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“Navigator” HO'OKELE

FOR THE NAVY AND AIR FORCE TEAM IN HAWAII

August 4, 2017

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

Volume 8 Issue 30

Ships and aircraft from the Theodore Roosevelt Carrier Strike Group (TRCSG) participate in a simulated strait transit during a Group Sail training exercise (GRUSL).
Photo by MC2 Paul L. Archer

Hawaii ships join COMPTUEX

USS Theodore Roosevelt Public Affairs

(Editor's note: Joint Base Pearl Harbor-Hickam's homeported ships – USS Halsey (DDG 97) and USS Preble (DDG 88), are among the ships participating with the Theodore Roosevelt Carrier Strike Group for COMPTUEX.)

The ships of the Theodore Roosevelt Carrier Strike Group (TRCSG) departed, Aug. 1, for Composite Training Unit Exercise (COMPTUEX),

the final work-up phase prior to deployment scheduled later this year.

COMPTUEX evaluates the strike group's deployment readiness by testing command and control functions, crew safety evolutions, search and rescue operations, damage control testing and operational capabilities of a carrier strike group, ultimately certifying the TRCSG for deployment.

“COMPTUEX is the ultimate test before we go forward,” said Rear Adm. Steve Koehler, com-

mander, Carrier Strike Group Nine. “Throughout work-ups and after a highly successful Group Sail, the TRCSG is integrated across all warfare areas into a comprehensive warfighting force ready to carry out the nation's tasking.”

Teamwork and effective communication are also graded elements of the exercise. These elements range from the strike group's ability to communicate with combatant commanders, to Sailors effectively help-

ing each other fight fires.

“The effort of all hands throughout the strike group is critical to success for COMPTUEX and beyond,” Koehler said. “I am confident that this group of Sailors and Marines will demonstrate that we're ready for real-world operations.”

Surface, air, and anti-submarine elements began training for COMPTUEX separately at first, and then employed different exercises to integrate the teams for mission success.

“Each of the units has a role to play,” Koehler said. “COMPTUEX evaluates our ability to engage in operations safely and effectively while providing our crews with additional focus areas so as a team we are prepared for anything.”

COMPTUEX provides commanding officers and higher-echelon staffs with opportunities to demonstrate operational capabilities and supporting the many types of missions which could take place during a reg-

ularly-scheduled deployment.

“This underway will be dynamic and demanding of the crew. In order to make sure the men and women in the TRCSG are ready for operations, we have to push our team beyond what we expect to see on deployment,” Koehler said. “This is how we have built our record of successful operational deployments, and this is how we continue to ensure that the seas are safe and open for global commerce.”



Attendees of the utteirek unveiling ceremony sit next to the utteirek at the Hawaii Plantation Village, July 28. The project, which took nearly six months, was made partly-possible due to the contribution of mangrove wood cleared from JBPHH.

JBPHH donations aid local Chuuk community

Story and photo by
Staff Sgt. Christopher Stoltz

Joint Base Pearl Harbor-Hickam
Public Affairs

Leaders from Joint Base Pearl Harbor-Hickam (JBPHH) had the opportunity to visit the Hawaii Plantation Village, July 28. However, this was not a trip of leisure, but a trip of learning — and one of gratitude.

The trip was specifically to highlight and celebrate the grand-unveiling of a Chuuk structure, called an “utteirek,” created from mangrove wood donated from JBPHH.

The project, which took nearly six months, was a collaboration between the Chuuk Language and Cultural School, Hawaii De-

partment of Education, Pacific Resources for Education and Learning (PREL), and the Hawaii Plantation Village.

In the Chuukese culture, the utteirek is a multi-purpose structure which provides shelter for learning, meeting, resting and entertaining. The utteirek is an important place in the Chuuk community, and is akin to an area for social gathering and education.

Those two concepts — social gathering and education — were present that day, as more than 100 people gathered to celebrate the utteirek, and share in song, dance, and learning.

Students and teachers from the Hawaii Chuuk Language and Cultural School filled the area with sounds of song as many joined

them — teaching newcomers and strangers songs from home. At the same time, some members of the audience — who actually flew from Chuuk and Guam to attend the ceremony — sang along with the songs they already knew and love.

While many contributed to the overall project, Setiro Paul, former Chuuk senator and lead for the project, said it could not have been possible without the generous contribution of the mangroves from JBPHH.

“The mangroves are the most vital part of the utteirek,” Paul said. “Without the mangrove, the utteirek does not stand. The mangroves hold it (the utteirek) upright, and will allow us to continue to teach and educate

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RAPIDgate to expire Aug. 14, DBIDS nears

Navy Region Hawaii
Public Affairs

Joint Base Pearl Harbor-Hickam (JBPHH) will enforce the new Defense Biometric Identification System (DBIDS) for contractors, suppliers and vendors upon base access beginning Aug. 15.

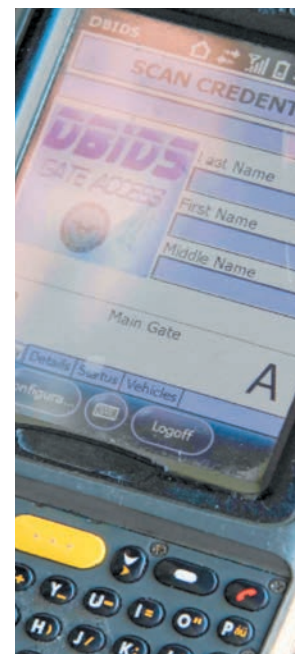
RAPIDgate cards expire Aug. 14 at JBPHH.

Commander Navy Installations Command (CNIC) conveyed the message through their website regarding the RAPIDGate to DBIDS transition. In addition, JBPHH held six local level town halls to inform contractors, suppliers and vendors about the new system.

“All contractors and vendors should make all attempts to access the Nimitz Visitor Control Center (VCC) outside the high customer flow hours of 7 a.m. - 1 p.m., Monday through Friday for the issuance of the DBIDS paper pass,” said Master Sgt. Roy Lock, superintendent, Joint Base Plans and Programs.

“Contractors and vendors need to work simultaneously with their government sponsoring agency to ensure proper documentation is submitted to the VCC in an orderly manner.”

Contractors and vendors will not be allowed to access the installation starting midnight on Aug. 15 with a RAPIDgate credential.



