links or download files in emails unless you know for sure that they are intended for you.
- Ensure your personal devices are updated and patched.
- Back up your data so you can recover your systems if they become infected. Microsoft released a patch in March that addresses this issue.

Ransomware is a type of malicious software that infects a computer and restricts users’ access to it until a ransom is

paid to unlock it. The malware spreads by “phishing,” luring unsuspecting users to click on infected email attachments and links in emails to launch the attack. Unpatched or out-of-date systems are particularly vulnerable to ransomware. The Department of Homeland Security has previously released information on best practices to address ransomware. That information is available on the website at [www.us-cert.gov/security-publications/Ransomware](http://www.us-cert.gov/security-publications/Ransomware). The workforce should be aware that this malware could morph. Don’t let down your guard.



to fly,” Wellbaum said. “My recruiter listed off loadmaster, boom operator, and B-52 aerial defensive gunner. The gunner job sounded like the coolest job out of the three so that is what I applied for.”

In December 1987, Wellbaum left his home in Ashland, Oregon, and was off to basic training.

The early 1990s posed unique challenges as the Air Force started to phase out the guns on the B-52 as a cost reducing initiative.

In a news release from the 93rd Bombardment Wing’s Public Affairs Division, Gen. George L. Butler, Strategic Air Command (SAC) commander, announced the elimination of the gunner position and the deactivation of the guns, Sept. 16, 1991.

“My decision to eliminate the guns from the ‘BUFF’ was not an easy one,” Butler said in a letter to the defense aerial gunners. “It stemmed from the collapse of the soviet threat and the leading edge of very sharp budget cuts...Our Air Force is going to go through a lengthy period of turmoil as we adapt to a dramatically changing world.”

By 1992, the guns were non-functional on the aircraft.

“We knew something was in the works but we weren’t expecting to be cut,” Wellbaum said. “However, the Air Force did take care of us and opened up a lot of AFSCs, one of which was flight engineer. I knew several people who crossed trained into that career field, so I saw it as a natural progression.”

Over his career, Wellbaum logged more than 6,500 flight hours with more than 1,000 flight hours on the B-52. He was awarded Master Aircrew Enlisted Flyer Wings.

“The Air Force challenged me at every point in my career and I appreciate that,” Wellbaum said. “I never felt like I was doing something I didn’t want to do. I felt like it was a privilege for me to be in the position I was in, regardless of what AFSC it was.”



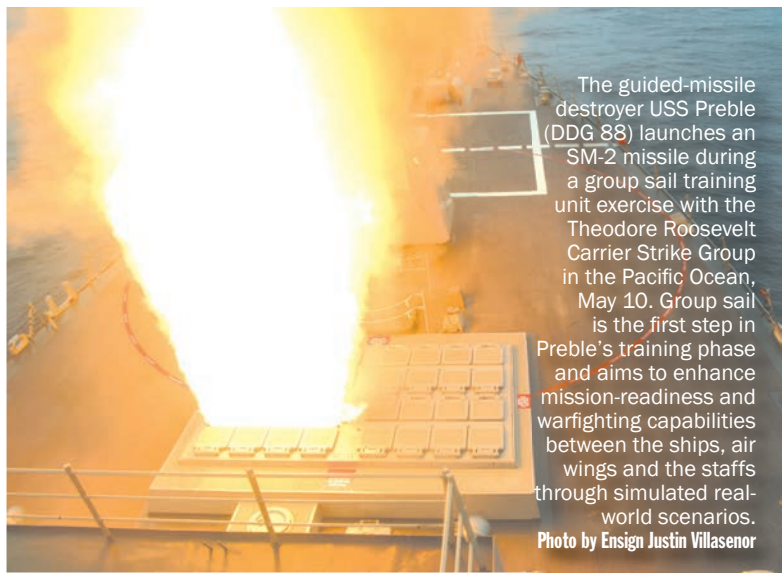
# Pearl Harbor - Hickam *Highlights*



Boatswain's Mate 3rd Class Kamren Cotton, from Porter, Texas, signals the dry cargo and ammunition ship USNS Wally Schirra (T-AKE 8) from the Arleigh Burke-class guided-missile destroyer USS Michael Murphy (DDG 112) during a replenishment-at-sea in the western Pacific Ocean, May 13.  
Photo by MC3 Danny Kelley



Weapons Airmen from the Hawaii Air National Guard (HIANG) prepare munitions for loading onto F-22 Raptor aircraft May 9 at Hill Air Force Base, Utah. Aircraft and Airmen from HIANG participated in Combat Hammer, a twice-annual precision-guided air-to-ground weapons evaluation exercise. Photo by R. Nial Bradshaw



The guided-missile destroyer USS Preble (DDG 88) launches an SM-2 missile during a group sail training unit exercise with the Theodore Roosevelt Carrier Strike Group in the Pacific Ocean, May 10. Group sail is the first step in Preble's training phase and aims to enhance mission-readiness and warfighting capabilities between the ships, air wings and the staffs through simulated real-world scenarios.  
Photo by Ensign Justin Villasenor



Navy Divers assigned to Mobile Diving and Salvage Unit ONE heave around line during a training exercise aboard fleet ocean tug USNS Sioux (T-ATF-171), May 12. The exercise was held to train Navy Divers on proper anchor salvage operations at sea.  
Photo by MC3 Justin Pacheco



Sailors with Arleigh Burke-class guided missile destroyer USS O'Kane (DDG 77) participate in a trail restoration volunteer outreach opportunity at the Rainforest Trail in Juneau, Alaska, May 14. USS O'Kane visited Alaska's capital city in conjunction with its participation in Northern Edge 2017.  
Photo by MC2 Alex Van't Leven



Sailors aboard the Arleigh Burke-class guided-missile destroyer USS Michael Murphy (DDG 112) prepare to conduct a replenishment-at-sea with the underway replenishment oiler USNS Rappahannock (T-AO 204) and the Arleigh Burke-class guided-missile destroyer USS Stethem (DDG 63) in the western Pacific Ocean, May 13.  
Photo by MC3 Danny Kelley



# PMRF hosts luau on Kauai to celebrate heritage month

Story and photo by Robert Purdy  
*Pacific Missile Range Facility Public Affairs*

Pacific Missile Range Facility (PMRF) on Kauai joined the nation in celebrating the contributions of Asian Americans and Pacific Islanders during a “luau” hosted by the PMRF Diversity Committee on May 10. Sailors, family members, and civilian employees took a break from their busy schedules to come together to celebrate, honor and sample some of the culture, customs and traditions of Asian Americans, Pacific Islanders and Native Hawaiians.

