





Heritage Meal See page B-5





Ho'okele online

"Navigator" ■FOR THE NAVY AND AIR FORCE TEAM IN HAWAII

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Sept. 18 marks U.S. Air Force's 70th birthday

70 years of airpower, innovation

Defense Media Activity

Since 1947, courageous Airmen have refined the Air Force mission to Fly, Fight and Win through their blood and sacrifice, ensuring the unique

contributions of Airpower will endure long into the future. As a service with joint origins, the Air Force is the foundation for multi-service, interagency and coalition operations.

It provides the joint team the ability and freedom to fight in the air, on the ground and at sea.

The Air Force created a website to commemorate its 70th Air Force Birthday. The site highlights each generation of Airpower, from 1947 to today. It showcases the barriers the Air Force has overcome to dominate the air, space and cyberspace domains, while look-

ing toward the future of Multi-domain Command and Control and the Airmen who will help to keep the U.S. Air Force the greatest on the planet.

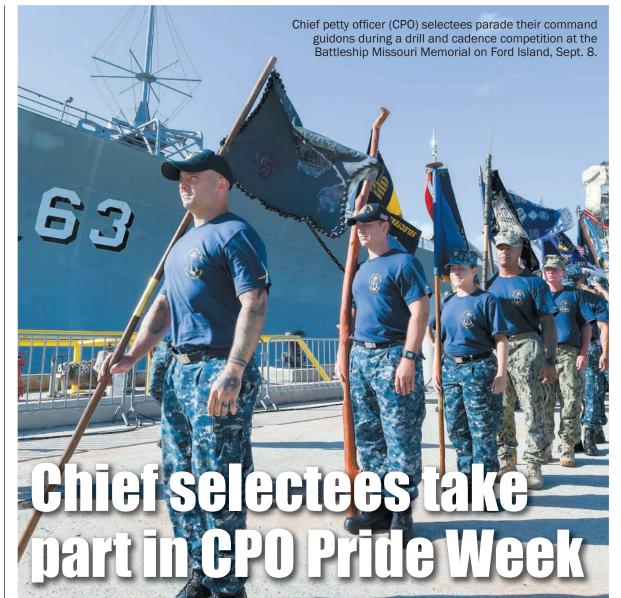
Among the generations is the 2000-2010 generation,

> which include the Global War on Terror (GWOT). On Sept. 11, 2001, terrorists hijacked four U.S. airliners, crashing two of

them into the World Trade Center towers in New York into the Pentagon in Washington, D.C.

Operation Enduring Freedom (OEF) was one of the first missions started in the GWOT, followed by Operation Iraqi Freedom which was later renamed Operation New Dawn on Sept. 1, 2010.

To learn more about the 70th Air Force Birthday and the "generations" timeline, visit http://static. dma.mil/usaf/70/.



Story and photo by William J. Blees

Navy Public Affairs Support Element Detachment Hawaii

Approximately 100 chief petty officer (CPO) selectees from 11 different commands stationed across Hawaii honored 124 years of Navy chief heritage by participating in the third annual island-wide CPO Pride Week at the Battleship Missouri Memorial on Ford Island, Sept. 7.

CPO Pride Week includes events that pay homage to chiefs past, present and future via mentoring opportunities, CPO heritage training, and a drill and cadence competition held on the final day between chief selectees from the various commands stationed on the island of Oahu.

"Selectees are learning about the important role of taking care of their Sailors, maintaining the mission, and how their families help to keep the Navy running," said Senior Chief Cryptologic Technician (Networks) Corey Johnson, event coordinator. "This event is important because it allows us to

pay respect to the Navy's past and

show pride in our future. The week was punctuated by words from guest speaker Command Master Chief David Carter, Navy Region Hawaii, who remarked on the heritage of CPOs and the legacy that the selectees would carry on.

"Although the language has changed a bit, the expectation of a chief petty officer has not changed much in 100 years - I would even say that our duties and responsibilities have increased unique among all senior enlisted leaders and should be justifiably proud of that."

While addressing the chief selectees, Carter frequently quoted the 1918 Blue Jackets Manual on the change from being a petty officer first class to a chief.