“If contractors and vendors have not obtained their DBIDS paper pass, they will be turned away at the gate and directed to the VCC for the issuance of the pass once verified on the active employee listing,” Lock said.

RAPIDgate credentials will not be confiscated at the installation entry as they may be used for access to other installations on Oahu.

“To facilitate access, RAPIDgate credentials may be temporarily withheld in order to meet the compliance expectations of the transition at the VCC, but will be returned to the contractor/vendor upon issuance of a DBIDS paper pass.

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RAPIDgate to expire Aug. 14, DBIDS nears

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DBIDS is a force protection program designed to manage personnel, property and installation access. Current NCACS cardholders may obtain a temporary DBIDS paper pass at the Nimitz Visitor Control Center (VCC), also known as the Nimitz Pass & ID Office, located at 1250 South Drive, Bldg. 3455, outside Nimitz Gate.

The Nimitz Pass & ID office is open 24 hours, seven days a week to accommodate DBIDS requests. Contractors and vendors may retrieve fillable forms from www.cnic.navy.mil/om/dbids.html.

All new contractors, vendors and suppliers will be required to obtain a DBIDS credential. There is no cost to obtain a DBIDS credential.

For more information, visit www.cnic.navy.mil/om/dbids.html. For updates, visit *JBPHH Facebook* or www.cnic.navy.mil/pearlharbor-hickam, or call 449-0865.

JBPHH donations aid local Chuuk community

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visitors and our children alike about the Chuuk culture — about their culture.”

After Paul’s speech, the crowd was treated to more songs and dance. Following the festivities, the audience also had the opportunity to listen to various civic leaders, including Cmdr. Corey Hurd, chief staff officer for JBPHH.

“It is amazing to see what mangrove can do,” said Hurd, during his speech. “As good neighbors and partners, Joint Base is always happy to be of assistance when we can. When we received your request to cut some mangrove on Navy property, little did we know it would lead to something as amazing as this.”

As Hurd concluded his speech, he pointed to the utteirek, which towered over the crowd.

“I know this structure will provide a valuable gathering place for learning, teaching and resting for members of the Chuukese community,” Hurd said. “Thank you for sharing your spirit and culture with us and the rest of the community.”



Staff Sgt. Angela Brown, an aerospace medical services technician with the 141st Medical Group at Fairchild Air Base, Washington, center left, takes a patient’s vitals as Hospital Corpsman 1st Class Aaron Smith with the Navy Environmental and Preventive Medicine Unit Six at Joint Base Pearl Harbor-Hickam, left, and Elenani Mokia, a Fijian translator, center right, help during PACANGEL 17-3, July 17.

Mission complete: Partnership proves powerful during PACANGEL 17-3

Story and photo by Tech. Sgt. Benjamin Stratton

PACAF Public Affairs

Pacific Angel 17-3 concluded July 24 in the Republic of Fiji after positive patient care and civil engineering programs made a difference in the lives of nearly 4,000 Fijian patients and seven partner nation participants across the Indo-Asia-Pacific region.

“The U.S.-Fiji cooperation is a force for positive change here and across the Pacific,” said U.S. Ambassador Judith Cefkin during the closing ceremony. “I can say with confidence you’ve made a difference. Thanks for your partnership throughout this Pacific Angel (PACANGEL) as we worked together promoting the common goal of a secure and prosperous Pacific region.”

The PACANGEL 17-3 team consisting of health care professionals, civil engineers, logistics, finance, con-

tracting, public affairs, security and so many others, worked in tandem every single day with each of the partner nations from across the Indo-Asia-Pacific region and globe including the U.S., Republic of Fiji, Philippines, Vanuatu, Indonesia, France and Australia.

“We are better together—no one nation can do this alone and coming here learning from all the other nations involved while sharing our own experiences helps us build a team we can rely on in the future,” said Indonesian Capt. Wahyu Hidayat, a family practitioner with PACANGEL 17-3.

“This was a great experience working with all the other doctors and learning how they do different procedures was extremely beneficial—I hope to participate in similar exercises in the future.”

PACANGEL builds partnerships between participating nations by

conducting multilateral humanitarian assistance and civil military operations, promoting regional military-civilian-nongovernmental organization cooperation and interoperability. This year’s exercise saw 3,872 patients between two health services sites in Tavua and Savusavu and improved quality of life and infrastructure through civil engineering projects at five schools around Ba.

“It was great working with the Fijians and Vanuatians as together we rebuilt schools building relations with different nations so in a time of need they know we can trust each other to help each other out,” said U.S. Air Force Staff Sgt. Quintin Robinson, an electrician with the 374th Civil Engineer Squadron at Yokota Air Base, Japan.

“The fact that Pacific defense forces from across the region came together to give humanitarian relief to Fiji this year is fantastic and to be able to support the

community and use our skills in areas of great need has really been an honor,” said Royal Australian Air Force Lt. Lt. Corey Wilson, a dental officer with the 2nd Expeditionary Health Services Wing at RAAF Base Williamtown, Australia.

Echoing his Australian counterpart, U.S. Navy Hospital Corpsman 1st Class Aaron Smith with the Navy Environmental and Preventive Medicine Unit Six at Joint Base Pearl Harbor-Hickam, said the experience really helped put all the pieces together for future endeavors and in the end resulted in a well-oiled machine.

“PACANGEL builds relationships that will last a lifetime while enhancing the capabilities of our friends and allies,” Smith said. “This exercise better prepared us for continued operations together as one multilateral and joint team working together through fine-tuned collaboration for a cause.”

Fourth hard-hitting traffic safety video released

Don Robbins

Editor, Ho‘okele

Commander, Navy Region Hawaii and Joint Base Pearl Harbor-Hickam (JBPHH) are driving through a summer traffic safety campaign with the release of a hard-hitting video on social media.

The fourth video, produced by Navy Public Affairs Support Element West Detachment Hawaii, on Aug. 1, is titled



“Crosswalk Chaos Level 4: Roadway Rampage,” and addresses distracted driving behavior.

This year, an uptick in traffic incidents has

caused a concern for the region. Regional and base safety offices have been implementing steps to improve the situation and the safety

campaign using videos, is one of those steps.

The videos are meant to be short, viral and attention grabbers. This allows more accessibility and playability of the clips. The public service announcement campaign is focused on driving and pedestrian safety with helpful tips.