Preparations for the luau kicked off two days prior to the event and began with the clearing and digging of an “imu.”

An imu is an underground oven in which meats and vegetables are cooked with stones heated by burning kiawe wood (a sweet Hawaiian mesquite) and covered with banana leaves. The banana leaves help maintain the cooking temperature, steam and capture the distinctive smoked flavor of Kalua pork.

Thomas Nizo, a civilian employee with the PMRF Public Works Department volunteered to prepare the imu as well as the tasty 250 pound Kalua pork that was slow cooked for 21 hours and served alongside traditional Hawaiian and Asian cuisine such as huli-huli chicken, lomi salmon, poi, chicken long rice, rice pudding and desserts prepared by the diversity committee.

“I think these kinds of events are great. To experience different cultures and different traditions is a great thing. I’m glad to share my culture. For many today, this will be the first time for them to experience



Sailors and civilian employees from PMRF enjoy the luau organized by the PMRF Diversity Committee in honor of Asian American Pacific Islander Heritage Month, May 10.

these things,” Nizo said.

PMRF Diversity Committee chair Chief Master-at-Arms Sean Douglas welcomed and thanked the guests for participating in the luau. “We are always better because of our diversity not despite it,” Douglas said.

Entertainment included a Japanese taiko (drum) show by Tsunami Taiko, a local community youth taiko group, an ukulele and hula show, a dessert contest and cultural classes that taught lei making and playing the ukulele.

“Through our Taiko performance, we hope to share

some of the Japanese culture. Taiko drumming has a long and rich history that not many people know about and it’s really cool just to see the community appreciate another culture, especially here in Hawaii where it’s just a melting pot of many different cultures. Everyone just comes together as one,” said Beau Acoba, director of Tsunami Taiko Drummers.

Asian American Pacific Islander Heritage Month is observed in the month of May and celebrates the culture, history and contributions of Asian Americans and Pacific Islanders in the nation’s history.

## Moving tips for your next permanent change of station

### NAVSUP FLC Pearl Harbor Public Affairs

Before outlining some tips to help with your move, one point bears emphasizing —The most important thing you can do is start the official process as soon as you get your official military orders, either online through the official Defense Personal Property System website at Move.mil or at your installation household goods/transportation office.

- **Know your rights.** Explore the information on Move.mil — items designed to help you make the move process as easy as possible. Read the new “Customer Bill of Rights” from the DoD Personal Property Program; it will familiarize you with your rights and responsibilities

during a move.

- **Get a head start.** If you’re in the window for a permanent change of station (PCS) move this spring or summer, update your information even if you don’t have your orders.

- **Be flexible with moving dates.** This is especially true if you’re planning to move anywhere from late May through mid-July. That flexibility doesn’t just mean Tuesday or Wednesday of a particular week — there needs to be a spread of weeks.

- **Know your weight allowance.** Although not widespread, some service members have found out they’ve had to pay extra because they exceeded their weight allowance

- **Get a history lesson.** Check out past

moves in your Move.mil account to learn the weight of your previous shipments. That will help you prepare as you consider your current weight allowance and decide if you’ve added or subtracted stuff since your last relocation.

- **Don’t move what you don’t want.** It’s never too early to start culling items. Consider a yard sale, or donate some items to charity.

- **Prep your car.** If you’re moving overseas, make sure your vehicle is ready. Document the condition of your vehicle and get any repairs done that are needed to ensure the car is mechanically sound. If there are any outstanding recalls on your vehicle, take the vehicle to the dealer and get those fixes done.

- **Make a value assessment.** Start documenting high-value items and start gathering what you’ll carry with you — items such as passports, valuable jewelry, marriage license, birth certificates, medicines, and so on. It’s not just monetary value that counts, consider emotional worth, too, as well as how long it might take to replace things like birth certificates or other critical documents.

- **Get personal and professional.** Separate the professional items you’re moving so that movers can note the

weight. If these items qualify as professional items, also known as Pro-Gear, they don’t count against your total household goods items.

- **Film a documentary.** Consider using your cellphone to document your items, and the condition of those items by going room-to-room and taking video of what you find. Describe the items as you’re recording.

- **Read the directions.** As you’re going through the process at Move.mil, don’t just click through the pages without reading the infor-

mation. There may have been changes that affect your particular move.

- **Read the inventory.** Some people will just sign it on departure. If you want something on the inventory, you need to tell the movers you want documentation reflecting what’s in a box or carton.

- **Ask away.** If you have questions about what the moving company is doing, check with your household goods/transportation office. Go to the same office with questions that crop up while you’re requesting your move in Move.mil.





Photo courtesy of Hickam Officers' Spouses' Club  
Scholarship recipients pose at the Hickam Officers' Spouses' Club Scholarship Awards Dinner at Joint Base Pearl Harbor-Hickam, May 9.