"The change from petty officer first class to chief petty officer probably carries with it a greater change in status than any other promotion in your whole career," said Carter, quoting the 1918 Blue Jackets Manual. "Along with these changes comes a very great change in your responsibilities as

well as the absolute necessity for a

different point of view." During the six-week-long CPO initiation phase, the selectees are immersed in CPO legacy, naval heritage, customs and traditions that will help guide them through their new roles. Many of the selectees felt that CPO Pride Week was a way to work together and showcase everything they've learned during their CPO initia-

tion phase. "The process has taught me humility, and has shown me that since then," Carter said. "We are I can't accomplish everything on my own," said Chief (Select) Cryptologic Technician (Interpretive) Paul Schwanke. "The process has involved a lot of teamwork. We focus on a bigger goal of being part of the Chief's Mess as a whole."

> Master Chief Petty Officer of the Navy Steven Giordano highlights three pillars in his CPO 365 guidance including the call to be humble and confident, the call to always be learning, and the call to be our own toughest critics and to be self-correcting. Throughout the chief selectees training, they have continued to focus on Giordano's three pillars.



Photo by Army Sgt. Jose H. Rodriguez Guzman Members of the Defense POW/MIA Accounting Agency (DPAA) perform a disinterment ceremony for unknown service members at the National Memorial Cemetery

DPAA to host National POW/MIA remembrance

The Defense POW/MIA Accounting Agency will commemorate the National POW/MIA Remembrance Ceremony at

the National Memorial Cemetery of as a solemn reminder the Pacific (Punchbowl) today at 10 a.m. The ceremony is free and open to the public.

Sept. 15 is proclaimed as National POW/MIA Recognition Day, according to the presidential proclamation. Tomorrow, the stark black and white banner symbolizing America's Missing in Action and Prison-ers of War will be flown over the White House; the United States Capitol; the Departments of State, Defense, and Veterans Affairs; the Selective Service System Headquarters; the World War II Memorial; the Korean War Veterans Memorial; the Vietnam



the country. The flag will be raised

of our obligation to always remember the sacrifices made to defend our nation. Observances of National POW/MIA Recognition Day are held across the country on military installations, ships at sea, state capitols, schools and veterans' facilities. It is traditionally observed on the third Friday in September each year. This observance is one of six observance is one of six days throughout the year that Congress has mandated the flying of the National League of Families' POW/MIA flag. The others are Armed Forces Day, Memorial Day, Flag Day, Independence Day and Veterans Day.



Photo by Staff Sgt. Christopher Stoltz

Leaders from Joint Base Pearl Harbor-Hickam and Navy Region Hawaii, along with members from Federal Fire Department Hawaii, salute during the Sept. 11, 2001 commemoration ceremony, held Sept. 11, 2017. The event, which took place at the Federal Fire headquarters building, was held in remembrance of those who lost their lives during the attacks of 9/11.

Pacific Submarine holds change of command

MC2 Shaun Griffin

COMSUBPAC Public Affairs

Commander Submarine Force, U.S. Pacific Fleet and Commander Task Force 134 held a change of command ceremony at the submarine piers at Joint Base Pearl Harbor-Hickam, Sept. 11.

Rear Adm. Daryl Caudle relieved Rear Adm. Frederick "Fritz" Roegge.

Roegge assumed command of the Pacific Submarine Force in September 2015 and oversaw 60 percent of the entire U.S. Navy Submarine Force. This included oversight of the nation's ballistic missile submarine fleet operating in the Pacific on behalf of Air Force Gen. John E. Hyten, commander of U.S. Strategic Command.

"I was recently asked what I was most proud of during my tour as commander of the Pacific Submarine Force," Roegge said. "What I'm most proud of is all of you, the people of the submarine force.'

During his command, Roegge deployed 40 submarines through 37 attack and guided missile submarine deployments and 43 strategic deterrent patrols in support of five combatant commands.

Roegge continued to praise the submarine force and



Air Force Gen. John E. Hyten, commander, U.S. Strategic Command, awards Rear Adm. Frederick J. Roegge, commander, Submarine Force, U.S. Pacific Fleet (COMSUBPAC), with a Legion of Merit during the COMSUBPAC change of command ceremony aboard the Los Angeles-class fast attack submarine USS Jacksonville (SSN 699) at Joint Base Pearl Harbor-Hickam.

Sailors who crew submarines.

stressed the importance of the thing that makes our submarine force the greatest the "At the end of the day, the world has ever known isn't the

submarines and their impres- Roegge received a Legion of sive technology; it's the Sailors who take them to sea," Roegge said. "Without the crew, the only thing a submarine is capable of is to sit alongside a pier and rust."