To view the latest video and previous ones, visit <https://www.dvidshub.net/video/541268/crosswalk-chaos-lvl-4>

Navy’s BMD test is a success

Program Executive Office

Integrated Warfare Systems

The U.S. Navy successfully conducted another Ballistic Missile Defense (BMD) flight test with the AN/SPY-6(V) Air and Missile Defense Radar (AMDR) off the west coast of Hawaii, July 27.

At 2:05 p.m., Hawaii Standard Time (8:05 p.m. Eastern Daylight Time) a medium-range ballistic missile target was launched from the Pacific Missile Range Facility at Kauai.

AN/SPY-6(V) AMDR searched for, detected and maintained track on the target throughout its trajectory.

The flight test, designated Vigilant Titan, is the second in a series of ballistic missile defense flight tests for the AN/SPY-6(V) AMDR.

“We are continuing to stress this radar by increasing the range and complexity of the targets and demonstrating the awesome capability and versatility of the Navy’s next generation Integrated Air and Missile Defense radar,” said Navy Capt. Seiko Okano, major program manager for Above Water Sensors, Program Executive Office (PEO) Integrated Warfare Systems (IWS). “AN/SPY-6 is the nation’s most advanced radar and will be the cornerstone of the U.S. Navy’s surface combatants for many decades.”

Based on preliminary data, the test successfully met its primary objectives against a complex medium range ballistic missile (MRBM) target. Program officials will continue to evaluate system performance based upon telemetry and other data obtained during the test.

The culmination of over a decade of Navy investment in advanced radar technology, AN/SPY-6(V) AMDR is being designed for the DDG 51 Flight III destroyer to provide the U.S. Navy with state-of-the-art technology for integrated air and missile defense.

PEO IWS, an affiliated PEO of the Naval Sea Systems Command, manages surface ship and submarine combat technologies and systems and coordinates Navy enterprise solutions across ship platforms. For more information, visit www.navy.mil/local/navsea/.

DON'T GET CAUGHT IN ITS PATH

A whirlwind of traffic related events will make commuting difficult when coming to base. Here's your traffic forecast.



Potholing construction at Center Drive

Center Drive intersection, between H-1 Interchange and Radford Drive, near JBPHH will have lane closures from 8:30 a.m. to 5 p.m. and from 6:30 a.m. to 3 p.m., July 24 to Aug. 11.



Kamehameha Highway, August - September

HART (Honolulu Authority for Rapid Transportation) will change traffic flow along Kamehameha Highway from 8 p.m. to 4 a.m. August through September. (Community meeting to be held at Radford High School cafeteria on Aug. 14 from 7 to 8 p.m.)



Back-to-school

As students return to school, drivers are asked to be patient and aware of school zones and crossing guards.



Rapid Gate cards expire Aug. 14

Only Defense Biometric Identification System credentials will be accepted after Aug. 14. This may cause gate delays.



TRAFFIC'S PERFECT STORM

SOLUTIONS:

- **GO SAFE:** Be patient and careful when driving in these conditions.
- **GO EARLY:** Leave early and use alternative routes. Keep in mind others may use those routes as well.
- **GO HICKAM:** Consider using other gates such as Kuntz Gate if you work on JBPHH. You can take a few extra minutes to use gates that are not in the affected area of construction saving you a lot of time getting to work.

*For more information visit <http://www.facebook.com/JBPHH/>

Pearl Harbor-Hickam Highlights



Sgt. Marvin Francis, a watercraft operator with the 548th Transportation Detachment, a U.S. Army Reserve unit based out of Joint Base Pearl Harbor-Hickam, currently controlled by the 1st Sustainment Command (Theater), scans the horizon. Francis was aboard the USAV “SP4 James A. Loux” (LSV-6), a U.S. Army logistics support vessel, during a trilateral exercise in the Arabian Gulf, July 25.

Photo by Staff Sgt. Dalton T. Smith



Photo by Sgt. Crystal Madriz

Above, U.S. Navy Diver 2nd Class David Loofbourow, assigned to Mobile Dive and Salvage Unit One (MDSU 1) at Joint Base Pearl Harbor-Hickam, provides dive training to Honduran military members on a beach at Base Naval de Puerto Castilla (a Honduran naval base) before a dive during Southern Partnership Station 17, July 28.

At right, Families attended the USS Jacksonville (SSN 699) homecoming sign-making event at Pearl Harbor Navy Exchange, July 29.

Photo by Pearl Harbor Navy Exchange



Photo by Tech. Sgt. Heather Redman

Above, Retired Senior Master Sgt. Wesley Edminston’s family takes turns spreading his ashes on the flightline at Joint Base Pearl Harbor-Hickam, July 19. According to his family, the flightline on Hickam was Edminston’s favorite place on earth. Edminston was stationed at Hickam from 1978-1984.



Below, Sailors from the Japan Maritime Self-Defense Force (JMSDF) submarine JS Zuiryu (SS 505) prepare the submarine to moor to the pier following its arrival at Joint Base Pearl Harbor-Hickam, July 31.

Photo by MC2 Shaun Griffin





Photo by MC1 Daniel Hinton
Brian Bugge, Chris Ryder and Beau Romero pose for a photo on their boat “Stay Gold” July 27, after sailing from Washington State to Pearl Harbor, Hawaii.

From Gig to Pearl, part IV – Homecoming

Anna General

Navy Region Hawaii
Public Affairs

(Editor’s note: This article concludes the series “From Gig to Pearl,” published in July. Brian Bugge, who was recently promoted to a naval officer from a chief petty officer received military orders to Commander, Submarine Forces, U.S. Pacific Fleet. He sailed with three crew members on their first Pacific voyage.)

As Brian Bugge described his Pacific voyage with salt in their eyes, wind in their hair and sea in their hearts, he and his crew prepped for their arrival at Rainbow Bay Marina on July 27 after 21 days at sea, sailing from Washington State to Hawaii on a 36-foot boat.

While approaching land, sailing passed Molokai, Lanai and Maui, Bugge described how they fought to break swells of the winds waves while being pushed around the boat.

“Beau [one of the crew members] had to fight 30-foot breaking swells off Molokai and I had 35 knot gusts of wind pushing to over 10 knots of sustained boat speed — but we made it,” Bugge said. “We hand-steered 2,500 nautical miles half way across the Pacific.”

