



deputy commander See page A-3



Pau hana concert in the park to be held tonight See page B-3



JBPHH Keystone Club reaches Legacy level See page B-4



Meet former NFL player See page B-5



July 14, 2017

Volume 8 Issue 27

# Welcomed with aloha Future USS John Finn (DDG 113) arrives in Pearl Harbor

The Navy's newest Arleigh Burke-class guided-missile destroyer, the future USS John Finn (DDG 113) arrives at Joint Base Pearl Harbor-Hickam, July 10, in preparation for its commissioning ceremony on July 15. Photo by MC3 Justin R. Pacheco



# A Sailor's Pacific voyage — from Gig to Pearl

#### **Anna General**

Managing Editor, Ho'okele Navy Region Hawaii **Public Affairs** 

(Editor's note: This article is part of a series following a Sailor's adventure on his first journey to sail from Gig Harbor, Washington to Pearl Harbor, Hawaii.)

to Victoria to Gig Harbor, but that was my longest.'

After a year and a half of planning and preparing to get the crew physically, emotionally and financially ready, the boat (Stay Gold) was ready for its voyage to Hawaii.

"We decided to sail to Hawaii

sailed from Gig Harbor to Astoria friends and the local community, a bon voyage was held before the boat was cast off on their journey of a lifetime.

"As the boat was casting off, my immediate thought was 'how do I keep my 2-year-old daughter from crying right now as she's yelling 'I want to sail the boat to Hawaii with Dadda!'," said Bugge's wife Ashley while she was trying to



Photo by Stephanie Mitchel

A lifelong dream has become a reality for a four-man crew as they departed Gig Harbor, Washington on their voyage to Hawaii, July 6.

U.S. Navy Chief Petty Officer Brian Bugge received orders to transfer to Commander, Submarine Forces, U.S. Pacific Fleet Hawaii. He will be promoted to an Ensign Limited Duty Officer on Aug. 1.

Prior to receiving his orders to transfer, Bugge purchased a 36foot sailboat which now gives him an opportunity to sail across the Pacific Ocean with his crew members Beau, Willy and Christopher.

"It is a unique process, similar to military deployment but different," Bugge said. "This is my first long voyage beyond 500 miles. I've

because it has been a lifelong dream of mine," Bugge said. When the Navy said I could work in Hawaii and we just bought a boat that was capable of the journey, it seemed like the perfect thing to do."

The other crew members share similar dreams as Bugge.

"One of my crew members (Willy) is a professional Sailor and chart captain and has almost completed a circumnavigation of the world, he just needs to complete a few legs of the Pacific," Bugge said. Another crew member, Beau, is a 5th grade school teacher who just loves adventure. He doesn't have much sailing experience at all but wants to live life by the fullest."

With support from family,

film the boats departure.

It wasn't until Ashley got home and sat down to listen to her voicemails, viewing everyone's text messages and Facebook posts that she realized what lies ahead of the crew members, especially for her husband.

"Brian has put countless hours literal blood, sweat and tears into making this dream come true for himself and it is the best feeling to be a part of this accomplishment for him. This is something he will look back on for the rest of his life and be able to say 'I did that. I made that happen for myself and I'll have it forever."

What did they almost run into on their way into the Pacific? Read next week's installment...



A local canoe club escorted the USS John Finn to Joint Base Pearl Harbor-Hickam, July 10.

#### **Don Robbins**

#### Editor, Ho'okele

The Navy's newest Arleigh Burke-class guided-missile destroyer, the future USS John Finn (DDG 113) will be commissioned at 10 a.m. on Saturday, July 15 at Joint Base Pearl Harbor-Hickam's Pier Kilo 10.

The commissioning ceremony is by invitation only. A live stream video will also be available at www.dvidshub. net/webcast/11834 for those unable to attend.

Adm. Harry Harris, Jr., commander of U.S. Pacific Command, will deliver the commissioning ceremony's principal address. Laura Stavridis, the wife of retired Adm. James Stavridis, the former Supreme Allied Commander, Europe, will serve as sponsor of the ship. The ceremony will be highlighted by a Navy tradition when Laura Stavridis will give the first order to "man our ship and bring her to life!"

The ship's namesake, John Finn, is a Medal of Honor recipient who Adm. Chester Nimitz said displayed "magnificent courage in the face of almost certain death" during the attack on Pearl Harbor in 1941.

Finn, a chief aviation ordnanceman, used a machine gun at the former Kaneohe Bay Naval Air Station to fire at Japanese aircraft for two hours during the attack. He remained on duty for 18 hours despite receiving as many as 21 wounds.

Finn retired as a lieutenant in 1956 and lived to be 100 before passing in 2010. At the time of his death, he was the last living Medal of Honor recipient from the Pearl Harbor attack.

USS John Finn is the 63<sup>rd</sup> Arleigh Burke-class guided missile destroyer and the first of the DDG 51 Flight IIA restart ships. Cmdr. Michael Wagner, a native of Minnesota, is the commanding officer of the USS John Finn and leads the core crew of 350 officers and enlisted personnel.

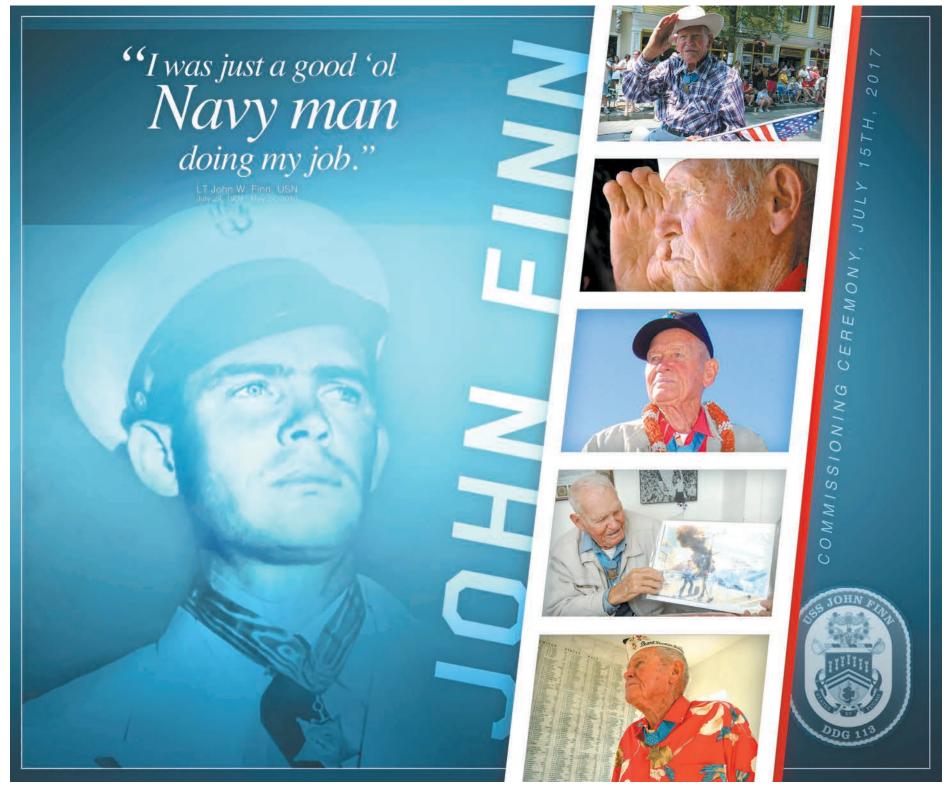
Lt. Tyler Barker, communications officer and public affairs officer/commissioning coordinator for USS John Finn, was able to see the ship come in from the pier earlier this week.

"It was an awesome sight to see the Navy's 63rd Arleigh Burke-class destroyer moor at Joint Base Pearl Harbor-Hickam with the keiki hula group performing a traditional hula and a lei proudly displayed from the ship's bow," Barker said.

"USS John Finn is named for a true American hero, and it is fitting that we have the honor of commissioning the ship on the island where then-Chief Finn's actions led to him receiving World War II's first Medal of Honor."

Barker reflected on the ship's travels in the last month, from Pascagoula, Mississippi, through the Panama Canal to its homeport of San Diego and Hawaii for the commissioning ceremony.

> See page A-2



# USS John Finn (DDG 113) to commission here Saturday

#### < From page A-1

"We've had an outstanding experience coming together as an operational crew, and all Sailors, friends, and family are incredibly excited about officially bringing our ship to the fleet. We are honored to serve on a ship with such a deserving namesake," he said.

Fire Controlman 2nd Class Brenda Ezenwaokpala, another crew member of the USS John Finn, shared her thoughts.

"My first impression pulling into Pearl Harbor was that it was breathtaking. To truly understand that we were coming back to a place no longer marred by tragedy, and bring the rebirth of an American hero." Ezenwaokpala said she was impressed by the opportunity to experience the combination of amazing scenery and historical significance in Pearl Harbor. "It is humbling. I am just one Sailor in the big picture of bringing the USS John Finn to life. Everyone has gone above and beyond, especially the locals. They have been extremely helpful, cordial and welcoming," Ezenwaokpala added. Stephanie Mitchell of the Kamaha'o Canoe Club said that her canoe club had the privilege of escorting the newest Navy missile destroyer into Pearl Harbor to be commissioned here in Hawaii. Mitchell is also a nurse at Tripler Army Medical Hospital. 'There are a few moments in your lifetime when you feel honored and humbled to be a part of something so much bigger than yourself," Mitchell said. The 9,140-ton Finn was built by Huntington Ingalls Industries in Pascagoula, Mississippi. The ship is 509 feet in length, has a beam of 66 feet, and a navigational draft of 31 feet.