Roegge coordinated the incorporation of enlisted women in submarines which resulted in two integrated crews with women enlisted Sailors. He laid the groundwork for further expansion of opportunities to include integrating two Virginia-class attack submarines with women officers.

At the ceremony were guest speakers Gen. John E. Hyten, U.S. Air Force, commander, U.S. Strategic Command and Adm. Scott Swift commander, U.S. Pacific Fleet.

"At heart, Fritz is a visionary," Hyten said. "Fritz's vision and leadership propelled the Pacific Submarine Force to the highest state of material, operational, and personnel

Swift also commended Roegge for his successful tour leading the Pacific Submarine

"The success of submarine operations in the Indo-Asia-Pacific region is a testament to Fritz's superb leadership, as well as his dedicated mentorship," Swift said.

During the ceremony,

Merit for his exceptionally meritorious service.

Roegge was nominated for a third star and elevation to the rank of vice admiral. He will assume duties as the president of the National Defense University in Washington

As Caudle assumed command, he thanked Roegge for a smooth turnover and for leaving him with a highly disciplined staff.

"Fritz's work ethic, dedication, commitment, and decision-making skills have set the bar high for me to maintain and advance his vision and successes," Caudle said. "Fortunately, Fritz professionally orchestrated a comprehensive and well-designed turnover process that significantly helped me understand the details and nuances of such a demanding job.'

The Pacific Submarine Force provides anti-submarine warfare, anti-surface ship warfare, precision land strike, intelligence, surveillance, reconnaissance and early warning and special warfare capabilities to U.S. Pacific Command and strategic deterrence capabilities to U.S. Strategic Command.

For more news, visit www. csp.navy.mil.

PMRF begins 'Dark Skies' to protect endangered seabirds

Robert Purdy

Pacific Missile Range Facility Public Affairs

Pacific Missile Range Facility (PMRF) will be turning off all non-essential lighting and modifying nighttime operations beginning today to help protect the Newell's Shearwater and Hawaiian Petrel, two of Hawaii's seabirds protected by the Endangered Species Act.

During the shearwater fledging season which runs from Sept. 15 to Dec. 15, these mountain-nesting birds leave the safety of their nests to make their nocturnal maiden fights to sea using the position of the stars and natural moonlight to navigate

Unfortunately, a nummanmade lights for natural moonlight, as they fly over inhabited areas of the island. This can result in a bird accidently flying into the side of a building, hitting an electric power cable, or circling a light until they are too exhausted to reroute to sea, eventually falling to the ground where they sustain injury, risk being hit by a car or fall prey to domestic and wild animals.

This is the third year that PMRF is initiating the base wide "Dark Skies" program and PMRF personnel have been preparing for the season by conducting pre-season lighting checks, identifying potential areas to minimize impact, informing and educating base personnel and ensuring procedures are in place to aid an injured bird in need of

assistance. In addition to working on mitigation plans with the various departments on the base, additional training was held for the children and families of base housing by PMRF biologists, Rebecca Johnson and Rachael Herring. The training covered topics

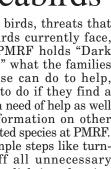
of the birds, threats that the birds currently face, why PMRF holds "Dark Skies," what the families on base can do to help, what to do if they find a bird in need of help as well as information on other protected species at PMRF.

"Simple steps like turn-

If you should happen to find an injured seabird on PMRF, please call the PMRF Natural Resources duty phone at 208-4416. Do not attempt to approach or move the bird ber of these birds become unless it is in immediate disoriented by mistaking danger. If you must move the bird, use thick gloves or a piece of cloth to cover the head, slowly grabbing it from behind. Ensure a firm grip, keeping the wings from flapping but paying special attention not to squeeze too tight. Place the bird in a well ventilated box or pet carrier and transfer it to the Save Our Shearwaters (SOS) aid station box located outside the PMRF Pass and I.D. office at the main gate. Do not give food or water to the bird. If at all possible, maintain watch over the bird until PMRF Security or PMRF Environmental personnel can transport it to rehabil-

PMRF works closely

For more information on Pacific Missile Range Facility, visit www.cnic. navy.mil/pmrf or on Facebook at www.face-



ing off all unnecessary outdoor lighting, drawing curtains and blinds during the hours of 6 p.m. to 6 a.m., keeping pets leashed and supervised at all times and refraining from feeding wildlife to include feral cats, will all help in protecting these endangered birds," Johnson said.

itation professional.

with federal and state agencies, schools, conservation organizations, the public and the host community to implement groundbreaking initiatives towards conservation, environmental protection and the protection of endangered species.