During the last leg of their sail approaching Rainbow Bay Marina, they were towed in port and welcomed by family who flew in to welcome them to Hawaii.

“Coming home from sea is a strange transition,” Bugge said. “You’d think it’s the opposite of leaving

life on land to a life beating on the rhythm of the ocean but it’s different — at least for me,” he said.

With his time out at sea, Bugge explained the realities of the transition.

“You learn to lean in to it, to trust it, to enjoy it. It becomes warm, inviting and safe.”

— Brian Bugge,
U.S. Navy officer at
Commander, Submarine
Forces, U.S. Pacific Fleet

“You learn to lean in to it, to trust it, to enjoy it. It becomes warm, inviting and safe,” he said.

“The boat is not only your home but your best friend. It’s because you

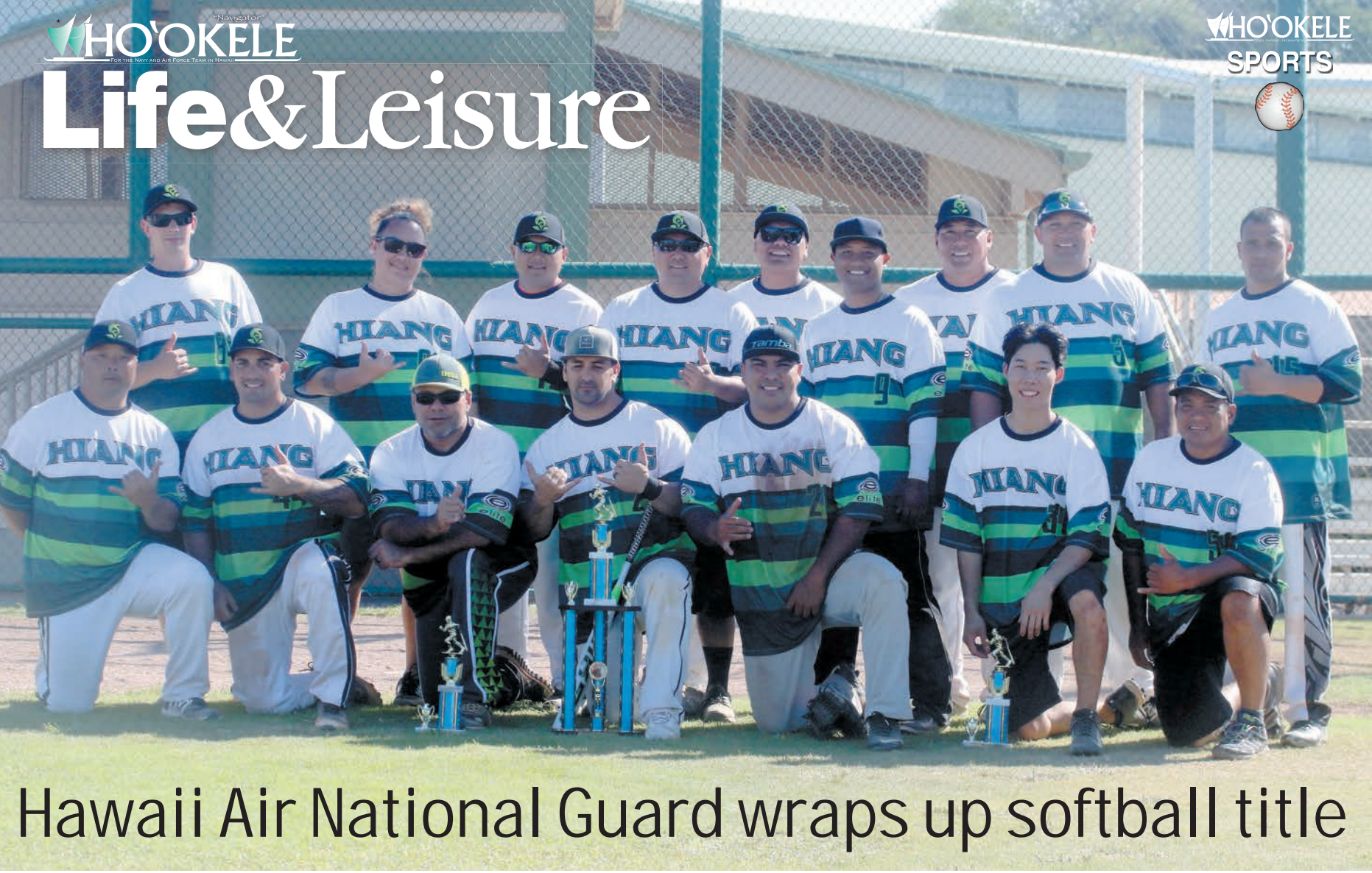
grow fond of them, to love them and look at them with affection. It might sound strange at first, but when you’re 1,000 miles from land in any direction, it becomes clear.”

Shifting from sea life to land life, thoughts of what they will do when they hit port, what to eat and drink, came to mind.

“For a week or so after getting back from sea, I still feel like I’m in transition, but soon it passes,” Bugge said. “It’s bitter-sweet when an adventure comes to a close, but Willy, Chris, Beau and I have taken and given so much of this experience that even a book wouldn’t cover it all,” Bugge said.

This Pacific voyage will bring on more adventures for the crew to look forward to in the future. Brian’s lifelong dream of sailing the Pacific has become a reality and his adventure with his wife Ashley and their family in Hawaii has just begun.

To read more, visit <https://svstaygold.com>.



Hawaii Air National Guard wraps up softball title

Story and photos by
Randy Dela Cruz

Sports Editor, Ho’okele

Despite a good 9-2 overall record in the regular season, practically no one suspected that the Hawaii Air National Guard (HIANG) would bring home the hardware from the 2017 Joint Base Pearl Harbor-Hickam championship softball tournament.

Seems that people forgot that, like clockwork, the HIANG has developed a habit of winning it all every two years.

The team, with players dating back to 2001, won the title in 2013 and 2015. So, fitting the pattern, the softball gods must have ordained the HIANG to walk away with the trophy in 2017.

In a powerful exhibition at the plate, the HIANG rapped out 18 hits, which included a launch over the left-field fence by Senior Airman Darby Ventura, to trounce Pearl Harbor Naval Shipyard, 16-0, on July 30 in a mercy-rule win and claim the 2017 softball championship at Millican Field, JBPHH.