The ship uses four LM2500 GE Marine Gas Turbines and two propellers to speeds up to 31 knots.

USS John Finn will be homeported at Naval Base San Diego, California.

For more information, visit http://johnfinncommissioning.org/.

Illustration and photos by MC3 Justin R. Pacheco The Navy's newest Arleigh Burke-class guided-missile destroyer, the future USS John Finn (DDG 113) arrives at Joint Base Pearl Harbor-Hickam.



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

What's your favorite motivational quote or saying?



**Aviation Electronics** Technician 2nd **Class Chinua Adams** Joint Base Pearl Harbor-Hickam

"You have to know where you've been to where you're going.' It reminds me to look back and see what I have been through and motivates me to keep moving forward.'



Chief Master Sgt. Jason Hodges HQ PACAF

"Focus on the good."



Erica Inis Navy Exchange Fleet Store

"Nothing grows out of a comfort zone.' It helped me because it motivated me to go back to school and get my cosmetology license as well as reminded me to always try new things.'



Lori Tetla HQ PACAF

"'Never stop learning.' When we are good at something it is easy to become complacent. Life has so much to offer.



**Ensign Matthew** Meltzer USS Chafee (DDG 90)

"You miss 100 percent of the shots you don't take.' It reminds you that you don't get anywhere in life without taking risks."



1st Lt. Derrick Wong 154th Wing, HIANG

"Empty your mind, be formless, shapeless - like water." (Bruce Lee)

Want to see your command featured in Diverse Views? Got opinions to share? Drop us a line at editor@hookelenews.com



# A few parting thoughts

are literally hundreds of people to thank for making the past two years remarkable and memorable. I can't name them all here, but there are a few I'd like to mention.

When it comes to joint basing, the men and women of the 647th Air Base Group (ABG) interface are embedded with many commands at Joint Base Pearl Harbor-Hickam (JBPHH) to deliver installation support.

Whether that is Navy Region Hawaii, Naval Facilities Engineering Command, Naval Supply Systems Command Fleet Logistics Center, Naval Computer and Telecommunications Area Master Station Pacific or others, it is a team effort to provide support to roughly 85,000 personnel that live, work or gain some level of support from JBPHH.

My thanks to all those commands for their work with and support to the Airmen of 647th ABG.

much fun as I've had with-

First and foremost, there Support Squadron and the 647th Logistics Readiness Squadron.

I'm a firm believer that with each rotation, we strengthen joint basing and our Joint Base team.

Ultimately, our goal is to provide the best support to all Sailors and Airmen. and to ensure our warfighters are best prepared to meet their missions. I'm thankful to have been part of the team charged with that mission.

I'd like to end my tour with guiding principles I tried to instill at each newcomer's orientation.

First, joint basing can be confusing and convoluted, but it is here to stay — let's embrace it and continue to improve our local processes to make JBPHH the pride of the Pacific.

Second, no matter how confusing joint basing may be and how there are different terms and processes in shore support that might be new to an Airman, there are Air Force touch points anywhere I could not have had as there are installation support activities. As that primary Air Force touchpoint, ABG will continue to foster relationships and optimize opportunities to improve installation support. Finally, no matter what service you belong to, if you reside or work on this installation, I ask that you take pride in it. If you see something, say something. If you see an issue, raise it. Don't walk past a problem, report it. Together, all of us can ensure JBPHH is, and remains, an exceptional



#### **Blair Martin Gradel**

Joint Base Pearl Harbor-Hickam **Public Affairs** 

Col. Richard Smith relinquished his command of the 647th Air Base Group (ABG) and as deputy commander of Joint Base Pearl Harbor-Hickam (JBPHH) to Col. Douglas Pierce during the 647th ABG change of command ceremony July 13 at the Missing Man Formation Memorial.

As the 647th ABG commander, Smith led more than 900 personnel and five squadrons to deliver the full range of mission support for base, theater and global air and joint operations.

As the deputy Joint Base commander, he assisted the Joint Base commander with activating, integrating and guiding installation support functions for operations, supporting personnel and their families.

The ceremony also included remarks from other command leaders such as Capt. Jeff Bernard, commander, JBPHH and Col. Kevin Gordon, commander, 15th Wing.

Gordon presented Smith with the Legion of Merit for his outstanding service and accomplishments as commander to the 647th ABG. "This job has been the most fantastic opportunity, and I am thankful, to being both commander you are a good example and grateful, for being of an Air Force Group,

Col. Richard Smith makes his final remarks as the 647 Air Base Group commander July 13, at the Hickam Missing Man Formation.

given the opportunity to serve in this capacity," Smith said in his remarks. "I'm a firm believer that with each rotation, we strengthen joint basing and our Joint Base team, partnerships and relationships to improve support to all stationed at or supported by JBPHH.'

Smith's next assignment will be at Kunsan Air Base located in South Korea.

"No matter what service you belong to, if you reside or work on this installation, I ask that you take pride in it," he added. "Together, all of us can ensure JBPHH is, and remains

as well as serving as the deputy commander for JB-PHH.

A South Carolina native, Pierce graduated from the Citadel in 1995 where he received his commission through the Air Force Reserve Öfficer Training Corps.

Most recently, Pierce has served as the chief, Financial Analysis Division, Directorate of Financial Management and comptroller at PACAF Headquarters.

'I particularly want to acknowledge my distinguished predecessor, Col. Smith," Pierce said in his remar

Pierce went on to add

that Smith's guidance and wisdom has tremendously helped him during this transition to Joint Base and he looks forward to continuing the record of great leadership and mission success.

"I realize that you have entrusted me with our nation's most precious resource — our military, civilian and contractors as well as the families who serve alongside these great people," he said.

"I do not take this responsibility lightly and will do my best to take care of them. I pledge to you to be a full partner with the group commandof saying that 'there is ers, JB directors, and misnothing more irritating sion partners around the base and bring you all the than a good example' and capabilities necessary to best serve your priorities."

Photo by Staff Sgt. Christopher Stoltz

out great leadership from the 15 Wing and the Joint Base, and had support from a phenomenal front office, exceptional department heads and deputy department heads, and the JBPHH leadership team.

Finally, no group functions without squadrons, and the 647th ABG was blessed with leaders running the 747th Communications Squadron, 647th Civil Engineer Squadron, 647th Security Forces Squadron, 647th Force place to live and/or work. an exceptional place to live and to work."

The ABG commander is in a unique position due

"Mark Twain was fond

and more.

# Power outage to affect Pearl City Peninsula July 22

will take affect in the vicinity of Pearl City Peninsula from 8 a.m. to 5 p.m. on Saturday, July 22.

A scheduled power outage by Hawaiian Electric Company power within two to four hours. (HECO) in order for HECO to install a motor operated switch at their substation.

In the event of an emergency, The power outage is required HECO will be able to restore scheduled date.

All affected facility managers for Pearl City Peninsula have been notified and confirmed their ability to receive the outage for the

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# Apollo 11 mission launches in July, 1969



At left, This photograph shows the Saturn V launch vehicle (SA-506) for the Apollo 11 mission liftof at 8:32 am CDT, July 16, 1969, from launch complex 39A at the Kennedy Space Center. Apollo 11 was the first manned lunar landing mission with a crew of three astronauts: Mission commander Neil A. Armstrong, Command Module pilot Michael Collins, and Lunar Module pilot Edwin "Buzz" E. Aldrin, Jr. It placed the first humans on the surface of the moon on July 20 and returned them back to Earth on July 24. At right, Astronaut and Lunar Module pilot Buzz Aldrin is shown on the moon.

# Warrior Games end, torch passed to Air Force

#### **MCSN Jonathan Word** MC2 Anthony Presley

#### Navy Public Affairs Support Element Midwest

The 2017 Department of Defense (DoD) Warrior Games wrapped up July 8 after eight action-packed days of competitions at venues throughout Chicago.

The games are an annual Paralympic-style event which brings together wounded, injured and ill service members and veterans from all U.S. military branches as well as teams representing the United Kingdom and Australian Defense Forces.

The 2017 games were organized by the U.S. Navy and this year marked the first time the games took place in a host city instead of on a military facility. Warrior Games athletes got to compete within high-profile sports venues such as Soldier Field and the United Center.

'I think it's a positive thing because you get the local city involved," said Rodney Carson, the head track and field coach of Team Army. "I think in the opening ceremonies, all the way to the venues, I'm seeing more spectators.'