The amphibious assault ship USS Belleau Wood (LHA 3) Sailors stand at the rails for the final time as they steam through San Diego Harbor completing the ship's final voyage after 27 years of service as a U.S. Navy ship on July 11, 2005. USS Belleau Wood assisted with relief efforts in the wake of Hurricane Iniki, which struck the Hawaiian Islands 25 years ago on Sept. 11, 1992.

Military assisted Kauai's community 25 years ago in wake of Hurricane Iniki

Don Robbins

Editor, Ho'okele

Hawaii's most powerful storm ever. Hurricane Iniki, hit the Hawaiian Islands 25 years ago this week, on Sept. 11, 1992.

The Navy's response to Hurricane Iniki relief efforts was coordinated through Task Force Hawaii, the U.S. Pacific Command joint military response to relief efforts headed by the Federal Emergency Management Agency and the Hawaii State Civil Defense.

As the hurricane reached the islands, the state's military commands, including the Navy, prepared for the storm and assisted the community in the aftermath.

According to a Navy news release at the time, damage to the Navy's Pacific Missile Range Facility (PMRF) at Barking Sands on Kauai was light and limited to downed tree limbs and some roofing damage to beach cottages.

Soon after the hurricane, the PMRF commanding officer reported that the base's runway and operations building were in good shape and aircraft were undamaged, and they started to fly missions in support of civil defense efforts on Kauai.

In the several hours before the hurricane struck Kauai, helicopters and personnel from PMRF participated in search and rescue operations in the ocean near the

After the storm passed, the Navy inspected the island of Kauai and provided a joint task force with a complete damage assessment. Divers from Mobile Diving Sal-

vage Unit One at Pearl Harbor responded to the request for assistance. The divers were transported to Kauai on a Coast Guard buoy tender with their scuba equipment. The military relief effort for

Kauai began when the Army

loaded trucks and other equip-

ment for delivery to Kauai on USS

in Pearl Harbor while transiting staging facility at Lihue Airport. from San Diego to its new homeport of Sasebo, Japan. Other supplies on Belleau Wood included medical supplies, mobile kitchens, water trailers, excavating equipment, cargo trailers and other relief equipment.

After offloading on Kauai, the 800-foot helicopter carrier Belleau Wood returned to Pearl Harbor to load nearly a million pounds of additional supplies for Kauai. It included two truckloads of Salvation Army relief material and repair materials.

In addition, the Navy amphibious landing ship USS Bristol County (LST 1198) arrived in Hawaii from San Diego for scheduled training. While in Hawaii, the ship supported Hurricane Iniki relief efforts on Kauai.

After Hurricane Iniki recovery operations began, Navy ships lifted nearly two million pounds of military and civilian relief material to Kauai.

In addition, on Sept. 24, 1992, members of the Construction Battalion Unit (CBU) 413 Pearl Harbor swung into action and embarked aboard a C-130 transport for Kauai. The 20 equipment operators, carpenters, mechanics and electricians began their work by repairing a school roof and clearing debris.

C. Gregg Petersmeyer, assistant to the president and director of the Office of National Service, wrote a letter to PMRF and the Department of the Navy on Jan. 13, 1993.

"On behalf of President Bush, thank you so much for your good service during and after Hurricane Iniki to help the victims of that devastating storm," Petersmeyer

The U.S. Air Force also provided

support after Iniki in a variety of ways. According to the 15th Air Base Wing historical record, 14 people

from Hickam's 15th Medical Group

deployed to Kauai from Sept. 13 to

Belleau Wood (LHA 3), which was 16, 1992 to set up an aeromedical people waiting to leave the island. During the four days, more than 700 people were processed through the facility before flying out on military aircraft. There were 400 people who were medically evacuated and 130 received treatment for various acute and chronic medical conditions, dehydration, and

> Air Force crews delivered emergency supplies and disaster response teams to Kauai less than a day after the hurricane struck. In the first five days, Air Force and Air National Guard crews from Hawaii, California and Texas delivered nearly 238 tons of equipment and supplies (generators, plastic sheeting, meals readyto-eat, mobile kitchens, medical supplies) and 587 emergency personnel on 97 flights to the island. Crews transported people wanting to leave the island on the way back from their deliveries rather than returning empty. Hickam's passenger service specialists worked 12 to 18-hour shifts processing tourists and residents through the base passenger terminal.