# Hickam Officers' Spouses' Club awards grants, scholarships

**Tech. Sgt. Heather Redman**  
*15th Wing Public Affairs*

Every year, the Hickam Officers' Spouses' Club (HOSC) raises and awards thousands of dollars in grants and scholarships to the Hickam community. The HOSC supports service members and their families through organizations at Joint Base Pearl Harbor-Hickam and the local schools. This year is no different, as the HOSC worked together to raise \$150,000 towards scholarships, grants, schools and military non-profits like the Air Force Ball. After reforming the organization last year, the HOSC president Kimberly Dobbs instituted a number of changes to

better suit the needs of the Airmen and increase funding. "Over the past year, we've revamped our grants program to give more flexibility back into the program," Dobbs said. "We realized the deadlines outlined by our program were not feasible, and sometimes organizations can't wait for a deadline on our end." Funding for the grants and scholarships is generated completely through sales from the Hickam Thrift Shop. They accept donations and sell those goods back to anyone who has base access. "We recently had a change in staffing at the Thrift Shop, which had a huge impact on the bottom line," Dobbs said. "The new Hickam Thrift Shop manager came up with creative sales tech-

niques and was able to increase the profits each month over last year." Each year, the HOSC awards multiple grants and scholarships to military family members to help further their education. This year \$59,500 was awarded to 17 in-

dividuals, and will be used at accredited trade schools, two-to-four year colleges, and universities, to include masters

and doctorate-level programs. "The HOSC Scholarship is a merit-based scholarship that is awarded annually to military dependents to help further their educations," said Carolyn McElhaney, HOSC scholarship coordinator. "Once given, the scholarship money may be used for payment of tuition, fees, or room and board charged by the school during the fall semester of the year awarded and/or the following semester." The HOSC Scholarship application window is Jan. 1 to March 1. Recipients are chosen in April and are honored at the HOSC Annual Scholarship Awards Banquet in May, where amount values of the individual scholarships are announced. For more information about the HOSC scholarship, please visit [www.hickamosc.com/scholarships](http://www.hickamosc.com/scholarships).

## Navy updates policy on wrongful use of images

### Navy Personnel Command Public Affairs

The Navy announced May 16 in NAVADMIN 119/17 that personnel who wrongfully distribute or broadcast intimate images in violation of Article 1168 of U.S. Navy Regulations will face mandatory administrative separation processing. "There is no room in our Navy for this toxic behavior," said Chief of Naval Personnel, Vice Adm. Robert Burke. "This new policy shows that we are committed to eradicating this behavior from our force." These changes align with All Naval Message (ALNAV) 021/17, released April 18, which updated U.S. Navy Regulations with Article 1168, making it unlawful to share an intimate image of someone without their permission for personal gain or to humiliate, harm, harass, intimidate, threaten, or coerce the depicted person or with reckless disregard of harm to the victim.

Military Personnel Manual (MILPERSMAN) Article 1910-233, Mandatory Separation Processing, and MILPERSMAN 1910-142, Separation by Reason of Misconduct — Commission of a Serious Offense, have been updated to reflect this new policy for enlisted personnel. This mandatory processing shall be conducted based upon the version of the MILPERSMAN in effect on the date the violation occurred. Officers who violate Article 1168 will be subject to administrative separation processing in accordance with SECNAVINST 1920.6C. For more information read NAVADMIN 119/17 at [www.npc.navy.mil](http://www.npc.navy.mil).





# Life & Leisure

## 'PULLING TOGETHER' FOR FITNESS

**Helen Ko**

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

About 350 patrons attended the Health and Fitness Fair at Joint Base Pearl Harbor-Hickam Fitness Center, May 12.

The event featured more than 20 vendors, providing information, services and complimentary takeaways, such as fresh fruit and goodie bags.

Vendors included the Hickam Fitness Center, which provided a quick five-minute massage to patrons, the Pearl Harbor Navy Exchange (NEX), Joint Base Morale, Welfare and Recreation's Outdoor Adventure Center and many others.

Live demonstrations such as Zumba and hula kept the crowd entertained.

The Fire Truck Pull contest was held just outside in the parking lot of the Fitness Center. Teams of six participated in this heart-pumping race to see who can pull a fire truck with the fastest time. The team Divers came in men's first place with a winning time of 31.45 seconds, the Revolution came in second with 34.98 seconds, Knuckle Draggers came in third with a time at 37.03 seconds. The Sweaty Coconuts came in at first place in the women's category with 27.78 seconds.



Sweaty Coconuts take first place in the women's category for the Fire Truck Pull contest.



Divers are first place men's winners of the Fire Truck Pull contest.







Chief Yeoman Mathew Hoover lines a single to drive in the first run for COMPACFLT.

# Defense keeps U.S. Pacific Fleet ahead of Company I

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

Commander, United States Pacific Fleet (COMPACFLT) fell behind early but got back on top to stay. The team held off Company I (CO I), 5-3, on May 16 in a Red Division intramural softball game at Millican Field, Joint Base Pearl Harbor-Hickam. Down by a run going into the bottom of the first inning, COMPACFLT picked up two runs in the bottom of the frame and never looked back again as two pitchers combined to keep the CO I bats quiet. COMPACFLT evened out their record at 2-2, while CO I lost their fourth game in a row and fell to 0-4.

“I think today we fielded the ball better in the infield and in the outfield also,” said Lt. Cmdr. Austin Maxwell, who drove in two of the team’s runs on sacrifice fly balls. “We communicated better. We scored only five runs, but we held them to only a few, so our fielding was the difference today.”

CO I scored the first run of the game in the top of the first inning on a dropped fly ball in the outfield that ushered in a runner from third.

However, in the bottom of the frame, COMPACFLT put two men on with only one out to set up an RBI single by Chief Yeoman Mathew Hoover that tied the score at 1-1.

Then, with runners on first and third, Operations Specialist 1st Class Luis Polanco ripped another base hit to drive in the team’s second run of the inning and take a 2-1 lead.

After CO I failed to score in the top of the second, COMPACFLT used the opportunity to pad their lead with a third run in the bottom of the frame.

CO I almost got out of the inning without any damage, but a ground ball that was mishandled by the third baseman proved to be their undoing. The fielding error allowed the runner on third base to score and give COMPACFLT a 3-1 advantage.

“We hit the ball well in our last two ball games,” Maxwell said about the team’s ability to keep the ball in play.

In fact, Maxwell’s aptness at making contact in clutch situations turned out to be the main differ-

ence in the game.