“This is actually the first time that we had the whole squad,” HIANG team captain 1st Sgt. Danny Hiyama said. “During the season it was hard to put a team together, but I called the guys up and said make sure you make it out for this one. We needed this one. We needed to show everybody that the HIANG is back.”

Staff Sgt. Rich Nydom was among the team’s batting stars in the final, going a perfect three-for-three with a double that drove in a run in the top of the fourth inning.

In an awesome display of bat control, Nydom, who was one of the smallest players on the team, consistently found the hole and even showed some power. He cranked a long fly ball that went over the head of the left fielder for a double.

“Once they (PHNSY) move players on the field, I try to hit them where they are not,” Nydom said. “I’m small, but I’ve got a good swing.”

Nydom also set the table for Ventura in the top of the third by picking up a leadoff single.

Ventura then followed with a long smash that flew over the left-field fence with plenty of room to spare to kick-start the HIANG after the team recorded their only scoreless inning in the top of the second.

In the team’s merry-go-round, the HIANG powerful batting order saw a total of nine players drive in runs.

Capt. BJ Kalaiki got things started by lining a single in the first inning with the bases loaded.

Then, after Ventura, Tech. Sgt. Paki Victorino and Staff Sgt. Kalani Souza raised the lead to 8-0 with four runs in the top of the third, and HIANG exploded for eight runs in the top of the fourth to put the game away for good.

In the fourth, HIANG batted around the order with nine hits and got RBIs by Nydom, Kalaiki, Staff Sgt. Eugene Winchester, Tyren Takasawa, whose dad, Master Sgt. Lance Takasawa, went two-for-two with a walk, and pitcher Airman 1st Class Senio Slawson, who had two hits in the inning.

While the bats were hot throughout the lineup, Slawson was handcuffing PHNSY batters, going the full four innings without allowing a run.

Slawson set down PHNSY in order in the first inning, before giving up only three hits, all singles, for the entire four innings.

“My approach was to jam them inside,” Slawson said. “We just would stack the left side and just keep jamming them all day. Our infield was so spectacular, making play after play. I give them all the credit.”

Hiyama said that of all the championships that he has been a part of as a member of the HIANG squad, this one is the sweetest because he admits that the core group of players is getting older, with most of them in their 40s.

Still, Hiyama said that while the win is the fulfillment of the team’s goal, he and the players wouldn’t have time to relish the crown. The HI-ANG must now prepare for the 52nd Annual Air National Guard softball tournament, which will be held from Aug. 16 to 20.

He said that he hopes the team uses the momentum gained from winning the Joint Base trophy to come out on top at the tournament, which will be played at Scott Air Force Base, Illinois.

Then once the team returns, Hiyama said the HIANG would look forward to defending their title next season. “Every year is a thought about repeat,” he said. “Next year might be hard because of TDYs, so this is the year we had to win.”



Capt. BJ Kalaiki beats the throw at second base.



Above, HIANG team captain 1st Sgt. Danny Hiyama is presented the championship trophy.

Left, Master Sgt. Jon Fukumoto makes the routine throw to second base.

Below, Senior Airman Darby Ventura goes deep with a shot over the left-field fence.



New MWR Family Fitness Center unveiled at Joint Base



Photos by Staff Sgt. Christopher Stoltz
(Above), Capt. Jeff Bernard, Joint Base Pearl Harbor-Hickam commander, (far left) unties a maile lei at the grand opening of the Morale, Welfare and Recreation Family Fitness Center, July 28. With him from left are MWR employees Vickie McHugh, Dino Scheidt, Tanner Hamilton and Mark McFarland. The center is open Monday through Friday from 10 a.m. to 5 p.m. and is next to Bloch Arena at building 1681. It has fitness equipment and children’s play areas. For information, call 471-2019.

Football ‘shout-outs’ available for all Sailors

Navy Office of Community Outreach

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

The deadline is 8 a.m. Eastern Time Aug. 18. Sailors can call



1-855-OUR-NAVY (1-855-687-6289) to participate. They should wait for a three-to-five second pause after the voice directions and record their message, after the beep. Once they hang-up, the

audio file will automatically be sent to NAVCO’s email where it will be screened before being shared with radio media outlets in Sailors’ hometowns and the team’s home state. Sailors need to speak audibly and clearly. If NAVCO cannot understand the Sailor’s name, hometown or command, the shout-out will be unusable. Sailors can feel free to be creative with their team’s slogan, motto or

fan base name. Here is a possible template script: “Hi, I’m Navy (rank) (full name) from (hometown), (home state) and currently serving at (command) or aboard (ship and hull number). We are operating out of (duty station) or forward in the (area of responsibility) and ready to defend America at all times. I want to wish the (team name) good luck this season. (Team motto or slogan!)”

Free concert to be held Aug. 11 at chapel

The Hawaii International Music Festival will hold a free concert at 6:30 p.m. Aug. 11 at the Pearl Harbor Memorial Chapel. The event will feature artists including Metropolitan Opera soprano Amy Shoremount, virtuoso violinist Eric Silberger, Argentinean bandoneon virtuoso JP Jofre and Hawaii Symphony cellist Sung Chan Chang. The concert will also feature Tech Sgt. Anthony Balester and Tech. Sgt. Ryan Leatherman, saxophonists with the U.S. Air Force Band of the Pacific—Hawaii. For more information, visit www.himusicfestival.com.

Safe Helpline Training set for Aug. 10

Comprehensive training conducted by Department of Defense Safe Helpline on the services available to members of the DoD community affected by sexual assault will be held Aug. 10 at Hickam Memorial Theater. The training is open to all active duty military, family members and civilians. The first session from 10 to 11 a.m. is for first responders, commands, vic-

tim advocates and medical providers. The second session from 1 to 2 p.m. is geared toward civilians and family members. However, all are welcome to attend either session. No registration is necessary. For more information, contact the Hickam Sexual Assault Prevention and Response Office at 448-3192 or email 15wg.sarc@us.af.mil.



Intelligence Specialist 2nd Class Thomas Corn goes up for a kill.

PACOM/JIOC/DIA overcomes deficit to sweep JB-2 AF

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

The saying goes that it's not how you start, but how you finish, and in their showdown against Joint Base-2 Air Force (JB-2 AF), Pacific Command/Joint Intelligence Operation Center/ Defense Intelligence Agency (PACOM/JIOC/DIR) proved the point. They took a straight set, 25-19 and 25-18, victory on Aug. 2 in an intramural volleyball matchup of Blue Division foes at Hickam Fitness Center, Joint Base Pearl Harbor-Hickam.