> Members of the 15th Air Base Wing set up communications to coordinate delivery of supplies, helped move heavy debris off roads and restored power to the island. A member of the 15th Mission Support Squadron established postal service for Air Force troops on the island, and the 15th Weather Squadron tracked weather and incoming aircraft during relief ef-

> In addition, visual information service members documented the extent of the damage.

> The 15th Supply Squadron provided more than \$90,000 in supplies for relief efforts on Kauai and Guam, and the 15th Contracting Squadron processed 350 orders totaling \$500,000 in contracts to support cleanup of Kauai and

Diverse VIEWS



What items do you collect as a hobby?



CTM3 Dustin Cremeans USS Preble (DDG

"I collect a lot of Ohio State Buckeye paraphernalia because I am from Ohio and I love Ohio State football."



A1C Jared Lim 37th Intelligence Squadron

"Letters. Letters from my family keep me going and motivate me to achieve my dreams. Something to excite me to go home."



FC3 Nashanda Ferguson USS Halsey (DDG 97)

"I collect different kinds of shoes. I like having a variety of different shoes because I can create many different looks and styles based on the shoes I have. If I only have one pair of shoes I am stuck with just one look."



MSgt. Lisa Lum Hawaii Air National Guard

"Books. With the internet taking over and ebooks so popular causing book stores to close down. I like to collect books, especially old ones. Nothing like holding a book in your hands!'



TSgt. David Mumme 647th Civil Engineer Squadron

"Coffee mugs. They are useful, as well as a reminder of places I've been.



Staff Sgt. Francis Aguisanda 154 Wing Hawaii Air Guard

"I love to collect boxing equipment and coaching gear. I have always been a fan of boxing, kickboxing, and I coach on the side so over the years I have accumulated a lot of gear to support my hobby."

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

Herschel Walker: Don't be afraid to get help

1st Lt. Avery Larkin

15th Wing Public Affairs

No matter how tough you are, it is always okay to reach out and seek help when dealing with a personal issue or mental illness.

Herschel Walker, who won the Heisman Trophy and played professional football for 15 years, shared how he learned that lesson in a speech here, Sept. 6, at the Hickam Memorial Theater.

Though Walker had a successful football career, he struggled with unpredictable anger throughout his adult life. Walker's condition was severe enough that he considered killing people over minor disagreements. It was then Walker knew he needed help.

"I didn't understand what was going on with me, but what scared me was I could have killed my wife," he said. "Not getting help put her in danger."

Walker was diagnosed with dissociative identity disorder, a condition in which someone has the presence of two or more personalities with unique characteristics. He acknowledged getting treatment was difficult, but claimed it led him to a better life.

'Asking for help doesn't make you weak. You're stronger for getting the help you need," Walker said. "If I didn't get help, I wouldn't be the man and father I am today. I



Herschel Walker, former professional football player, signs a football helmet for Master Sgt. Adam Johnson, 647th Security Forces Squadron, after talking with Airmen about the importance of mental health care at the Hickam Memorial Theater, Sept. 6.

am better now."

Walker encouraged military members who are considering getting help to do so for themselves and their loved ones.

"Don't be afraid to get help," he said. "Taking care of yourself will help you and the people you love.'

Col. Kevin Gordon, 15th Wing commander, thanked Walker for sharing his story and encouraging others to seek help.

"The great thing about this forum is somebody is going to get help," Gordon said. "We may not know who it is, but someone is going to get help

because you were here today.' Walker's speech also introduced Fight for Each Other, a series of talks from people directly impacted by suicide to raise awareness about mental

health and encourage seeking help early. Talks will be held at several military installations on Oahu throughout Sep-

For more information on suicide prevention and helping agencies available to service members and their families, contact the Joint Base Pearl Harbor-Hickam Fleet and Family Support Center at 474-1999.

Constitution Day/ Citizenship Day events planned

The Department of Defense will observe Constitution Day/ Citizenship Day (CDCD) on Sept. 17, and Constitution Week from Sept. 17 to 23.

Federal civil servants take an oath of office and swear or affirm to support and defend the Constitution of the United States of America.

The Constitution not only establishes our system of government, it actually defines the work role for Federal employees — "to establish justice, insure domestic tranquility, provide for the common defense, promote the general welfare, and secure the blessings of liberty."

Knowing what is in the U.S. Constitution and why the Constitution is relevant today is fundamental to our being able to defend it. As federal civil servants supporting the Department of the Navy, there is a special obligation to understand and appreciate the U.S. Constitution and the role we each play in providing "for the common defense."