In the bottom of the fourth, Maxwell came up with one out and a runner in scoring position and promptly launched a long fly ball that was caught in the outfield. However, the ball traveled far enough to easily score the runner from third to make it a 4-1 game.

While neither team put up any runs on the board in the fifth inning, CO I threatened to cut into the lead in the top of the sixth, when the team loaded up the bases with two outs.

Instead of succumbing to the pressure, COMPACFLT pitcher Lt. Cmdr. David Silva induced the next CO I batter to pop up harmlessly into the glove of the team’s second baseman to end the potential rally.

After dodging the bullet, COMPACFLT extended their lead by a run, when Maxwell stepped up to plate with the bases loaded and lofted another deep fly ball to drive in the team’s final run with his second sacrifice fly of the game.

“I’m a golfer, so I’m just trying not to strike out,” Maxwell said. “I wish I could have hit a few in the gap, but the wind was crazy today.”

While it didn’t appear that the two sac flies by Maxwell would play such an important role in the team’s win, the runs turned out to be just what the doctor ordered.

CO I bats were held quiet after the first inning, but in their final turn at-bat, the team picked up a couple of extra-base hits to drive in two runs with only one out.

Silva, however, like he did in the an inning earlier, stepped up to shut the door on CO 1 by setting down the next two batters in order to preserve the victory.

Maxwell said that with a month done in the new season, he believes that COMPACFLT is finally putting things together.

He said the biggest reason is that the players are finally talking to each other on the field, and that seems to be what the team needed.

“What we did really well today is that the outfield started communicating a lot more,” he said.

“Today, you saw less errors in the outfield just because we’ve been working together a lot more.”

## High Tea for military spouses set for May 20

*The following Joint Base Military and Family Support Center (MFSC) classes and events have been scheduled for next week.*

• **MILITARY SPOUSE APPRECIATION ALOHA GARDEN HIGH TEA** will be held from 2 to 3:30 p.m. May 20 at MFSC Hickam lanai. MFSC and USO have partnered for this event to appreciate and honor military spouses.

• **STRESS MANAGEMENT CLASS** will be held from 9:30 a.m. to 12:30 p.m. May 22 at MFSC Pearl Harbor.

• **BUILDING SELF-ESTEEM IN CHILDREN WORKSHOP** will be held from 1 to 3 p.m. May 22 at MFSC Hickam.

• **APPLIED SUICIDE INTERVENTION SKILLS TRAINING** will be held from 8 a.m. to 4 p.m. May 22-23 at MFSC Pearl Harbor.

• **ANGER MANAGEMENT CLASS** will be held from 1 to 4 p.m. May 23 at MFSC Hickam.

• **MILITARY SPOUSES AND FEDERAL EMPLOYMENT CLASS** will be held from 4 to 7 p.m. May 23 at MFSC Pearl Harbor, in honor of Military Spouse Appreciation Month.

• **COMMAND SPONSOR COORDINATOR, INDIVIDUALIZED NEWCOMER TREATMENT AND ORIENTATION MANAGER TRAINING** introduction will be held from 8 to 11 a.m. May 24 at MFSC Pearl Harbor.

• **POSITIVE PARENTING CLASS** will be held from 1 to 3 p.m. May 24 at MFSC Pearl Harbor.

• **SOOTHING YOUR BABY AND LOVING TOUCH CLASS** will be held from 1 to 2 p.m. May 25 at the Hickam Medical Building.

• **TIME MANAGEMENT CLASS** will be held from 1 to 3 p.m. May 25 at MFSC Pearl Harbor.

• **PARENT AND CHILD COMMUNICATION WORKSHOP** will be held from 1 to 3 p.m. May 26 at MFSC Pearl Harbor.

• **PARENTS: YOUR TEENS AND DATING CLASS** will be held from 1 to 3 p.m. May 26 at MFSC Pearl Harbor.

• **SAFETALK SUICIDE PREVENTION TRAINING** will be held from 8 to 11 a.m. May 26 at MFSC Pearl Harbor. Participants can learn how to apply the TALK steps (Tell, Ask, Listen, Keep safe) to connect a person to suicide first aid caregivers.

*For more information and to register, visit [www.greatlifehawaii.com/family-support/mfsc-class-schedule](http://www.greatlifehawaii.com/family-support/mfsc-class-schedule) or call 474-1999.*

## Free steak plate to highlight MWR Beachfest

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

A free steak lunch awaits everyone who comes to Joint Base Morale, Welfare and Recreation’s (MWR) Beachfest on May 29, compliments of Cooks from the Valley, a longtime supporter of U.S. service members.

All who come to the event at Hickam Harbor can get a free plate that includes a steak, tossed green salad, roll, fruit and bottle of water. The steak plates will be available from 11 a.m. to 3 p.m. while supplies last.

Organizers are saying there will be a good amount of steaks so customers don’t need to be shy about getting their free lunch.

Recognizing some may be on duty, MWR and Cooks from the Valley arranged it so those who are working can still have the steak lunch via advance order.

Pre-orders can be made using a form on the [www.greatlifehawaii.com](http://www.greatlifehawaii.com) website. Orders must be placed by May 23 and the command or office will need to provide two drivers to pick up the food.

While having a free steak lunch, patrons are invited to enjoy MWR’s Beachfest. This free event from MWR, sponsored by Armed Services YMCA, will feature many activities.

There will be contests throughout the day. Some of the competitions include eating competitions and relay races. One event will be the cardboard boat regatta, where teams build then

race their cardboard boats in the waters of Hickam Harbor.

Numerous other free activities, including lei making, lawn games, scavenger hunts and more are on the schedule. The Navy’s U.S. Pacific Fleet Band and the Air Force Band of the Pacific-Hawaii, will provide live musical entertainment.

All activities are subject to change. For the most up-to-date information, go to [www.greatlifehawaii.com](http://www.greatlifehawaii.com).

A free steak lunch, courtesy of Cooks from the Valley, awaits everyone who comes to MWR’s Beachfest on May 29 at Hickam Harbor.