The games serve a vital purpose. They allow service members and veterans who, in some cases, have survived terrible circumstances, to come to- Force veteran and gold



Vice Adm. Mary Jackson (left) passes the Warrior Games Torch to Lt. Gen. Gina Grosso, who will be in charge of the

2018 Department of Defense Warrior Games. Also pictured is Team Air Force Heart of the Team award recipient Staff Sgt. Vincent Cavazos.

gether as part of a team and show the world they can conquer the limitations placed in from of them.

"Honestly the biggest thing about the Warrior Games is focusing on perseverance, resilience and adaptability," said Heather Carter, an Air

medal winning competitor. "It's really finding your

new normal and focusing on the future and that there's no limitations except the ones you mentally put on yourself."

Organizers, coaches and athletes hope that the games continue to gain exposure and increased years. "If I could do anything

to help get more sponsors to make sure this event continues in the future, that would be ideal," said Christy Gardner, an Army veteran and Team Army gold medalist. "Adaptive sports have been so crucial to my rehab and Participants in the games

public support in coming recovery that I want everyone to have that opportunity, it really does make a difference," she said.

This year's Warrior Games saw more than 260 athletes competing in track, field, shooting, archery, swimming, cycling, sitting volleyball and wheelchair basketball.

may later qualify to move on to the Invictus Games or the Paralympics.

Vice Adm. Mary Jackson, commander, Navy Installations Command led the U.S. Navy effort to host the games this year. She said the warrior-athletes were the center of the events, and that each athlete and family member participating in Warrior Games was an affirmation of the power of the wounded warriors' legacy. Seven teams achieved more than 1,100 medals in the 93 events of the 2017 Warrior Games.

"Driven, accomplished, and tough athletes competing in world-class venues," is the way Jackson described the warrior-athletes. "You poured out your competitive spirit; your heart and soul," she said during the closing ceremony.

Jackson handed the torch to Lt Gen. Gina Grosso, the U.S. Air Force lead who will spearhead the event next year. The 2018 Warrior Games will be held at the Air Force Academy in Colorado

Springs, June 2-9. "It's just a tremendous honor to be able to take the torch on behalf of the United States Air Force," said Grosso, the Air Force's deputy chief of staff for manpower, personnel and services. "You inspire all of us to be better warriors and citizens. And it's an honor to serve with you."

# Team Navy celebrates close of 2017 DoD Warrior Games

#### **MC2 Andy Brame**

Navy Public Affairs Support Element

After all the fanfare, the crowds and the cameras, Team Navy joined their fellow competitors July 8 at a small event at Navy Pier in Chicago to celebrate the conclusion of the 2017 Department of Defense Warrior Games, hosted by the Navy.

The event was closed to the public. Only the athletes and their loved ones gathered to say goodbye to new friends and to share the new memories they have made.

The Games included teams from each of the U.S. military services, as well as teams from the United Kingdom and Australia. The teams competed in archery, cycling, track and field, shooting, swimming, sitting volleyball and wheelchair basketball. The Warrior Games introduced wounded, ill, and injured service members and veterans to Paralympic-style sports. The event demonstrated the incredible potential of wounded warriors and provided a tremendous healing power to the ath-



encouraged to make athletics a key component of their recovery efforts.

The network of wounded warriors provides encouragement to those who have recently entered the recovery process by proving that a full life is still possible.

"I was scared to go to the gym," said retired Machinist's Mate 2nd Class Joseph Engfer, Team Navy athlete. "I was scared to do anything with my arm. They made me realize that I could push a wheelchair with my arm, and I could shoot a gun again. I can still shoot archery now with my mouth. It's pretty sweet. Everything else just came with it. It just

Photo by MC2 Alex Van'tLeven

Team Navy celebrates after winning the 2017 Warrior Games' sitting volleyball medal rounds at the United Center.

letes. One of the most to be a part of a family — impactful elements of the people who understand," impactful elements of the Games, however, was the sense of community that formed among the athletes.

"It gives you a chance

said Aviation Machinist's Mate 1st Class Andrea Dubus, Team Navy athlete.

Cultivating that sense

part of Navy Wounded Warrior (NWW) — Safe Harbor's adaptive sports program. NWW is the Navy's sole organization for coordinating the All NWW enrollees are

of community is a key non-medical care of seriously wounded, ill, and injured Sailors and Coast Guard members and providing resources and support to their families.

made me more excited to do it because I saw people worse off than me doing it."

It is this community and its power to inspire that is the real legacy of the Warrior Games and NWW's sports program. It is the relationships that formed in Chicago that will continue to increase in value long after the medals and the photographs are tucked away.

Visit https://go.usa.gov/ xNMjD for more Warrior Games coverage.

# Pearl Harbor-Hickam Highlights

Two Pacific Missile Range Facility personnel simulate hostile surface to air missile threats as two MV-22 Ospreys assigned to Marine Medium Tiltrotor Squadron (VMM) 268 "Red Dragons" conduct evasive maneuver exercises off the coast of Kauai. Photo by MC2 Omar Powell





Photo by MC2 Shaun Griffin

Adm. James F. Caldwell, director, Naval Nuclear Propulsion Program, participates in an augmented-reality demonstration at the Commander Submarine Forces Pacific Innovation Lab (iLab), July 11. The iLab's mission is to provide Sailors with cutting-edge battlespace visualization capabilities using virtual and augmented reality.



Photo by Senior Airman Michael Reeves Jr.

Above, A 25th Air Support Operations Squadron (ASOS) Tactical Air Control Party specialist plays the role of the opposing force at Bellows Air Force Station during a Joint Field Training Exercise hosted by the 25th ASOS, June 29.

At right, James Temple receives an American Flag during a funeral ceremony honoring Seaman 1st Class Monroe Temple of Des Moines, Iowa, who was laid to rest July 1, in the National Memorial Cemetery of the Pacific. Temple was assigned to the USS Oklahoma (BB-37) which was moored at Ford Island, Pearl Harbor, when the ship was attacked by Japanese aircraft on Dec. 7, 1941. The attack on the ship resulted in the deaths of 429 crewmen, including Temple. Temple was recently identified through DNA analysis and returned to his family for burial with full military honors. **Photo by Staff Sgt. Christopher Stotz** 

Reserve Citizen Airmen use hoses to extinguish a simulated aircraft fire during a joint live-fire exercise between the Hawaii State Fire Department and the Air Force Reserve's 624th Regional Support Group July 9 at Joint Base Pearl Harbor-Hickam. More than 40 fire fighters participated in the exercise which focused on utilizing proper techniques to extinguish an aircraft fire. **Photo by 2nd Lt. Elizabeth Andreas-Feeney** 

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**HO'OKELE** 



Photo by Justice Vannatta

At left, Capt. Greg Burton, the 47th commanding officer of Pearl Harbor Naval Shipyard, receives honors upon the conclusion of a change of command where he relieved Capt. Jamie Kalowsky. At right, Vice Adm. Thomas Moore, commander, Naval Sea Systems Command, congratulates Capt. Jamie Kalowsky at the ceremonies.

# Burton relieves Kalowsky at helm of Pearl Harbor Naval Shipyard

#### **PHNSY & IMF Public** Affairs

Pearl Harbor Naval Shipyard and Intermediate Maintenance Facility (PHNSY & IMF) held a change of command ceremony July 7 at Joint Base Pearl Harbor-Hickam. Capt. Greg Burton relieved Capt. Jamie Kalowsky as the 47th commander of the largest industrial employer in the state of Hawaii and the largest ship repair facility between the U.S. West Coast and the Far East.

In remarks immediately following his assumption of the Shipyard's helm, Burton reflected on the responsibilities, which accompany command.

responsibility now," Burton said. "That additional load on my shoulders will provide me the traction I need to stay focused and work with this great shipyard team."

Burton is no stranger to Pearl Harbor, having been ting another remarkable and technical knowledge assigned to Commander Submarine Force, U.S. Moore said. "With a work- SY's receipt of laboratory

PAC) as Maintenance Requirements, Readiness and Improvements Officer from 2012 to 2014. He most recently served as Operations and Product Line Officer at Puget Sound Naval Shipyard and Intermediate Maintenance Facility.

Vice Adm. Thomas

ships and submarines ontime, I am confident he will build on (Kalowsky's) success.

Moore presented Kalowsky with a Legion of Merit medal for his exceptionally meritorious conduct during his outstanding three-year tour of duty as shipyard com-Moore, commander of mander. Kalowsky was

val Research.

In recognizing the shipyard's departing commanding officer, Moore also reflected on the important role played by the shipyard in the nation's PHNSY & IMF workforce has overcome obstacles to meet the mission of keeping the fleet "Fit to Fight!"

Pacific Fleet (COMSUB- force driven to deliver status by the Office of Na- delays and returning our shipyard's core mission. precious assets to the fleet early.'

> Rear Adm. Stephen Williamson, director, Fleet Maintenance, U.S. Pacific Fleet, commended Kalowsky's leadership in defense, and how the a time when the importance of the shipyard has grown.

"Of the Navy's four shipyards, none is more

Of the Navy's four shipyards, none is more strategically located than Pearl Harbor. Under (Kalowsky's) command, the shipyard has seen a period of growth in both workload and complexity of work, and has met every challenge.