To learn more about how you are a part of Constitution Day/Citizenship Day (CDCD), visit the Office of Civilian Human Resources (OCHR) portal at https://portal.secnav.navy. mil/orgs/MRA/DONHR/Training/ Pages/CDCD.aspx

The DoD CDCD website is http://constitutionday.cpms.osd.

Bellows Air Force Station centennial event set for Sept. 23

Bellows Air Force Station in Waimanalo will hold its Centennial Hoʻolauleʻa from 10 a.m. to 5 p.m.

Admission is free. RSVP with Eventbrite and re-

ceive a free Bellows gift at check-in.
Go to www.eventbrite.com/e/bellows-centenni-

al-hoolaulea-tickets-37771928856

The event will include entertainment, food trucks,

rides for keiki and static displays.

Guests can enter to win prizes such as a Las Vegas trip, admission to Oahu attractions and a Bellows Air Force Station beach cabin three-night stay.

The event will feature entertainment by Halau Hoʻola Wai ʻOlena O Waipao, Hana Hou from the U.S. Air Force Band Band of the Pacific—Hawaii, Dita Holifield's Hillbilly House Band, Kapena and

PeniDean. Bellows Air Force Station special events are open to all Bellows guests and eligible patrons— active duty military, military retirees, reservists, National Guard, current/retired Department of Defense civilian employees with an authorized ID card, and their

families and guests.

Events and information are subject to change. Chairs, beach towels, blankets, water, sunshade items no taller than 32-inches high are permitted. No tents, sun shades and any chairs taller than 32-inches high, coolers, outside food or beverages (except water), glass containers, weapons, blades, barbecues, pets and animals with the exception of a service animal, or drones will be allowed. All personnel and items are subject to search.

For more information, visit www.bellowsafs.com or call 253-1508.

This photo shows a World War II-era scene from Bellows Air Force Station.

Photo courtesy of Bellows Air Force Station

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Tech. Sgt. Heather Redman

15th Wing Public Affairs

After serving 20 years filled with deployments and temporary duty assignments without an issue, one weather Airman's life changed forever during an indirect fire incident on Dec. 31,

Senior Master Sgt. Jason Ronsse, Pacific Air Forces weather training standardization and evaluation and policy manager, was deployed as superintendent for the 19th Expeditionary Weather Squadron at Bagram Air Base, Afghanistan, when a rocket exploded outside his office.

"Until the rocket impact, my deployment was great," Ronsse said. "As the superintendent, I was charged with taking care of my Airmen.'

Throughout his career, Ronsse had several temporary duty assignments and deployments throughout the Middle East and Africa that helped prepare him for his role in the 19th Expeditionary Weather Squadron.

didn't really bother me, because I was already used to the attacks," he said.

On New Year's Eve, Ronsse had returned to his work center when the rocket exploded outside of his office.

"The building I worked in was an old control tower made from concrete with a window, and it felt pretty safe," he said. "As soon as I closed the door, this bright white light flashed and the blast blew open the window. It pushed me into the concrete wall against the copier machine."



After checking himself for injuries, Ronsse went outside to ment and returned home at the begin the battle damage assess- end of February 2014.

"That's where good training just takes over. I don't remem-

ber a lot of what happened, I just reacted." After Ronsse performed the

damage assessment, he returned to his office where he found the brass doorknob to his office on the floor.

"I looked down and there was a twisted hunk of metal that used to be the door knob, and you could see where the shrapnel passed through," Ronsse said. "I kept it. Not to hang on to the memory, but I'm just amazed I survived it."

Ronsse continued his deploy-

Then I got back that there was something internally that just wasn't right. I didn't feel like myself," he said. "I tried to tough it out and assumed it would go away."

Shortly after returning from his deployment, Ronsse was diagnosed with nerve damage, torn tendons, a hernia, a mild traumatic brain injury and ringing in his ears.

To me, the blast was secondary to some of the things I was exposed to while being out there," he said. "While deployed, I remember going to a hospital in Kabul and seeing

"I've had injuries and surgeries before. You patch them up and move on. But when it's your head or your psyche, a doctor can't operate on that."

Sgt. Jason Ronsse, Pacific Air Forces weather training standardization and evaluation and policy manager

- Senior Master

children with limbs blown off. And in your mind you say, 'it doesn't even make sense that this can be humanly possible.' It's tough. There are things you witness that part of you doesn't want to believe can actually happen."