By winning, PACOM/JIOC/DIR improved their record to an excellent 6-1, while JB-2 AF dropped their sixth match against two wins.

While the sweep suggested a dominant win for PACOM/

JIOC/DIR, both sets were highly contested affairs with JB-2 AF getting out to big leads, before succumbing in the end.

In the first set, JB-2 AF held a 15-10 lead before letting the bottom fall out. Then, in the second set, the team saw 7-1 advantage evaporate late in the game.

Each time, PACOM/JIOC/DIR came up with big kills to turn the tide, before taking over with huge rallies.

"I think in the early parts we were not organized, in sync and maybe a little bit of the jitters," Intelligence Specialist 2nd Class Thomas Corn said. "Once we started to get in the middle of the game, we started figuring out who was supposed to be where and got some team chemistry. Things worked out."

Down by five in the first set, Senior Airman Matthew Moody

picked up one of his many kills to shift momentum to PACOM/JIOC/DIR.

Later, with the team down by three at 18-15, Corn took over service and set the stage that would complete the comeback.

Firing bullets from behind the backline with pinpoint accuracy, Corn riddled the JB-2 AF backcourt with his overhand slams.

Combined with strong front-line support from Moody and Yeoman 2nd Class Stephen Marsh, PACOM/JIOC/DIR went on a 9-0 run to take a 24-18 advantage and gain full control of the first set.

"It's just my routine," Corn said about his killer serves. "Every time I come to serve, I always go through the same motions. I always go through the same thoughts and I always think about trying to get a solid hit."

Corn said that once he got in the groove, he could then focus his serves to hit specific spots on the court.

"I usually look at the backline to see if there are any gaps or openings," he said. "When I get a couple of serves in there, I see how the other players are receiving the ball. If they don't receive it well, I'll try and go to the same spot."

In the second set, JB-2 AF went on an early 6-0 run to take a 7-1 lead.

Slowly PACOM/JIOC/DIR chipped away at the lead until finally catching JB-2 AF at 8-8 on a kill by Corn.

Then, with the game still tied at 11-11, PACOM/JIOC/DIR went on another run to pull away in the second set.

This time it was Marsh who led the charge at service, as the team went on a 7-0 run to take an 18-11 lead.

JB-2 AF did respond with a run of their own, led by the service of Airman 1st Class Ryley Reynolds to cut the deficit down to three. However, with the score at 21-18, PACOM/JIOC/DIR took the final four points to close out the game.

Intelligence Specialist 2nd Class Adam Vancleave got credit for a block that gave PACOM/JIOC/DIR their 25th and final point.

The win should give a heads up to other teams in the Blue Division that PACOM/JIOC/DIR are for real.

Although Corn said that the team is very competitive, it's not the main reason why he and his teammates show up for each game.

"We've got a lot of competitive people on the team," Corn said. "I think the key is to have fun. When we have fun out there, things work out."

324th IS Master Sgt. seeks to turn hobby into dream

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

Ask 324th Intelligence Squadron Master Sgt. Martin Foster how life is treating him and he'll tell you that he's living the dream.

A member of the Air Force for 15 years, Foster said that besides loving his stay in the military he is growing a following in the highly competitive arena of sports media, and life couldn't be better.

"I've always been like a big sports fan," said Foster, who is the driving force for AM Sports, a media outlet geared to and for sports junkies. "Right now, I've done about 40 episodes and there have been some good ones."

Whether through their own website at www.amsportsguys.com or via social media, such as YouTube, Facebook or Twitter, Foster and his buddy and partner Alex Weghorn (hence AM Sports) have scoured every avenue available to nail down some of the biggest names in sports.

Ever since doing his first podcast with Jay Morrison, a beat writer for the Cincinnati Bengals and ESPN 1410 host Mark Neil, back in 2010, Foster knew that he found the perfect outlet for his passion of sports.

"I love the hustle of it," he said. "I do my own editing, I



Master Sgt. Martin Foster conducts an interview with NFL great Steve Smith.

scour public relations, I really grind it out, but this is rewarding."

Other sports personalities to appear with Foster have been Baltimore Ravens tackle Ronnie Stanley, Lakers post player Thomas Bryant, Josh Jackson, who was selected by the Phoenix Suns with the fourth overall pick in the recent NBA draft, former Chicago Bears

center Olin Kreutz, former San Francisco 49ers lineman Jessie Sapolu and Carl Ravech, who is the host of ESPN's "Baseball Tonight."

Future episodes, Foster said, would include current UFC featherweight champion Max Holloway and 2014 Heisman Trophy winner and current QB for the Tennessee Titans Marcus Mariota.

While many would be satisfied with the body of work that Foster has already accomplished, he said that it's just the beginning.

"People are always trying to define success," he said. "To me, I don't feel that you can define success. I don't define success because I don't want to reach a pinnacle."

Foster, who admits that he

is an addict when it comes to all things sports, knew that his passion would drive and direct him to the place that he is today. An encyclopedia of knowledge when it comes to sports trivia, Foster is such a big fan of sports that, when stationed in California in 2009, he used to drive three hours just to participate in sports trivia contests that were put on by ESPN.

"I would crush people in those competitions," he said. "I would answer 50 out of 50 questions. ESPN LA actually did a feature on me."

No matter where life takes him and his family, Foster said that sports would always be a part of his life.

Even though it's sometimes difficult to balance work, family and sports, he said that he is so fortunate to have found a way to channel his passion.

"I found something that I'm passionate about," he said. "It's something that I want to pursue. I've spent a lot of money out of my own pocket, but it's fun."

And while some people dream of winning the lottery, Foster said that he feels like he's already hit the jackpot.

"I've been married for 15 years, I've been in the military for 15 years, I'm a dad of a 5-year-old daughter and we're expecting kid number two," he said. "But everybody needs their me time. This is my me time."