- Rear Adm. Stephen Williamson, director, Fleet Maintenance, U.S. Pacific Fleet

"I feel the weight of that Naval Sea Systems Command (NAVSEA) and presiding officer for the change of command ceremony, expressed confidence in Burton as the new shipyard commanding officer.

officer in Greg Burton,"

credited with improving the material condition of the Pacific Fleet naval force and reducing lost fleet operational days due to maintenance by over 80 percent during his tour. He was also praised "Pearl Harbor is get- for his inspired guidance which resulted in PHN-

"At any given time, one-third of the U.S. Navy's ships are in maintenance," Moore said. "Today's Navy demands that ships must be delivered from repairs ontime, every time. Any delay places stress on the fleet. The Pearl Harbor workforce has risen to this challenge, reducing

strategically located than Pearl Harbor," Williamson said. "Under (Kalowsky's) command, the shipyard has seen a period of growth in both workload and complexity of work, and has met every challenge."

In his remarks to the PHNSY & IMF workforce, Kalowsky reflected on the

"Here in Pearl Harbor, you, the workers who defend our nation, have met the call to deliver ships and submarines on time. You have decreased unscheduled maintenance days from nearly 600 days in 2014 to just over 100 in 2017," Kalowsky said.

"You defend our nation," proclaimed Kalowsky to his work force. "You are the professionals who repair, maintain, and modernize the surface ships and submarines of the Pacific Fleet. You keep them Fit to Fight!"

Kalowsky assumed command of PHNSY & IMF in August 2014. He will stay in Hawaii for his next assignment as Maintenance Requirements, Readiness and Improvements Officer onto the staff of Command, Submarine Force, U. S. Pacific Fleet (COMSUB-PAC)

Additional information on PHNSY & IMF can be found on social media sites: Facebook at www. facebook.com/PearlHarborNavalShipyard

# UH students tour sacred Loko Pa'aiau cultural site

#### Story and photos by MC2 Jeff Troutman

#### Navy Public Affairs Support Element Detachment Hawaii

A local cultural landmark, considered sacred, was the site of a blessing and an educational visit when eight students from the University of Hawaii (UH) toured the Loko Pa'aiau fishpond at the Mc-Grew Point Naval Housing development, June 27.

The visit was sponsored by the U.S. Navy's Loko Pa'aiau Native Hawaiian Cultural Resource Management Training Program, which helps to educate the local community about the legacy and ongoing restoration of the ancient fishpond.

"The historical landmarks and cultural resources of Hawaii define who we are and where we came from," said Jeff Pantaleo, a Naval Facilities Engineering Command (NAVFAC) Hawaii Archeologist, who hosted the visit. "The preservation of these resources requires a group or community effort. As we saw today with the student visit, there is a lot of 'aloha' that fuels the community to participate."

Pantaleo was hopeful that more students and members of the community would make visits to local sites such as the fishpond, to understand and appreciate the traditional cultural practices of their elders, or "kupuna," and how they adapted to their environment.

"The goal of the student visit was to emphasize the strong relationship between the native Hawaiian community and the Navy," Pantaleo said. "The Navy is at the forefront of preserving cultural resource and ensuring ancient Hawaiian traditions and knowledge continue, and by working together with the local community, we can preserve our significant cultural resources."

The students are part of the University of Hawaii's Nohopapa Hawaii Cultural Resource Management summer program, which aims to help young citizens of Hawaii learn more about the culture and traditions of their ancestors.

Visiting Loko Pa'aiau pond was a way for us to learn more about the natural resources that we sometimes take for granted here in the Pearl Harbor area," said Halena Kapuni-Reynolds, a University of Hawaii student from the tour group. "We tend to think of Pearl Harbor as just a giant military base, without realizing how much of our cultural resources still exist here today. Loko Pa'aiau is just one of the special places here within Pearl Harbor that shows just how much our ancestors have left on this landscape, and it's a place we can do our part to help restore and make viable again for the community.'

Ku'ulei Freed, a University of Hawaii Manoa student and cultural practitioner, said the group's visit to the pond was an opportunity to better understand the significance their ancestors placed on the area, and to honor that tradition moving forward.

"It's easy to see this area as a place that is dominated by urban landscape and government facilities, but to come here and see the pond and the surrounding area itself, and to know that it is here and its legacy lives on, you can feel it in the air around you when you visit this place. I hope that others who come here experience that same feeling, as our ancestors likely intended."

There were once 22 fishponds in Pearl Harbor, only three of which are still relatively intact. Of these three, the Loko Pa'aiau fishpond is the most accessible. Fishponds were used to farm fish by the ancient Hawaiians using areas around the shoreline to enclose a feeding area for fish.

Restoration at Loko Pa'aiau began September 2014 and is an ongoing cultural resources project involving the Navy and the local community. "The historical landmarks and cultural resources of Hawaii define who we are and where we came from." - Jeff Pantaleo, NAVFAC Hawaii Archeologist



Jeff Pantaleo, a Naval Facilities Engineering Command (NAVFAC) Hawaii Archeologist, speaks to students from the University of Hawaii Manoa during an educational tour of Loko Pa'aiau, an ancient Hawaiian fishpond located near McGrew Point.

# For two Boston brothers, a magical voyage aboard Hokule'a

#### Jeremy Rellosa

Contributing writer, The Boston Globe

(Editor's note: This article was recently published in The Boston Globe newspaper. Jeremy Rellosa, Globe correspondent, contributed this article with permission to run in the Ho'okele.)

"Did you feel the mana?" a woman asked me at the Honolulu airport, while I was waiting to board my flight back to Boston. I told her it was my first time visiting Hawaii. "Yes, I definitely did," I replied, riding a feeling of certainty, but unaware of the word's true definition.

Mana, as I've come to understand, is a power, an energy, that radiates from all things on the islands. Illustrated by the woman's hands, which motioned in a circle coming from her chest and outward as she explained the term, it is spiritual. It signifies strength. And it is magical.

You can feel it when you "start to get goosebumps" as one local told me. And Mike Cunningham, a Boston native, surely felt it standing on the roof of Hawaii Yacht Club back in 1976, watching Hokule'a — the double-hulled Polynesian voyaging canoe — from a distance, as it returned to Honolulu on Magic Island on its journey to Tahiti and back.

În a historic voyage, Hokule'a's crew would forgo up-to-date technology, using celestial navigation to prove that ancient Polynesians used only the stars, sun, moon, wind, and waves to travel to the islands in the Pacific. It would prove that the crew's ancestors were not simply blown off course to Hawaii — that sailor, I don't know any-



Photo by MC3 Justin Pacheco

The traditional Polynesian voyaging canoe, Hōkūle'a, returns to Hawaii after an around-the-world journey. For the last three years, crewmembers relied only on their understanding of ocean swells, stars, the wind, and birds to navigate.

they were expert voyagers, who sailed with a purpose. Many thought the sail was impossible, partly because Hokule'a was, and still is, a working replica of a traditional wa'a kaulua (voyaging canoe).

But the skeptics were wrong, and Hokule'a made it safely to Tahiti and back. "That was the biggest news since statehood, at the time," Cunningham told me. He reflected on that day, marveling at Hokule'a's accomplishment. "Here I am, a new guy from Boston. Even though I'm a

thing about the culture, or canoe sailing. So I said, all I can do is watch from the sidelines.'

Cunningham, now 75, followed Hokule'a's trips over the next three decades. Until eight years ago, when someone from the Polynesian Voyaging Society reached out to him, asking if they could use his sailboat as an escort for Hokule'a in a trip around the Pacific. Cunningham was in. He would eventually sail aboard the magnificent vessel as an engineer. And on a trip to Palmyra in 2009, the crew needed a cook. Cue Mike's brother,

Tom Cunningham.

The Cunninghams grew up in Roslindale, drawn to the sea from an early age. When Mike was 10, he built a wooden boat in his backyard, and when he went to launch it at Nahant Beach, it sunk immediately. Mike Cunningham graduated from Massachusetts Maritime Academy in 1964, while Tom, now 83, graduated from Boston College High School and went on to serve in the Navy. Decades later in Hawaii, Mike reached out to Tom Cunningham, saying they needed volunteers to help sand Hokule'a, which was

in drydock. Ever since then, the Cunninghams were officially connected to Hokule'a.

Not only did the Cunninghams get to sail with Hokule'a in the Pacific, they also had the opportunity to sail in their home waters around New England on Hokule'a's worldwide voyage, which embarked in May 2014.

The most memorable moment came as they entered Boston Harbor. "I have a picture of Tom and I with the Boston skyline behind us," Mike told me. 'It's one of the best photos I ever saw."

Back in 1976, Mike than that.'

looked at Hokule'a in awe as it entered Magic Island, victorious in its journey to Tahiti.

**HO'OKELE** 

Forty-one years later, Mike and Tom could finally welcome it home this time, as veteran crew members — in a warm homecoming celebration on June 17.

In the journey, Hokule'a and her crew visited 85 ports in 26 countries, traveling 47,000 nautical miles without GPS, powering through the seas with the same knowledge their ancestors used. Hawaii Governor David Ige called it "the longest [ocean] voyage in recorded history."