Over the next couple of years, Ronsse began to notice changes in his behavior like memory loss, trouble focusing and anxiety.

According to Cisco Johnson, Air Force Wounded Warrior Program recovery care coordinator, some of the common symptoms of post-traumatic stress disorder (PTSD) are memory loss, forgetfulness, anxiety, agitation and withdrawal from outside activities

"I used to think that PTSD wasn't a real thing or at least it was over used," Ronsse said. "But then I noticed that my wife and kids began adapting to the quirks I developed. To me it wasn't a big deal until all these little things started to add up. It was then my chief suggested I talk to my doctor."

With help from the Air Force Wounded Warrior Program, Ronsse has been able to seek help and make a plan for his treatment.

"I've had injuries and surgeries before. You patch them up and move on," he said. "But when it's your head or your psyche, a doctor can't operate on that. It's an entirely different beast to deal with.'

The Air Force Wounded Warrior Program is a congressionally-mandated, federally-funded program that provides personalized care, services and advocacy to seriously wounded, ill or recovering service members and their families.

"Our goal here is to help our Airmen improve or maintain their quality of life," Johnson said. "With our help, service members and their caregivers are able to set goals for their recovery and identify areas where they will need further assistance.'

Johnson also encourages Airmen who think they may have PTSD to speak out and to seek

"Living with PTSD is a challenge that I'll need to overcome," Ronsse said. "I've realized that the things I've been through and seen are not normal. But there is a way ahead and now I have the tools

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Photo by Senior Airman Robert Cabuco

Hawaii Air National Guard members from the 204th Airlift Squadron return from a Hurricane Harvey relief mission at Joint Base Pearl Harbor-Hickam, Sept. 10. The mission involved the tactical airdrop of generators, a mobile hospital and an ambulance among a long list of relief supplies.



Photo by Senior Airman Orlando Corpuz

Tech. Sgt. Noah Raymond, recon team leader, 93rd CST, Hawaii National Guard and Army Sgt. AJ Paulino, CBRNE specialist, 94th CST, Guam National Guard make final checks and preparations before entering a simulated hot zone during Kauai County Exercise 2017, Pacific Missile Range Facility, Aug. 29.



Photo by MC2 Shaun Griffin

Sailors prepare the Los Angeles-class attack submarine USS Cheyenne (SSN 773) for return from a six-month deployment, Sept. 8. Cheyenne is the 62nd and last Los Angeles-class attack submarine.



Photo by Tech. Sgt. Kamaile Casillas

U.S. Air Force Senior Airman Arlinda Haliti, a medical technician assigned to the 15th Medical Operations Squadron, briefs Vietnamese nursing student volunteers on the proper procedures for taking blood pressure readings at a health services outreach site during Pacific Angel (PACANGEL) 17-2 in Tam Ky, Vietnam, Sept. 11.



Photo by MC1 Corwin Colbert

September is Suicide Prevention and Awareness Month

One small act: Be there for every Sailor, every day

Chief of Naval Personnel Public Affairs

The Navy joins the nation in observing Suicide Prevention throughout the month of September.

Since the launch of the "Every Sailor, Every Day" campaign and the "1 Small ACT" message, Navy's Suicide Prevention Branch, OPNAV N171, has seen outstanding participation across the fleet in sharing the simple everyday actions that can save lives.

This year, the Navy continues to use "1 Small ACT" to enlist all members of the Navy community in the fight against suicide.

"Navy Suicide Prevention Month is a time to refocus on

Adm. Karl Thomas, director, 21st century Sailor office. "We are relentless in keeping psychological health in open conversation, eliminating mental health stigmas by encouraging those that need help to receive it, and educating our Sailors on suicide warning signs so they have the courage to recognize and seek help for their peers and themselves."

Here is some useful information to get involved this month.

New tools: To help generate the conversation at your command, the "Every Sailor, Every Day" campaign promotes new tools that empower Sailors and their families to better recognize warning signs, start conversations, take the right

the entire team," said Rear actions to intervene, and practice ongoing safety. Posters, graphics and tips are available in the FY-18 1 Small ACT Toolkit to help identify warning signs, decrease risk during times of increased stress, and promote new resources to help Sailors recover from psychological or emotional crisis, like the Sailor Assistance and Intercept for Life (SAIL) program. These tools are designed not only to help others, but also to help yourself. The toolkit can be found at www.public.navy. mil/bupers-npc/support/21st_ Century_Sailor/suicide_prevention/spmonth/Pages/ Get-Involved.aspx.