Information System Technician 3rd Class Nathaniel Gonzalez-Jimenez slides safely into third base.

# FREQS & GCCS light up the night

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

FREQS & GCCS quickly erased a small deficit in their first at-bat and kept on hitting to earn a 16-6 mercy-rule victory over 94th Army Air and Missile Defense Command (94 AAMDC) Seadragons on May 16 in a Red Division intramural softball clash at Millican Field, Joint Base Pearl Harbor-Hickam.

Down 2-0 after the top of the first inning, FREQS & GCCS knocked home five runs in the bottom of the first and second innings to take a 10-3 advantage, before ending the game with a walk-off double by Information System Technician 1st Class Erik Tiernan in the bottom of the fifth.

The win was the third for FREQS & GCCS against one defeat, while the Seadragons lost for the second time this season.

“All we have to do is trust our defense,” said leadoff hitter Information System Technician 3rd Class Nathaniel Gonzalez-Jimenez. “We know we’re going to hit the ball. We fell behind, but we just got to come back.”

At first, it looked the game was going to turn into a slugfest with the Seadragons starting off with back-to-back hits to drive in the first run of the game.

Sgt. Jaime Linares opened up the game by bashing a leadoff double to quickly put a runner in scoring position.

Linares was promptly driven in by Spc. Donte Jones, who followed up with an RBI single to take a 1-0 lead.

Jones would also come around to score, when Master Sgt. Damien Taylor drove him in with a single to make a 2-0 ball game.

The lead wouldn’t last long as the FREQS & GCCS quickly tied the score at 2-2 on a hard-hit ball to the outfield by Information System Technician 2nd Class Lance Hutchins that was dropped for an error.

Hutchins’ line shot came after a walk to Gonzalez-Jimenez and double by Information System

Technician 1st Class Nicholas Cohrs put men on second and third.

Another hit by Tiernan plated a third run and two fielding errors by the Seadragons scored two more runs to make it 5-2 FREQS & GCCS after one inning.

In the top of the second, Linares picked up his second double of the game to drive in a run and cut the deficit down to two at 5-3.

However, the FREQS & GCCS picked up right where they left off in the first inning.

With two men on base, Hutchins smashed a double to clear the bases for a 7-3 lead.

Staff Sgt. Dick Peeler followed up with a double of his own to drive in Hutchins and raise the lead to 8-3.

In the five-run second, Tiernan also picked up an RBI single to complete the straight big-run inning.

The bats didn’t cool off for FREQS & GCCS in the third inning, as even the swirling windy conditions couldn’t dampen the team’s hot streak at the plate.

Gonzalez-Jimenez drove in the first run of the inning, but it’s what Hutchins did later that really raised some eyebrows.

Under the gusty winds, Hutchins, with one man on base, pounded a deep fly ball that cleared the left-field fence and into the parking lot for a two-run shot.

“We expect him to hit the ball hard,” said Gonzalez-Jimenez about the heavy lumber from Hutchins. “Not necessarily hit homers, but hit the ball hard. He’s the best player on our team, so when he gets going, that motivates us.”

After pounding the lights out against the Seadragons, Gonzalez-Jimenez said that he knows this team can hit.

If he and his teammates match their hitting with solid fielding, he believes that the team can win it all.

“I think we’re very capable,” he said. “If we keep hitting the ball like we did tonight, we’re very capable of going a long way this season.”

# Pound Town slams to fourth straight win

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

A handful of veterans combined with a select few new players and the 647th Security Forces Squadron (647 SFS) Pound Town softball team is back in their usual role – setting the pace in the White Division.

Last year’s runners up and perennial challengers for the pennant were back on the field on May 17 and just like their previous three games this season, Pound Town came away victorious.

Matching up against a quality opponent in Headquarters Pacific Air Forces (HQ PACAF), Pound Town gave up a run in the top of the first. However, once the 647 got their turn in the batter’s box, the team took off and never looked back in outscoring HQ PACAF, 18-6, to record a mercy-rule, five-inning win at Millican Field, Joint Base Pearl Harbor-Hickam.

“We have a lot returnees from last year and we have a lot of good players from people we just picked up,” Airman 1st Class Dustin Lewis said about the team never wanting for players. “We’re a big department because we’re both Air Force and Navy.”

Despite Pound Town’s decisive win, HQ PACAF scored the first run of the game after Staff Sgt. Daniel Brearley hit a double with two outs and was then driven home on a single by Lt. Col. Ryan Reynolds.

Pound Town quickly answered when shortstop Staff Sgt. Jordan Locke hit a line shot that skirted under the glove of the HQ PACAF right fielder and rolled toward the fence.

Locke took full advantage of the misplayed ball and circled the bases to tie the score at 1-1 in the bottom of the first.

The run started a feeding frenzy as Locke’s hit was followed by a double by Lewis, a single by Mas-



Airman 1st Class Dustin Lewis steadies himself before making the putout at first base. Teammate third baseman Master-at-Arms 3rd Class Cameron Bowman stands in back.

ter-at-Arms 3rd Class Cameron Bowman and an RBI single by Staff Sgt. Andrew Redmond to take a 2-1 lead.

Pound Town added one more run in the inning on a sacrifice fly ball that plated the runner from third base.

Lewis set down HQ PACAF without a run in the top of the second and Pound Town went back to work in the bottom half to score six more runs.

Pound Town started the second with back-to-back singles that set the table for Airman 1st Class Adam Terry to drive in a run with a single.

Locke chipped in with a double to drive in two more runs, and then Lewis really helped his own cause by walloping a two-run blast over the left-field fence and into the parking lot.

While HQ PACAF failed to score for the second straight frame in the top of the third, there was no stopping Pound Town.

The team’s bats kept pounding the ball in the bottom half of the third, as Pound Town rallied to score four more times en route to a

13-1 advantage.

In the third, Pound Town scored one run on a fielding error and then got RBI hits from Locke, Lewis and Bowman.