Hokule'a served as a beacon of environmentalism as it toured communities across the globe, in an effort to "grow the global movement toward a more sustainable world," as stated by the Polynesian Voyaging Society. Hawaii was the first US state to formally stand with the Paris Agreement, and, according to Ige, that effort started with Hokule'a.

Mana flowed through its sails as it returned to the shores of Hawaii, specifically Magic Island on Oahu. In attendance at the homecoming event were Ige, US Represenative Tulsi Gabbard, Honolulu Mayor Kirk Caldwell, and, the star of the event and Hawaiian hero, Nainoa Thompson, president of the Polynesian Voyaging Society, a master navigator, and original crew member of Hokule'a's inaugural voyage.

"It was a spiritual journey, and it was a magic journey," Tom told me, as we sat down to talk in Honolulu during the celebrations. "For someone who is a bit of an adventurer, it doesn't get any better

# **HO'OKELE** MIDPAC TPU Sailors assist with qualified recycling program



#### Story and photo by Staff Sgt. Christopher Stoltz

Joint Base Pearl Harbor-Hickam Public Affairs

Sailors assigned to the MIDPAC Transient Personnel Unit (TPU) are usually here at Joint Base Pearl Harbor-Hickam (JBPHH) to fulfill various duties until they find their way to the vessel of which they are assigned. However, for 15 Sailors, they found their way to a rather large challenge — helping sort and transport more than two-year's worth of recyclable goods.

The Pearl Harbor recycling center, located on Russell Avenue, building 159, recycles metal totaling as much as \$500,000 in revenue annually. Materials processed through the Hickam Recycling Center at Kuntz Avenue, building 1715, processes about 190 tons of newspaper and magazines for approximately \$150,000 in annual revenue.

Money earned from the endeavor is returned to the installation to offset program and center operating costs. Both centers have been able to pay for themselves through the proceeds. Although the base recycles plenty of paper product, there was a considerable backlog of HI-5 recyclable bottles and cans

The reopening of the recycling center caught the attention of many people on base, due to the lack of HI-5 recycling services on base. One of the Sailors whose attention was caught was Chief Gunner's Mate (SW) Coldon Owens, Sr., MIDPAC Transient Coordinator.

"We (MIDPAC TPU) chose to assist with the QRP (qualified recycling program) because it helps foster a sense of esprit de corps," he said. "The individuals here all come from different walks of life and this event allows them all to come together to overcome a challenge, much like they would have to while aboard a ship."

Owens said the process is expected to take approximately one to two months to complete, as there is nearly two years of HI-5 recyclable goods which need to have labels stripped, caps removed and sorted into the correct pile.

"This isn't going to be an easy task," Owens said. "For 15 of our Sailors, this is going to be their full-time job.'

The TPU Sailors are slated to work four days a week for seven hours a day until the task is completed. One of these Sailors, Culinary Specialist Seaman Zamir Walker, said he is glad he is able to make great use of his time while in the TPU.

"I want to do my due diligence to help keep this base clean," Walker said. "Eventually, someone would have to do the work to eliminate this mountain of recyclables. Why not us? Why not now?"

What Walker speaks of is the nearly thirty-foot high collection of soft drink bottles, empty cans and other empty containers. Walker said seeing the mountain shrink every day is refreshing to see.

"I am proud of all of the work my Sailors have put forth so far," Owens said. "If you were able to see what it looked like only days ago, you could see there has already been considerable improvement. You can also see the hard work and effort they put in every day and that's what the Navy is all about."

At left, Culinary Specialist Seaman Zamir Walker sorts recyclables at the Hickam Recycling Center, June 28.



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# **PMRF America's Most West Freedom Fest**

#### **Robert Purdy**

Pacific Missile Range Facility Public Affairs

Thousands from all across Kauai joined Pacific Missile Range Facility (PMRF) in celebrating the nation's independence at the PMRF America's Most West Freedom Fest, July 3.

Capt. Vincent Johnson, commanding officer of Pacific Missile Range Facility, welcomed guests to the free open-base event, which began with the singing of the national anthem by PMRF's own Master-at-Arms 3rd Class Joshua Pitt.

It was followed by a reenlistment ceremony for PMRF's senior enlisted leader, Senior Chief Machinist's Mate Matthew Ballard, and a promotion ceremony to petty officer 1st class for Boatswain's Mate 2nd Class Christopher Reynolds and Master-at-Arms 2nd Class Edwin Lopez.

Children from a local charter school performed Hawaii Pono'i. DJ Angel, Call It Joy and headliner Sammy Johnson provided more music.

The event also included food booths, games, a craft fair, a play-land for the keiki and a fireworks show that lit up the Kauai night sky for 20 minutes nonstop.

Special guests included

Above, Those in attendance at the festival watch the sunset.

Below, Senior Chief Machinist's Mate Matthew Ballard, PMRF senior enlisted leader, reenlists in the Navy.





Kauai Mayor Bernard P. Carvalho Jr., State Rep. Dee Morikawa, Kauai County Council members Mel Rapozo, JoAnn Yukimura, Arthur Brun, and business, civic and community leaders from across Kauai.

Carvalho, Yukimura and Brun joined Johnson on stage and welcomed the crowd.

"I just wanted to say how proud I am to be standing before you here at this beautiful place on our island which we truly support in every single way. The importance of PMRF for our island, for our state and for the world, it's very important," Carvalho said.

"We are so blessed to live in a free country and we all know that freedom isn't free, so we are grateful to those who help defend and protect our country and freedom. Mahalo to PMRF and to all of you who are true citizens of a beautiful and blessed land," Yukimura said.

Brun called out for a big round of applause for military personnel, past present and future.

"Thank you to our military for keeping us safe so we can do what we do!," Brun said.

For photos of the event and more information on PMRF, visit www.facebook.com/PacificMissileRangeFacility/ or on the web at https://cnic. navy.mil/regions/cnrh/ installations/pacific\_missile\_range\_facility\_barking\_sands.html

At left, Children from a local school perform Hawaii Pono'i. At right, Kauai Mayor Bernard P. Carvalho Jr. with Capt. Vincent Johnson, PMRF commanding officer.



Above, Musicians entertain the thousands from Kauai's community.



Photos by Robert Purdy and MC2 Omar Powell

After tying the score at 4-4,

2nd Lt. Juan Aviles came up

with the team's first big hit of the

game. He pulled a shot into right

field to drive in two runs and

give the 613 AOC their first lead.

Rawls placed two men on base

with two out, before 1st Lt. Mar-

cus Hendricks drove in Aviles

Lt. Kevin Goehring then pro-

ceeded to drive in two more runs

with a single of his own and

was followed by Casey, who also

with a single to right.

A single by Tech. Sgt. James

# 613th AOC turns ship around in tough season

#### Story and photo by Randy Dela Cruz

#### Sports Editor, Ho'okele

Things haven't gone their way for the 613th Air and Space Operation Center (613 AOC) in the Joint Base intramural softball season.

A once dominant force in Joint Base softball, the 613 AOC have struggled through a youth movement and with a record of 2-7 they haven't placed much fear in the eyes of their opponents.

in the regular season, the team's hard work seems to have paid off. The 613 AOC put it all together in a 14-9 slugfest victory over DET 2 18 FSS on July 12 at Ward Field, Joint Base Pearl Harbor-Hickam.

Although the team trailed early, the 613 AOC might have put together their best inning of the season. They batted around the order and then some to score 11 times in the bottom of the third.

"In practice, for some of our younger players that are a lit-

However, with only a week left the less experienced, we got them a lot more time at the plate, got them comfortable seeing what a strike looks like and how to run," said 613 AOC pitcher Capt. Mike Casey. "We've got guys on our team that have never played before in their lives. So, a lot of practice on offense and then on defense, just getting the right people in the right position. We were pretty on point tonight."

At first, it appeared to be just another tough night for the 613 AOC, as DET 2 18 FSS got out to a 4-2 lead after two innings.

In the first inning, DET 2 18

FSS got three runs, with key left field for a leadoff single. base hits coming off the bat of Tech. Sgt. Roy Barden and Senior Airman Amanda Laban.

While the 613 AOC cut into the lead with two runs in the bottom of the second, Laban would drive in another run in the top of the third to give DET 2 18 FSS a 4-2 advantage.

Momentum took an abrupt turn at that point, as the 613 AOC exploded in their next atbat to cross home 11 times and take a 13-4 lead.

Casey got the ball rolling with a rope past third base and into



## FREQS & GCCS use steady pace to beat NHCH in a tie for third with identi- the bottom of the second, as the in his second run of the game. Story and photo by

## **Randy Dela Cruz** Sports Editor, Ho'okele

While FREQS & GCCS have often compiled huge innings to beat back their opponents, the team used a nickel-and-dime approach to pile up the runs and defeat Naval Health Clinic Hawaii (NHCH), 10-0, in a battle of third-place Red Division squads on July 11 at Millican Field, Joint Base Pearl Harbor-Hickam.

FREQS & GCCS scored one run in the first, two runs in the second, and three runs in the third, before scoring six more times in the bottom of the fourth cal 6-3 records, but FREQS & GCCS leaped ahead of NHCH by a game in the standings with the win.