Submissions accepted for gallery showcase

- **Submissions are being accepted** now until Sept. 30 for the Joint Base Pearl Harbor-Hickam Arts and Crafts Center gallery showcase. Members of the military community ages 6 and up can send works for artist-craftsman, photography and digital creations. All works will be on display beginning with the gallery opening reception on Oct. 4 at the center. The cost to submit entries and to attend the reception is free. For more information, call 448-2393.
- **Registration begins Aug. 4 for the 42nd annual Fall Craft Fair.** All items sold at the craft fair need to be handmade. Interested sellers need to bring examples of what they’re selling when they register at the Arts and Craft Center’s ceramics store. The fair will be held Nov. 4 and the cost begins at \$75. For more information, call 448-9907.
- **Teen Center First Fridays** will be held from 3:30 to midnight Aug. 4 at the Joint Base Teen Center. This event is free and open to all base-eligible teens. For more information, call 448-0418.
- **Warrior Friday** runs from 4:30 to 7:30 p.m. Aug. 4 at the Koa Lounge in the Historic Hickam Officers’ Club. Patrons can end the week with a pau hana appetizer buffet. This event is open to all ranks and all base-eligible patrons. The cost is \$15, or free to club members. For more information, call 448-4608.
- **Bottom fishing** will be held from 2:30 to 5:30 p.m. Aug. 6 at Hickam Harbor. All gear is provided, but participants can bring their own snacks and drinks. The cost is \$30 and participants need to register online by Aug. 4. For more information, call 449-5215.
- **Moonlight paddle** will be held from 7:30 to 9:30 p.m. Aug. 7 at Hickam Harbor. Beginner level ability is welcome on this activity that lets the moonlight guide the way across the waters of the harbor. The cost is \$25 and the deadline to sign up is Aug. 4. For more information, call 449-5215.
- **Exceptional Family Member Program’s (EFMP)** USS Arizona and Harbor Boat Tour will be

- held at 4 p.m. Aug. 10, departing from Merry Point Landing. Families enrolled in EFMP can enjoy a free boat tour while meeting their support team and other families. For more information, call 474-1999.
- **Free pau hana concert in the park** will be held from 4:45 to 7 p.m. Aug. 11 at Hickam Harbor Marina, featuring the Navy’s Pacific Fleet Rock Band. The concert begins at 5:30 p.m. Food trucks will be on-site. For more information, call 449-5215.
 - **Free float night** will be held from 5 to 7 p.m. Aug. 11 at Hickam Family Pool (Pool 2). For more information, call 260-9736.
 - **Deadline to register for the Labor Day softball and basketball** tournaments is Aug. 11. The tournaments will be held from Sept. 1 to 4. The cost for each is \$200 per team and registration is open to JBPHH intramural level teams. For more information, call 473-2494 or 473-2437.
 - **Pu‘u O Hulu hike/Westside snorkel** will be held from 8 a.m. to 2 p.m. Aug. 12, departing from the MWR Outdoor Adventure Center at the Fleet Store. Patrons can take a short but steep climb for views of the west side of the island. Afterwards, they can get in the water and see Hawaiian marine life. The cost of this activity is \$20 and the deadline to sign up is Aug. 10. For more information, call 473-1198.
 - **Learn to spearfish** will be held from 8:30 a.m. to 3 p.m. Aug. 12 at Hickam Harbor. The first half of the class is held in a pool to learn technique, safety and more. The second half moves to Hickam Harbor for live practice. Participants need to know how to swim and must bring their own gear. The cost of this event is \$60 and the deadline to sign up is Aug. 10. For more information, call 449-5215.
 - **Women’s surf class** will be held from 9 a.m. to noon Aug. 13 at Hickam Harbor. Participants need to be able to swim. The cost of this activity is \$30 and the deadline to sign up is Aug. 10. For more information, call 449-5215.

Cajun shrimp with fettucine

Defense Commissary Agency

This recipe for Cajun shrimp with fettucine serves four people.

1. Dice a small onion, mince two garlic cloves and slice one medium zucchini. Set aside.
2. Begin cooking 12 ounces of whole-wheat fettucine pasta according to package directions. Drain and set aside.
3. While the pasta is cooking, add 12 ounces of uncooked, shelled shrimp to a bowl along with one tablespoon of Cajun seasoning. Toss gently to evenly coat the shrimp.
4. In a large skillet, heat one tablespoon of olive oil over medium-high heat. Add the shrimp and cook on both sides until pink. Remove the shrimp from the skillet and set aside.
5. Heat two tablespoons of olive oil in the skillet over medium heat. Add the onion, garlic and zucchini. Cook for about five minutes, stirring occasionally.
6. Using a blender, pulse one 15-ounce can of tomatoes until smooth and then add them to the skillet. Bring to a boil and then turn down the heat to simmer for about 15 minutes.
7. Pour three-fourths cup of evaporated milk into skillet and stir gently. Add three ounces of freshly grated Parmesan cheese and cook for about five more minutes.
8. Add the cooked pasta and shrimp to the skillet and toss until everything is mixed together.
9. Serve by placing one-fourth of the shrimp pasta on a plate and top with fresh basil (optional).

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

Fruits and vegetables help with health and make tasty dishes

- Try crunchy vegetables instead of chips with your favorite low-fat salad dressing or hummus, for dipping.
- Make a fruit dessert by slicing a banana into four pieces and freeze, then serve by topping them with a drizzle of melted dark chocolate.
- Add vegetables to your pizza toppings, like broccoli, spinach, green peppers, tomatoes, mushrooms and zucchini, instead of all meats.
- Top a baked potato with beans and salsa or broccoli and low-fat cheese.
- Stock your freezer with frozen vegetables to steam or stir-fry for a quick side dish or add to a soup to make it heartier.
- Make a habit of adding fruit to your morning oatmeal, yogurt or smoothie.
- Serve a large colorful salad made with dark leafy greens, a variety of fruits and vegetables, and a lean protein as your dinner entrée one or two times a week.

HO'OKELE

PEARL HARBOR - HICKAM

COMMUNITY

AUGUST CALENDAR

SUPPLEMENTAL INCOME
AUG. 7 — A class on creative ways to earn supplemental income will be held from 4:30 to 6:30 p.m. at Military and Family Support Center Pearl Harbor. The class will also discuss red flags for scams, entrepreneurial risk tolerance and potential. FMI: www.greatlifehawaii.com/family-support/mfsc-class-schedule or 474-1999.