After HQ PACAF broke the scoring drought to pick up three runs in the top of the fourth, Pound Town really put the game away by scoring five times in the bottom of the inning.

The big hit of the inning came off the bat of Master-at-Arms 1st Class Matt Walker, whose single with the bases loaded cleared the bases after the left fielder mishandled the hit.

Brearley was credited for the final two runs of the ball game, when he went yard with one man on base in fifth inning.

In the win, not only did Pound Town play merry-go-round on the bases, but also kept HQ PACAF from mounting a rally with solid fielding.

Lewis said that if everyone stays healthy, Pound Town should have another stellar season in 2017.

“That’s the biggest thing for the playoffs. We’ve just got to stay healthy,” Lewis said.



## UPCOMING EVENTS

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

**America’s Kids Run**  
*set for May 20*

• **AMERICA’S KIDS RUN 2017** will be held from 9 a.m. to 12:30 p.m. May 20 at the Earhart Track on the Hickam side of Joint Base. The deadline to sign up is today. This event is open to ages 5 to 13 and check-in is between 8 to 9 a.m. Participants can register online at [www.americaskidsrun.com](http://www.americaskidsrun.com). Parents are welcome to run along with their kids at no charge. For run times and more information, visit [greatlifehawaii.com](http://greatlifehawaii.com) or contact Youth Sports at 473-0789.

• **ARMED FORCES DAY** special offer will be held all day May 20 at Restaurant 604. Active duty and retired military with a valid military ID will get 15 percent off of their bill on this day (food only). This offer is good all day. Patrons can choose from brunch, or come for lunch and dinner menus.

• **FREE POLICE DOG DEMONSTRATION** with Spyder will be held from 2 to 4 p.m. May 20 at the Joint Base Library in recognition of Armed Forces Day and Police Week. For more information, call 449-8299.

• **ARMED FORCES DAY** will be held during lunch and dinner hours May 20 at The Lanai at Mamala Bay. All armed services members get a complimentary dessert with a purchase of a meal.

• **ADVANCE SCREENING OF “MEGAN LEAVEY”** will begin at 3 p.m. May 20 at Sharkey Theater. This event is free to the first 400 authorized patrons. The ticket booth and doors will open at 1:30 p.m. Active duty may receive up to four tickets. Retired military, military family members and Department of Defense cardholders may receive up to two tickets. The movie is rated PG-13. For more information, call 473-2651.

• **FREE MOVIE NIGHT** will begin at 6 p.m. May 26 at Pool 2. The pool will stay open until 9 p.m. and “Finding Dory” will be shown. For more information, call 260-9736.

• **LEARN TO SURF AT HICKAM HARBOR** will begin at 9 a.m. May 27 at the Outdoor Recreation Hickam Harbor. The Hickam Harbor instructors will familiarize participants with technique, gear, etiquette, and methods on how to surf. The class starts out on land, then transitions to the water near shore. Participants need to be proficient in swimming and can do so without a lifejacket. The cost is \$30, and the deadline to sign up is May 25. For more information, call 449-5215.

• **YOUTH SUMMER SPORTS REGISTRATIONS** for BMX/skateboard, youth sports baseball and softball and parkour camp will end on May 31. Registration will be available online through Child and Youth Programs Online Services and will remain open through the deadline or until spaces are filled, whichever comes first. Participants need to have current registration on file at the Youth Sports office. For the full schedule and costs, visit [www.greatlifehawaii.com](http://www.greatlifehawaii.com).





Hickam Elementary School chorus holds its Lion King Kids production.

# Hickam Elementary chorus roars with Lion King Kids



**Story and photos by  
Hickam Elementary School**

Hickam Elementary School (HES) chorus launched its annual production with The Lion King Kids on the school’s main stage May 10-12, under the direction of music teacher Tracie Higashi.

Fifth-grade student Sante Williams played Simba, a young lion who must overcome his father’s death and guilt in order to restore the pridelands to their original state of beauty and prosperity.

The entire production fulfills many educational standards, including Common Core State Standards and National Core Arts Standards as well as acting, design, directing, writing, music and dance.

“I am excited to see hard work of our students and Ms. Higashi pre-

sented to our community,” said Alisa Bender, Hickam Elementary School principal. “The singing, costumes, makeup and lighting all comes together in a magical adventure and shares a message of growing from confused cub into a lion king.”

Attendees praised previous HES productions, from performances of Oliver Twist to Mulan.

For this year’s May 11 production, the installation commanders and Air Force commanders reserved seats months ago.

“I’m from New York, and I’ve seen plays there,” said John Erickson, Central District Complex Area superintendent.

“When I saw Tracie Higashi’s productions with our students, I was blown away. We’ve had admirals and generals request our students perform for them.”

# Giveaway, new focus planned for Fourth of July celebration

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

America’s birthday is less than two months away. As it does every year, Joint Base Morale, Welfare and Recreation (MWR) is again planning a Fourth of July celebration at Ward Field.

This year however, there are some changes in the works that organizers say will have additional appeal to all ages.

Lara Katine of MWR Special Events said in the past, the event focused more on a concert and fireworks, with some activities. That changes this time around.

“This year, it’s much more a celebration that extends the whole day and includes music and fireworks, but there are lots more activities happening,” Katine said.

“It’s something you’d want to stay at and be a part of it, instead of getting there just for the concert and waiting for the fireworks.”

This does not mean musical entertainment will be absent. There will still be live music, and more of it this year, as two bands will be taking the stage this Fourth of July.



The Eagles Experience kicks off the music at 5 p.m. and U2byUV takes over at 7:30 p.m. and will play until the fireworks finale.

While some parts are being finalized, Katine said there will be many more activities for both kids and adults spread out through the celebration.

In addition to the popular petting zoo and train rides, both returning this year, more physical activities such as basketball shooting, archery and others are planned. On-base private organizations will have carnival-style games and giveaways will be a big part of the celebration. The biggest giveaway will happen between the two band performances when someone will walk away with one of four different vehicles.