Our approach to the plate is not hitting pop flies," said Information Systems Technician 1st Class Blake Wilson, who drove in a couple of runs in his first two at-bats. "Getting base hits is how you win it. Not only that, our defense really played well today.

While no batters went yard (hit a home run), the team's steady approach at the plate provided more than enough runs to get the win.

Retired Chief Information Systems Technician Jim Maddouble in the first inning.

team started to get warmed up at the plate.

With one out and a runner at second, Wilson picked up his first RBI of the game on a single to left.

Pitcher retired Navy veteran Lloyd Shoemaker drove in the second run of the frame with an RBI single that gave FREQS & GCCS a 3-0 lead after two innings

FREQS & GCCS continued with their steady pace at the plate by tallying three more times in the bottom of the third.

Information Systems Technician 1st Class Nicholas Cohrs drove in a runner from third on a single for the first run and a Wilson, in his second at-bat, More base hits came along in stroked another single to drive

After scoring runs in each turn at-bat, FREQS & GCCS ramped up their offense to put them on the verge of the mercy-rule finish.

All-Navy slugger Information Systems Technician 2nd Class Lance Hutchins slammed a double to drive in two runs, while Jim Maddox and Cohrs picked up a run each to take a 10-0 lead.

Then, in the top of the fifth, Shoemaker closed out a gem from the pitchers mound by sending NHCH down in order to end the game.

"Believe it or not, you wouldn't think that an ace would exist in slowpitch, but Shu is that guy," en route to the mercy-rule vic- dox put FREQS & GCCS on the fielding error by NHCH allowed Wilson said. "He gets it down up. Everyone has been workand when the count is high, he'll ing, so hopefully we can pull it get you outs." Wilson noted that with the

bats working and Shoemaker throwing strikes, the final element to lock down any game is the team's defense.

Hutchins anchors down the defense from shortstop, but he isn't the only player who can do it with the glove.

"I think a lot of it (fielding) is the skill of the team," Wilson said. "A lot of it comes natural to these guys and we're lucky to have people like Hutch, Peeler (Staff Sgt. Dick), Shu and Jim."

The win over NHCH may have locked FREQS & GCCS into the playoffs, where Wilson said he hopes the team continues its recent hot streak.

"The key is the bats," Wilson said. "Tonight, it really showed

tory that was called after five scoreboard with a run-scoring the second run to score. innings.

Both teams entered the game

off in the playoffs and win the league."



Information Systems Technician 2nd Class Lance Hutchins launches a double to drive in two runs.



Chief Cryptologic Technician (Collection) Ross Beebe tosses a pitch. Beebe pitched six shutout innings to help the NIOC Spooks beat PACOM/JIOC.

# Spooks hammer defending champs PACOM/JIOC

#### Story and photo by Randy Dela Cruz

#### Sports Editor, Ho'okele

A seven-run first and a nine-run sixth was more than enough for Navy Information Operations Command (NIOC) Hawaii Spooks to topple defending champions Pacific Command/Joint Intelligence Operation Center (PACOM/ JIOC) and send them to their record now stands at 8-2 after dropping their second game in a row.

"We finally found our sticks," said Chief Cryptologic Technician (Collection) Ross Beebe, who pitched six-shutout innings to gain the win.

"We're not always out the gate fast like that, but today, we had a couple of missing players back from deployment and managed to jump out early."

The Spooks started off quickly by batting around the order to score seven runs in their first at-bat.

to score from third and take a 4-0 lead.

After the Spooks placed two more men on base, Chief Cryptologic Technician (Collection) 2nd Class Daniel Sanchez hit a double to drive in the fifth run.

Sanchez would also touch home plate on an RBI single by Master Chief Mike Kraft.

In the third inning, Kraft started a mini-rally on another single, before Chief Jose Ocana doubled him in to up the lead at 8-0. After holding PACOM/JIOC without a run, Beebe got into a bit of trouble in the top of the fifth inning. With two runners on base, Yeoman Seaman Aaron Houghton drove a fly ball into the outfield that was dropped for an error allowing two runs to score.

gle for the team's third run of the game.

Later, with the bases loaded, Joel Austin, a Department of Defense civilian, stroked a double to drive in two more runs.

PACOM/JIOC got two more runners in scoring position, before pitcher Mike Todd, a DoD civilian, helped his own cause by dropping a Texas-league single to pick up runs six and seven.

Now leading by only two

fore adding two more runners n base to set the stage for Ocana.

Ocana blasted a long fly ball into the left/center gap that got through the outfielders for a walk-off three-run inside-thepark homer.

"It's good to have strength throughout the lineup and that's what we had tonight." Beebe said. "We aren't always consistent, but it got contagious tonight."

With a few key players re-

first mercy-rule defeat of the season.

The action took place in an 18-7 blowout on July 11 in a Red Division intramural softball game at Ward Field, Joint Base Pearl Harbor-Hickam.

The hot and cold Spooks, which entered the game two games under .500, got their biggest win of the season in trouncing PACOM/JIOC, whose Beebe came up with the first big hit of the game. He slammed a triple to send home three runners with the bases loaded.

The next batter, Chief Cryptologic Technician (Collection) Rich Mahoney, grounded out, but the putout allowed Beebe

Staff Sgt. Justin Lambert drove in Houghton with a sin-

runs, the Spooks came to bat in the bottom of the sixth inning and started a nine-run rally that would end the game.

Mahoney drove in the first run of the inning, before teammate Chief Cryptologic Technician (Interperative) Eddie Ferriol plated three more runs on a base-clearing double.

Sanchez and Kraft added RBI singles to take a 15-9 lead, be-

said that while the Spooks have struggled in the past, the win over PACOM/JIOC might just be what the team needed to turn the corner.

"We had a couple small errors, but nothing too bad," he said. "We're hoping to make the playoffs. We got our people back and now we're where we need to be."



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

UPCOMING

# Concert in the park to be held tonight

• Free pau hana concert in the park will be held from 4:45 to 7 p.m. July 14 at Hickam Harbor Marina. The concert on the lawn begins at 5:30 p.m. and will feature Erin Smith, Zoe Campora and Acacia Barnes Food trucks will be on site. For more information, call 449-5215.

• **Canoe paddling** will be held from 8:30 to 9:30 a.m. July 14 at Hickam Beach. The cost is \$3 per person and the deadline to sign up is July 12. For more information, call 449-5215.

• Start Smart Flag Football registration is open from July 17 to August 18 through Child Youth Programs Online Services. Kids ages 3 to 5 years can participate in skills and drills with parent participation. This event is free and registration is accepted online. For more information, call www.greatlifehawaii.com. • Summer craft camps will be held from 10 a.m. to noon July 18-21 and 25-28 at the Joint Base Pearl Harbor-Hickam Arts and Crafts Center. The cost is \$60 per child ages 7 and up. For more information, call 448-9907.

• Free Read to Dog Program will be held at 9 a.m. July 19 at the Joint Base Library. Kids are encouraged to read aloud to Bear, a therapy dog, to help make them comfortable with reading. For more information, call 449-8299.

• Free Barracks Bash with Liberty will be held from 5 to 7 p.m. July 20 at Oklahoma Hall. The event will feature free burgers, hot dogs and more, plus music and games. This event is open to single, active duty military E1 to E6 only. For more information, call 473-2583.

• **Glow ball and barbecue** will be featured at 7 p.m. July 21 at Ke'alohi Golf Course. Participants can play golf at night with glow-inthe-dark balls. They can also get glow necklaces and bracelets. The cost is \$20 for adults and \$15 for juniors and includes hot dogs and hamburgers. For more information, call 448-2318.

• Free movie in the park will begin at 7:45 p.m. July 21 at Hickam Beach. Patrons can bring chairs and blankets. For more information, call 449-5215.

• Learn to surf will be held from 9 a.m. to noon July 23 at Hickam Harbor. The cost is \$30 and participants need to know how to swim. For more information, call 449-5215.

# Mentoring is for the total force

#### Air Force staff report

Secretary of the Air Force Public Affairs

Chief Master Sgt. of the Air Force Kaleth O. Wright was a self-proclaimed undisciplined Airman during his first enlistment in the early 1990s...that is, until his mentor stepped in and provided the leadership he needed to set him on the right path.

Though that intervention was more than two decades ago, the importance of mentors has not changed across the Air Force — the service is still dedicated to developing the total force into wellrounded, mission-focused leaders.

"Leveraging the wisdom and experience of others enabled me to grow and achieve my goals faster," said Chief Master Sgt. John Bentivegna, the Air Force Enlisted Force Development chief. "To this very day I have mentors who are both senior to me and who are peers, officers, civilians and enlisted."

Whether an Airman stays in for four or 20 years, a mentor can help them reach their goals. Air Force mentors and mentees can connect on MyVector, a system on the Air Force Portal.

"MyVector allows you to connect with a mentor if you have someone in mind," said Dr. Patricia McGill, the Competencies, Doctrine and Mentoring Branch Force Development Integration Division chief. "Or if you just don't know how to get a mentor, you can use the matching capability.

Mentors can have four different roles: counselor, advocate, facilitator and coach, according to McGill.