STRESS MANAGEMENT
AUG. 7 — A class on stress management will be held from 1 to 4 p.m. at Military and Family Support Center Pearl Harbor. Participants can learn how to interrupt the stress cycle and use relaxation techniques. FMI: www.greatlifehawaii.com/family-support/mfsc-class-schedule or 474-1999.

ASIST TRAINING
AUG. 7-8 — Applied Suicide Intervention Skills Trainings (ASIST) will be held from 8 a.m. to 4 p.m. each day at Military and Family Support Center Pearl Harbor. This is an interactive workshop, where attendees learn and practice skills of identifying those at risk of suicide, how to better listen to and care for those at risk, and how to link them to appropriate resources. FMI: www.greatlifehawaii.com/family-support/mfsc-class-schedule or 474-1999.

EXPLORING CAREER CHOICES
AUG. 8 — A class on exploring career choices will be held from noon to 1:30 p.m. at Military and Family Support Center Wahiawa. FMI: www.greatlifehawaii.com/family-support/mfsc-class-schedule or 474-1999.

JOB FAIR SUCCESS
AUG. 8 — A workshop on job fairs will be held from 2 to 3 p.m. at Military and Family Support Center Wahiawa. The event will include tips to help participants prepare for the fair, maneuver the event with ease, and set themselves apart as the top candidate. FMI: www.greatlifehawaii.com/family-support/mfsc-class-schedule or 474-1999.

WORK, PERSONAL LIFE BALANCE
AUG. 8 — A class on work and personal life balance will be held from 1 to 3 p.m. at Military and Family Support Center Pearl Harbor. This class will focus on strategies to create

realistic expectations and challenge negative thinking patterns. FMI: www.greatlifehawaii.com/family-support/mfsc-class-schedule or 474-1999.

FEDERAL EMPLOYMENT 101
AUG. 8, 9 — A class on federal employment will be held from 8 to 11 a.m. Aug. 8 at Military and Family Support Center Wahiawa. In addition, the class will also be held from 1:30 to 3:30 p.m. Aug. 9 at Military and Family Support Center Hickam. The class will also cover topics such as hiring preferences and programs for veterans and military spouses. FMI: www.greatlifehawaii.com/family-support/mfsc-class-schedule or 474-1999.

MILLION DOLLAR SAILOR/AIRMAN
AUG. 8-9 — The Million Dollar Sailor/Airman class will be held from 7:30 a.m. to 3:30 p.m. at Military and Family Support Center Pearl Harbor. This two-day class is designed for junior Navy and Air Force personnel to learn about proper budgeting techniques and many other aspects of finances. FMI: www.greatlifehawaii.com/family-support/mfsc-class-schedule or 474-1999.

class-schedule or 474-1999.
PEOPLE SKILLS
AUG. 10 — A class on mastering people skills for professional development will be held from 1 to 3 p.m. at Military and Family Support Center Pearl Harbor. This class will discuss communication, conversation, and the value of soft skills in the workplace. FMI: www.greatlifehawaii.com/family-support/mfsc-class-schedule or 474-1999.

SMOOTH MOVE
AUG. 10 — The Smooth Move workshop will be held from 8 to 11:30 a.m. at Military and Family Support Center Pearl Harbor. This workshop features speakers from various departments to give participants a better understanding of the permanent change of station (PCS) process. FMI: www.greatlifehawaii.com/family-support/mfsc-class-schedule or 474-1999.

SUICIDE PREVENTION AWARENESS
AUG. 10 — A suicide prevention awareness class will be held from 10 to

11 a.m. at Military and Family Support Center Hickam. Participants can learn to identify risk and protective factors that raise suicide risk, and how to apply ACT (Ask, Care, Treat) steps. FMI: www.greatlifehawaii.com/family-support/mfsc-class-schedule or 474-1999.

MUSIC FESTIVAL
AUG. 11 — Hawaii International Music Festival will hold its second annual recital at 6:30 p.m. at the Pearl Harbor Memorial Chapel. The free program is a mix of solo and ensemble classical performances. Additional artists from both U.S. Pacific Fleet Band and U.S. Air Force Band of the West-Hawaii will participate in this international lineup. FMI: www.himusicfestival.com.

POSITIVE PARENTING
AUG. 11 — A class on positive parenting will be held from 9 to 11 a.m. at Military and Family Support Center Pearl Harbor. FMI: www.greatlifehawaii.com/family-support/mfsc-class-schedule or 474-1999.



Photo courtesy of Kenneth Chan and Steven Fermin

AUG. 5 — Pearl Harbor Navy Exchange (NEX) and Oahu SPCA have teamed up to bring military families a pet adoption event from 11 a.m. to 2 p.m. at the NEX pet shop, 4888 Bougainville Drive. The adoption event will be held every first Saturday of the month. It will feature a range of pets from kittens and puppies to full-grown dogs and cats. The event is open to authorized patrons only. FMI: Stephanie Lau at 423-3287.



Spider-Man: Homecoming

Thrilled by his experience with the Avengers, young Peter Parker returns home to live with his Aunt May. Under the watchful eye of mentor Tony Stark, Parker starts to embrace his newfound identity as Spider-Man. He also tries to return to his normal daily routine — distracted by thoughts of proving himself to be more than just a friendly neighborhood superhero. Peter must soon put his powers to the test when the evil Vulture emerges to threaten everything that he holds dear.

MOVIE SHOWTIMES

SHARKEY THEATER
TODAY — AUG. 4
7:00 PM • Spider-Man: Homecoming (PG-13)
SATURDAY — AUG. 5
2:30 PM • Despicable Me 3 (PG)
4:30 PM • Spider-Man: Homecoming (3-D) (PG-13)
7:20 PM • Transformers: The Last Knight (PG-13)
SUNDAY — AUG. 6
2:30 PM • Cars 3 (G)
4:50 PM • Despicable Me 3 (3-D) (PG)
7:00 PM • Baby Driver (R)
THURSDAY — AUG. 10
7:00 PM • Spider-Man Homecoming (3-D) (PG-13)

HICKAM MEMORIAL THEATER
TODAY — AUG. 4
7:00 PM • Despicable Me 3 (PG)
SATURDAY — AUG. 5
3:00 PM • Despicable Me 3 (PG)
6:00 PM • Transformers: The Last Knight (PG-13)
SUNDAY — AUG. 6
3:00 PM • Despicable Me 3 (PG)
THURSDAY — AUG. 10
7:00 PM • Baby Driver (R)