MWR has partnered with a local



Fleet and Family Readiness Marketing photos

One person will win their choice of a Harley-Davidson Sportster, Yamaha Waverunner, Chevy Spark, or two-year lease on an Audi A3 at the Fourth of July celebration at Ward Field this year.

group to give customers their choice of a Chevrolet Spark, a Harley-Davidson Sportster, Yamaha V1 Waverunner, or a two-year lease on an Audi A3. Katine said that this is the biggest giveaway MWR has done at the event.

Finalists for the big giveaway will be drawn at the event and entrants must be present to win. Katine advised everyone to come early and join in the fun while they wait for their name to possibly be called.

More details of the July Fourth celebration will be available in about a month and can be found on at [www.greatlifehawaii.com](http://www.greatlifehawaii.com).



# HO'OKELE PEARL HARBOR - HICKAM

# COMMUNITY

# MAY CALENDAR

## BEACH CLEANUP

**MAY 20** — There are 20 volunteers needed for a Nimitz Beach cleanup event from 9 to 11 a.m. Volunteers should dress to get dirty, bring their own water bottle and wear sunscreen. Please read the insurance waiver and fill out the volunteer information form at [www.808cleanups.org/volunteer-info-form/](http://www.808cleanups.org/volunteer-info-form/). FMI: UT1 Frank Vasquez at 492-0973 or email [franklyn.vasquez@navy.mil](mailto:franklyn.vasquez@navy.mil)

## COMBINED MILITARY BAND CONCERT

**MAY 20** — The free and open-to-the-public 32nd Annual Combined Military Band Concert will be held at the historic Hawaii Theatre with open seating beginning at 6:15 p.m. for the 7 p.m. concert start time. The Honolulu Navy League is sponsoring the event. Admission and seating is not guaranteed and will be on a first-come, first-served basis. This year the United States Marine Forces of the Pacific Band will be the military lead and they will be led and conducted by Chief Warrant Officer 3 Bryan Sherlock. The combined band features service members from each branch of the military, with each respective conductor taking turns overseeing patriotic songs. Tickets will be available for pickup at JN Auto Group, Cycle City Hawaii and the Hawaii Theatre Center.

## COOKS FROM THE VALLEY

**MAY 23-24, 27-29** — Volunteers are needed May 23-24 and 27-29 for driving and handling positions in support of a Cooks from the Valley event. The Cooks from the Valley event will be held May 29 from 11 a.m. to 3 p.m. in conjunction with the Joint Base Morale, Welfare and Recreation-sponsored Beachfest. Volunteers are needed to help perform duties, including as drivers, luggage handlers, food prep, cooks' assistants, servers, set-up and cleanup crews throughout the week. FMI: Lt. Nicole Augins at 448-3872 or [nicole.augins.1@us.af.mil](mailto:nicole.augins.1@us.af.mil).

## WAIKIKI CONCERT TO HONOR VETERANS OF VIETNAM WAR

**MAY 24** — A free concert event to honor Vietnam War veterans and their families will be held at 5:30 p.m. at the Waikiki Shell. The event will feature

## WEST LOCH REMEMBRANCE

Photo illustration by Sgt. Jon Heinrich



**MAY 21** — A West Loch Internees Celebration of Life and Memory will be held from 3 to 4 p.m. at the National Memorial Cemetery of the Pacific (Punchbowl). The ceremony commemorates the West Loch Disaster that occurred in 1944 and claimed 163 lives. The event will be hosted by the African American Diversity Cultural Center Hawaii.

internationally acclaimed singer Tony Orlando, local musicians Gordon Freitas and Folk, Peter Apo and the Marine Fleet Band. The event will also feature special guest speaker Ann-Margret and celebrity emcee Rick Hamada. In addition, the event will include addresses by retired military and POWs. Gates open at 5 p.m. Admission is free and no tickets are required. All ages are welcome. No outside food or beverages are allowed. FMI: 441-1007.

## MUSEUM VOLUNTEERS NEEDED

**MAY 25, 27** — Pacific Aviation Museum is seeking volunteers for two upcoming events at the museum. Volunteers are needed for the Vietnam War 50th Anniversary commemoration banquet on May 25. The event begins at 4 p.m. and ends at 6:30 p.m. Volunteers will arrive at 3:30 p.m. In addition,

volunteers are needed for the museum's F-105 dedication event on May 27. The event begins at 11 a.m. and ends at 2:30 p.m. Volunteers will arrive at 10:30 a.m. Please wear all black, a museum polo or aloha business attire, no jeans or hats. FMI: Consuela Rodriguez at [Consuela.Rodriguez@pacificaviationmuseum.org](mailto:Consuela.Rodriguez@pacificaviationmuseum.org) or (904) 309-1817.

## VIETNAM WAR 50TH ANNIVERSARY

**MAY 25 TO 29** — Events will be held on Oahu commemorating the 50th anniversary of the Vietnam War. A "Welcome Home" banquet to honor POWs/MIA, Medal of Honor recipients, Gold Star families and all returning Vietnam veterans will be held at 4 p.m. May 25 at Pacific Aviation Museum Pearl Harbor. Reservations are required at [PacificAviationMuseum.org/WelcomeHome](http://PacificAviationMuseum.org/WelcomeHome). FMI: including

fees, contact [Jobeth.Marihugh@PacificAviationMuseum.org](mailto:Jobeth.Marihugh@PacificAviationMuseum.org) or call 892-3345. The Vietnam 50 Years Memorial Parade in Waikiki will begin with an opening ceremony at 5 p.m. May 27 at Fort DeRussy, Kalakaua Avenue and Kapiolani Park. In addition, Vietnam veterans will be on hand to help unveil Pacific Aviation Museum Pearl Harbor's newest aircraft, the F-105 at 11 a.m. May 27 in the museum's hangar 79. A meet-and-greet with Vietnam veterans will be held at 1 p.m. May 27 at Pacific Aviation Museum hangar 79. Finally, a combined city, state and national memorial service will be held at 10 a.m. May 29 at the National Memorial Cemetery of the Pacific (Punchbowl). FMI: visit [www.vietnam50years.org](http://www.vietnam50years.org) and [www.pacificaviationmuseum.org/](http://www.pacificaviationmuseum.org/)

## OUTDOOR MOVIE NIGHT

**MAY 27** — A free special outdoor presentation of the animated movie "Sing" will be held from 6 to 9 p.m. at the Pearl Harbor Navy Exchange lower parking lot. FMI: 423-3287.