'If you want the mission to be successful, you have to cultivate your people," McGill said.

The Air Force's mentor program focuses on the mentee, and pairs them with the best mentor match.

The introduction of Air Force Manual 36-2684 only helps further through its comprehensive information, guidelines and expectations both personal and professional development.

For more information about the mentor process visit https://afvec.langley.af.mil/myvector.



Photo Illustration by Vernon Greene MyVector is an enterprise solution supporting force development and mentoring across the Air Force

# Chaplain Corps launches #CharacterMatters campaign

Gloria Colon-Buzatu

Navy Chaplain Corps Public Affairs

On July 10, the Navy Chaplain Corps launched a social media campaign called #Char-





JBPHH Keystone members help out at the Hickam School Age Care with their life-sized Scrabble game.



At left, Keystone helps keep Mokulele Elementary School grounds clean. At right, JBPHH Keystone shows the youth at Hickam School Age Care some drawing techniques.

# JBPHH Keystone Club reaches Legacy Society

Story and photos by **Zachary Pigott** 

Joint Base Pearl Harbor-Hickam Teen Center

On June 9, Joint Base Pearl Harbor Hickam (JBPHH) Teen Center's Keystone club became the first Navy club to reach Legacy recognition level.

Keystone is the Boys and Girls Club of Americas (BGCA) premiere character and leadership club. Clubs from all around the world, civilian and military, work through the Keystone charter year (Sept. 1 to Aug. 30) to complete tasks in academic success, career preparation, community service and teen outreach. As they complete these tasks, they raise through four recognition ranks.

First is becoming a chartered club,

then silver, gold and legacy level.

The tasks at each level progressively require more dedication and commitment from its club members. Providing them the opportunity to plan and implement activities for their peers and in their community, as well as give them a platform to exercise their voice

During JBPHH Keystone's quest for legacy they have planned teen outreach events through BGCA's weownfridays platform, served their community by volunteering at numerous JBPHH events such as Tower Lighting, day for kids, and concerts, mentored school-aged youth (ages 5-12), helped Mokulele Elementary School maintain their lawns, and most importantly, be an advocate for their peers.

were tasked with a Nation Project of bridging the gap between teens and law enforcement. JBPHH Keystone approached JBPHH's law enforcement personnel and invited them to have a discussion regarding law enforcement's views on teens and vice versa.

**HO'OKELE** 

With each activity keystone completed, they developed their character and leadership. Because of their service, BGCA has recognized them with the highest level of Keystone Charter and which has made them a part of the Legacy Society.

"It is a very prestigious title to be awarded in the Keystone community. It was a very long process, but in the end we all learned a lot and feel really accomplished," said Taylor S., a JBPHH Keystone member.

For more information on the JB-All Keystones around the globe PHH Teen Center, call 448-0418.

# DANTES releases MyVolEdPath mobile app

**Erin Roberts** 

DANTES Public Affairs



program tutorial videos and podcasts. The app also includes articles on education top

acterMatters to engage service members in a conversation on the importance of character.

The interactive campaign, published via the Chaplain Corps' social media accounts at Twitter (@NavyCHC) and Instagram (@NavyChaplains), will focus on character traits important in fostering healthy relationships and professional readiness.

As part of his vision for Navy leaders, the Chief of Naval Operations (CNO), Adm. John Richardson, has challenged us to "actively strengthen our shipmates' integrity," so that the entire Navy team, as an institution, behaves in a way that is "consistent with the values that we profess."

Rear Adm. Margaret Kibben, chief of chaplains of the Navy, recently explained how her social media campaign supports CNO's vision.

This campaign is just one of the ways we actively strengthen the values of our shipmates. And whether we are talking about moral, religious, or broader societal contributions to individual character, the bottom line is that 'character matters," Kibben said.

The campaign, running from July 10 to the last week of September 2017, offers participants a weekly opportunity to share reactions to an image depicting a selected character trait, and to provide an answer to a crossword puzzle clue. The clue will be announced Monday and the answer revealed Wednesday of each week of the campaign.

To join in, follow the #CharacterMatters campaign at Twitter or Instagram.

For more information, visit the Navy Chief of Chaplains Facebook Page at www.facebook.com/ ChiefofNavyChaplains.

The Defense Activity for Non-Traditional Education Support (DANTES) released a new mobile application called MyVolEdPath, July 10, which gives military members on-demand access to the Defense Department's (DoD) Voluntary Education (VolEd) programs.

"The new mobile app is a discovery tool aimed at increasing service member awareness and access to the educational opportunities available to them," said Jeff Allen, DANTES director. "The app will help military members define their education and career goals. Based on the member's input, the app will quickly assess and generate recommended programs to help them complete a college degree, prepare for career transition, or simply introduce them to no-cost DoD programs that can save both time and money.'

Users can download the mobile app for free from the iTunes and Google Play online stores. Search MyVolEdPath or DANTES to find the MyVolEdPath app in app stores or in a web browser. Users can also download the mobile app through www.MyVolEdPath.com.

A key feature of the app helps

MyVoIEdPath mobile app is powered by DANTES. The app is available for download now at www.MyVoIEdPath.

students create a personal pathway to achieve their career and education goals by answering a few short questions. Based on their responses, app users will be introduced to programs they may be interested in using to reach their target goals.

Other benefits of the app include the ability to connect to VolEd professionals through the Find a Counselor feature and access to

military students from the DAN-TES4Military.com blog.

Each week, new articles will offer guidance, advice, and encouragement to support military students pursuing voluntary education goals and/or preparing for civilian transition.

Allen added that the app is another resource which demonstrates the DoD VolEd program's commitment to ensuring service members are properly informed of the wide array of educational opportunities available to them.

The app is primarily offered as a resource for active-duty members and will be a key tool for education and career counselors when discussing future education and career goals with service members.

Mobile app videos are available at DANTES YouTube, www. youtube.com/watch?v=q3dhrY-2hfRM and www.youtube.com/ watch?v=e3VtOOq2Snw. Find more DANTES information and resources by visiting www.dantes. doded.mil, http://dantespulse.dodlive.mil and www.dantes4military.

(For more news from Defense Activity for Non-Traditional Education Support, visit www.navy.mil/ *local/dantes/.*)

# **OOKELE** PEARL HARBOR - HICKAM CALENDAR

## **OPERATION HELE ON VOLUNTEERS NEEDED FOR MOCK DEPLOYMENT**

**HO'OKELE** 

**NOW** -Volunteers are needed for Operation Hele On, a mock deployment for children. The event will be held Aug. 18 at Bloch Arena. Volunteers are needed for the following positions: registration table, trained medics, general floaters, team leads, set up and tear down, food tables, recruit division commanders/training instructors E-6 and up, photographers and more. A mandatory training session prior to the event is planned. FMI: 474-1999 or email MFSCHawaii@navy.mil.

## **HEALTHY RELATIONSHIPS** FOR TEENS

JULY 17 - A class on healthy relationships for teens will be held from 10 a.m. to noon at Military and Family Support Center Pearl Harbor. FMI: www. greatlifehawaii.com/family-support/mfscclass-schedule or 474-1999.

## **PARENTS: YOUR TEENS AND DATING**

JULY 17 - A class called Parents: Your Teens and Dating will be held from 10 a.m. to noon at Military and Family Support Center Pearl Harbor. FMI: www. greatlifehawaii.com/family-support/mfscclass-schedule or 474-1999.

## **BLOOD DRIVE**

JULY 18 – Armed Services Blood Program drive will be held from 11 a.m. to 3 p.m. at the Hickam Exchange next to the registers. FMI: 433-6148 or email Michele.Lele.civ@mail.mil.

### **CONSUMER AWARENESS AND** INSURANCE

JULY 18 – A financial class focusing on consumer awareness about insurance will be held from 9 to 11 a.m. at Military and Family Support Center at Wahiawa Annex. FMI: www. greatlifehawaii.com/family-support/mfscclass-schedule or 474-1999.

# **MILLION DOLLAR SAILOR/AIRMAN**

# FORMER NFL PLAYER



family-support/mfsc-class-schedule or 474-1999.

## **CIVILIAN RESUME WRITING**

**JULY 19** – A class on writing civilian resumes will be held from 4:30 to 6:30 p.m. at Military and Family Support Center Pearl Harbor. This class is geared towards private sector resumes as opposed to federal resumes for civil service. FMI: www.greatlifehawaii.com/ family-support/mfsc-class-schedule or 474-1999.

### **NEW MOMS AND DADS CLASS**

JULY 19 – A class for new and soonto-be parents (or those who are thinking about becoming parents) will be held from 5 to 8 p.m. at Military and Family Support Center Hickam. FMI: www. greatlifehawaii.com/family-support/mfscclass-schedule or 474-1999.

## EARNING SUPPLEMENTAL INCOME

JULY 19 – A class on ways to earn supplemental income will be held from 1:30 to 3:30 p.m. at Military and Family Support Center Hickam. FMI: www. greatlifehawaii.com/family-support/mfscclass-schedule or 474-1999.

and meet-andgreet with former **Baltimore Ravens** wide receiver Steve Smith Sr. will be held at 2:30 p.m. at the Hickam Commissary. FMI: www. greatlifehawaii. com.

those who are a new Air Force Spouse, about to become one, or have been one for a while but still have questions about the Air Force way of life. The event will include a complimentary lunch. FMI: www.greatlifehawaii.com/family-support/ mfsc-class-schedule or 474-1999.

## **CAR-BUYING STRATEGIES**

JULY 20 – A class on car-buying strategies will be held from 1:30 to 3:30 p.m. at Military and Family Support Center Pearl Harbor. Thinking of buying a car? Don't get taken for a ride! Participants can learn how to negotiate and determine what they can afford, plan for various expenditures of a car, learn about trade-ins, discounts and financing, high-pressure sales tactics and tricks to watch out for, and education on financing a new or used car. FMI: www. greatlifehawaii.com/family-support/mfscclass-schedule or 474-1999.

## **EFMP COMMAND POC TRAINING** JULY 20 - Training for newly

## SUICIDE PREVENTION AWARENESS

JULY 20 - A suicide prevention awareness class will be held from 1 to 2 p.m. at Military and Family Support Center Pearl Harbor. FMI: www. greatlifehawaii.com/family-support/mfscclass-schedule or 474-1999.

## **CONFLICT MANAGEMENT**

JULY 21 – A workshop on conflict management will be held from 9 to 11 a.m. at Military and Family Support Center Hickam. FMI: www. greatlifehawaii.com/family-support/mfscclass-schedule or 474-1999.

## **VOLUNTEER OPPORTUNITY**

JULY 21 - Volunteers are needed to help distribute food to low-income families at noon at 2243 Kalaunu St. in Honolulu. Volunteers should wear closed-toed shoes. FMI: email CS1 Alyssa Crowder at Alyssa.crowder@ navy.mil.

## **JUMPING JACK CHALLENGE**

JULY 22 - The second annual free Jumping Jack Challenge will be held from 10 a.m. to 2 p.m. at the Pearl Harbor Navy Exchange (NEX) mall. The event is for children ages 12 and under of authorized patrons. Each participant will receive a certificate indicating the number of jumping jacks completed and a chance to win a \$100 NEX gift card. FMI: 423-3287 or email Stephanie.Lau@ nexweb.org.

## **RAPUNZEL CHILDREN'S CAMP**

JULY 24-29 - The Missoula Children's Theatre will host a free weeklong camp for children at Joint Base Pearl Harbor-Hickam. The camp will end with a production of Rapunzel. They will host open auditions for children in first through 12th grade. FMI 449-3354 or www.greatlfehawaii.com.

## **HAPPY BIRTHDAY AMELIA**

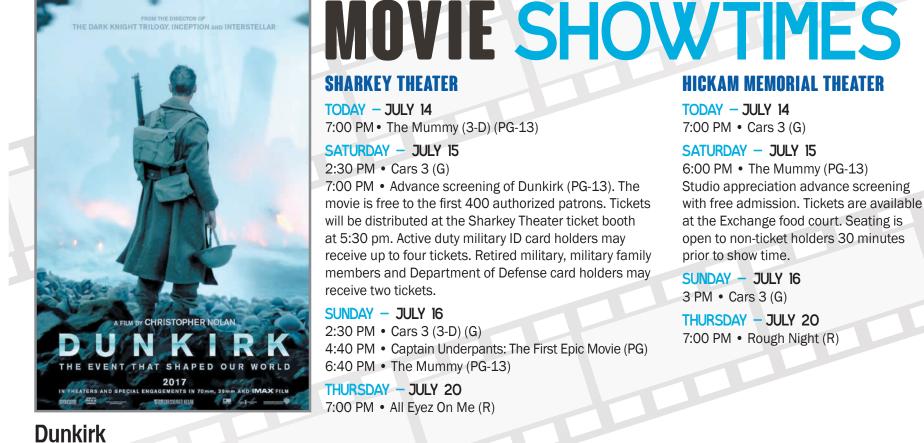
JULY 24 – A birthday celebration to honor Amelia Earhart will be held from 11 a.m. to 1 p.m. at Pacific Aviation Museum Pearl Harbor. Visitors can have free cake and juice, while looking at the museum's "Amelia Earhart in Hawaii" photo exhibit. Admission will be free to families with at least one person dressed in Amelia Earhart or historical aviation attire. FMI: 441-1000 or www. pacificaviationmuseum.org.

JULY 18-19 - The two-day Million Dollar Sailor/Airman class will be held from 7:30 a.m. to 3:30 p.m. each day at Military and Family Support Center Pearl Harbor. This two-day class is designed for junior Navy and Air Force personnel to will learn about proper budgeting techniques and all aspects of finances. FMI: www.greatlifehawaii.com/

## **AIR FORCE SPOUSE 101: HEARTLINK**

**JULY 20** – The Air Force Spouse 101: Heartlink program will be held from 7:45 a.m. to 2 p.m. at Military and Family Support Center Hickam. The class is for

designated Exceptional Family Member Program (EFMP) points of contact only will be held from 9:30 a.m. to noon at Military and Family Support Center Pearl Harbor. Contact the EFMP liaison for more information. FMI: www. greatlifehawaii.com/family-support/mfscclass-schedule or 474-1999.



In May 1940, Germany advanced into France, trapping Allied troops on the beaches of Dunkirk. Under air and ground cover from British and French forces, troops were slowly and methodically evacuated from the beach using every serviceable naval and civilian vessel that could be found. At the end of this heroic mission, 330,000 French, British, Belgian and Dutch soldiers were safely evacuated.



# Tuna bahn mi uses some Vietnamese-inspired flavors

#### **Defense Commissary** Agency

(Vietnamese sandwich) meal serves four people and features a unique use of canned tuna to mimic the flavors of a popular Vietnamese-inspired sandwich that is taking America by storm.

## **Directions:**

• In a medium sized bowl, place four ounces of packaged, shredded carrots. Dissolve two teaspoons of sugar in two tablespoons of vinegar and then pour over the carrots. Mix well and set aside so the flavors can blend

• Mince two tablespoons of canned chipotle peppers and place them in small bowl. Mix in a halfcup of mayonnaise.

• In a medium bowl, mix three five-ounce cans of tuna (drained and flaked), one-fourth cup of lime juice (freshly squeezed), one four-ounce can of drained diced green chilies and two-and-a-half tablespoons of Asian fish sauce.

• Cut lengthwise one 12-inch deli style French baguette (preferably whole wheat/grain) in half. Spread the chipotle mayonnaise on both sides. Top one side with the tuna mixture and then lightly pepper. Sprinkle one tablespoon of chopped fresh cilantro (optional) over the tuna and then top with the carrot mixture (drained); and, then place the other half of the baguette back on top.

Serve each plate with one-fourth of the large piece of melon or one fresh peach (sliced) topped with a half-cup of nonfat vanilla Greek yogurt. The tuna mix works well in wraps too. Try serving them chilled or even warmed a bit in the microwave. Seafood (shellfish and fish) is a good source of key nutrients like protein and vitamins and minerals. It is also a primary food source for omega-3 fatty acids, which are very important to optimal health. In fact, multiple studies show that omega-3 fatty acids are not only extremely beneficial to heart, brain, and eye health, but that they also protect against certain types of cancer, arthritis, and premature aging of the skin.

known benefits to health provided by omega-3 fatty acids, the Dietary Guide-This tuna bahn mi lines encourages Americans to eat more seafood. In fact, if possible, seafood should be part of building a healthy eating pattern by incorporating into the diet twice a week.

Most Americans should aim to consume at least eight ounces per week usually in two-to-fourounce servings. Pregnant and breastfeeding women should consult their doctor or a dietitian for guidance on the optimal intake level and best types of seafood. Although seafood is a high-performance, nutrient dense food that can have beneficial effects on the waistline, only 10 percent of Americans meet the recommended level of intake.

Some of the reasons why seafood is not a staple in most American diets are the expense of fresh seafood and, or, the limited knowledge of how to cook it. USDA analysis has shown that the canned and frozen varieties of fish have roughly the same nutritional value as fresh fish. In addition, these varieties tend to be more economical than fresh fish and also have a substantially greater shelf life and spoilage isn't as much of burden then fresh fish.

Quick dishes using canned and frozen fish are limitless and easy. For example, a tuna-melt grilled cheddar cheese sandwich on whole grain/wheat bread only takes minutes. There are also numerous recipes on the Internet for tasty salmon patties ussandwich alongside a ing canned salmon. Most all frozen fish fillets turn out great when seasoned with just a dash of salt, pepper and dried dill and then baked or broiled according to package directions. Just remember, for the highest nutritional density and quality, be sure to choose plain frozen fillets and low sodium canned fish. Speaking of sodium, one great strategy to help keep your sodium in check is to decrease the use of high sodium deli meats for your sandwiches, replacing the meats with low sodium canned tuna or salmon a couple of days a week. For additional meal solutions, visit www. commissaries.com / healthy-living/healthy-Mainly because of the eats.cfm



Anna General, managing editor of Ho'okele, took this recent photo at the Maui Ocean Center, during her visit to Maui. How to submit: Email information and photos to editor@hookelenews.com.