## BEACHFEST/COOKS FROM THE VALLEY AT HICKAM HARBOR

**MAY 29** — Beachfest, sponsored by Armed Services YMCA, will be held from 11 a.m. to 3 p.m. at Hickam Harbor. It will be open to Department of Defense ID cardholders and their sponsored guests. The event will include a free steak lunch, courtesy of Cooks from the Valley. In addition, the Beachfest event will include contests, activities, and music by military bands. FMI: [www.greatlifehawaii.com](http://www.greatlifehawaii.com).

## BATTLE OF MIDWAY SYMPOSIUM

**MAY 31, JUNE 1** — Marking the 75th anniversary of the Battle of Midway, the Pacific Aviation Museum Pearl Harbor will present award-winning authors and historians Craig Symonds and Jonathan Parshall in a two-day symposium. A Battle of Midway exhibit reception will be held from 5 to 7 p.m. May 31. The symposium will be held from 9 a.m. to 4 p.m. May 31 and June 1. FMI: email [Education@PacificAviationMuseum.org](mailto:Education@PacificAviationMuseum.org) or call 445-9137 or register online at [www.PacificAviationMuseum.org/Midway](http://www.PacificAviationMuseum.org/Midway)

# MOVIE SHOWTIMES

## SHARKEY THEATER

### TODAY — MAY 19

7:00 PM • The Promise (PG-13)

### SATURDAY — MAY 20

3:00 PM • Free sneak preview of Megan Leavey (PG-13)

The movie is free to the first 400 authorized patrons. Tickets will be distributed at the ticket booth at 1:30 p.m. Active-duty military card holders will receive up to four tickets. Military retirees, military family members and Department of Defense cardholders can get two tickets per ID card. Patrons must be seated by 2:30 p.m.

6:00 PM • Unforgettable (R)

### SUNDAY — MAY 21

2:30 PM • The Boss Baby (3-D) (PG)  
4:40 PM • The Promise (PG-13)  
7:20 PM • The Zookeeper's Wife (PG-13)

### THURSDAY — MAY 25

7:00 PM • The Fate of the Furious (PG-13)

## HICKAM MEMORIAL THEATER

### TODAY — MAY 19

7:00 PM • The Fate of the Furious (PG-13)

### SATURDAY — MAY 20

3:00 PM • Free studio appreciation advance screening (PG-13)  
Tickets will be available at the exchange food court. Seating is open to non-ticket holders 30 minutes prior to show time. The name of the movie is to be announced.

6:00 PM • Unforgettable (R)

### SUNDAY — MAY 21

3:00 PM • The Boss Baby (PG)

### THURSDAY — MAY 25

7:00 PM • The Fate of the Furious (PG-13)



## Megan Leavey

Based on the true life story of a young Marine corporal whose unique discipline and bond with her military combat dog saved many lives during their deployment in Iraq.



# Navy Hale Keiki School celebrates Lei Day

## Navy Hale Keiki School

Fourth-grader Lucianna Snyder was honored as the Lei Day queen at Navy Hale Keiki School, May 12. She received national attention in December during a special moment shared between her and Pearl Harbor survivor Larry Parry at National Memorial Cemetery of the Pacific. Snyder escorted Parry to the headstone of one of his fallen comrades, following a private ceremony hosted by Navy Hale Keiki School for Pearl Harbor survivors and World War II veterans at the National Memorial Cemetery. “I just get it. I just get it now,” Snyder said, as she explained through tears, what she was feeling in that moment of interacting with someone from the Greatest Generation. “Lucianna embodies the motto and spirit of Navy Hale Keiki School. She is sharing, caring, helpful, and kind. She has empathy for others that is way beyond her years. Her inner beauty always shines, and her beautiful hula really showcases her grace and sweetness,” said Monique Raduziner, Navy Hale Keiki School principal.



Lucianna Snyder is crowned queen next to king Eli LaMothe at Navy Hale Keiki School's Lei Day Ceremony.



## Commissary marks National Barbecue Month

**Kevin L. Robinson**  
*Defense Commissary Agency Public Affairs Specialist*

With May being National Barbecue Month, an army of backyard chefs are already firing up their grills. And if they’re commissary shoppers, they can save big on their meats and other grilling needs — sauces, condiments, side dishes, aluminum foil, charcoal briquettes and more. Commissary sales for meat surge this time of the year, as much as 30 to 40 percent or more, said Charlie Dowlen, the Defense Commissary Agency’s category manager for meat. “The warm weather turns everyone’s thoughts to barbecuing, so we definitely stock up on related products to accommodate grilling season,” Dowlen said. Some of the commissary’s most popular items sold during grilling season are ground beef and hamburger patties, steaks (T-bones, rib eyes, sirloin), baby back and spareribs, and brisket, Dowlen said. “Patrons looking to save even more on their grill meats should look for forequarter meat such as chuck meat, as well as pork and chicken — chicken legs and thighs are cheaper than breast meat and wings,” Dowlen said. For specific promotions related to the grilling season, commissary patrons can go to [www.commissaries.com](http://www.commissaries.com), click on the “sales flyer” at the bottom and see discounted prices through May 21 on everything from charcoal briquettes, barbecue sauce, sausages and franks, condiments and more. They will also see their stores promoting local sales on top of everyday meat savings, Dowlen added. *Note: To watch a video about food safety on the grill on DeCA’s YouTube page, go to [www.youtube.com/watch?v=WkwCEj2wfyE](http://www.youtube.com/watch?v=WkwCEj2wfyE).*