> • 1 Small ACT photo gallery: The 1 Small ACT photo gallery, hosted on the "Every

Sailor, Every Day" campaign's Flickr page, remains open for submissions. To date, Sailors and their families have contributed more than 600 "Small ACT Selfies," featuring the many ways they support their shipmates and themselves as individuals. These selfies will be featured on Facebook to spotlight installations, units and commands. 1 Small ACT signs and details are available at www.public. navy.mil/bupers-npc/support/21st_Century_Sailor/ suicide_prevention/spmonth/ Pages/1-Small-ACT-.aspx.

The Military Crisis Line offers confidential support for active duty and reserve service members and their families 24 hours a day, seven days a week.



Photo illustration by MC3 Justin Pacheco

Call 1-800-273-8255 and press 1, chat online at www.militarycrisisline.net or send a text message to 838255.

For more news from Chief of Naval Personnel, visit www. navy.mil/local/cnp/.

15 MDG welcomes pregnant women for non-ob concerns

Lt. Col. Katie Crowder

15th Medical Group

Beginning Oct. 2, the 15th Medical Group (MDG) will offer treatment at the clinic to pregnant women for non-emergency and non-obstetrician (OB) medical concerns.

Pregnant women will now be able to seek treatment here at the MDG for issues such as cold symptoms, musculoskeletal pain, injury, skin concerns and administrative paperwork.

The MDG will still not provide prenatal care, and pregnant women should continue to seek care from their OB provider for any care related to their pregnancy.

Patients intending to utilize the Hickam Clinic services are encouraged to learn more about the new non-OB services at the Hickam Clinic New OB Group Class offered twice a month. The group class is not mandatory prior to seeking services at the Hickam Clinic, but it is highly encouraged.

For more information or to sign up for the Hickam Clinic New OB Group Class, call the 15th MDG appointment line at 448-6000.

HO'OKELE September 15, 2017 • B-1













Story and photos by MC1 Corwin Colbert

Navy Region Hawaii Public Affairs

Thousands of military personnel and the community honored American heroes during the Fisher House 8K Hero and Remembrance Run, Walk or Roll 2017 on Joint Base Pearl Harbor-Hickam's Ford Island, Sept. 9.

The event marked the sixyear anniversary that honors fallen service members who lost their lives in combat since 9/11.

The run took place on an overcast day, but it didn't stop the thousands in attendance from showing up. Strollers, veteran runners and families from both the community and military were out in full force.

The run opened with welcoming remarks from prominent members of the military, including Joint Base Pearl Harbor-Hickam commander Capt. Jeff Bernard and Tripler Army Medical Center's Hospital Command Sgt. Maj. Timothy Sloan. They thanked those who attended and those who donated and contributed to the Fisher House charity organization.

"Thank you all who have supported the Fisher House and those who came out here to support this run," Sloan said. "All of this does make a difference."

Preparation started a few days before with hundreds of volunteers who lined more than 7,600 boots around Ford Island on the 8K-route. Each of the boots had its own picture of fallen service members, to give the boots a personal touch.

This year they added boots from other service members who weren't killed in action (KIA) and displayed separately the lives lost from the 25th Cavalry, USS McCain and USS Fitzgerald.

"We also included with those who were KIA, service members lost during training evolutions," said Theresa Johnson, the Fort Hood Fisher House manager and founder of the Hero and Remembrance Run. "We also included lives lost to suicide. As long as they served honorably we have included them."

Johnson, who previously lived on the island and then moved to Texas, thanked everyone in attendance including those who came with her from Fort Hood.

"I couldn't have done this without all the support and effort from the community, volunteers and the military," she said. "No matter what service you are in, we are all one family and we are here to honor our fallen harnes."

B-2 • September 15, 2017 **HO'OKELE**

Commissaries honor Air Force's 70 years of service

Dr. Peter Skirbunt

DeCA historian

Seventy years ago on Sept. 18, the Army Air Forces ended and the Air Force was born.

On that date, W. Stuart Symington — formerly the assistant secretary of War for Air — was sworn in as the first secretary of the Air Force. Gen. Carl A. "Toohey" Spaatz became the first chief of staff of the Air Force eight days later.

The Defense Commissary Agency (DeCA), which this year is celebrating 150 years of the modern commissary benefit, is proud to salute the entire Air Force community on their service's anniversary, which from the start has been served by commissaries around the

For those who called blue skies home, the process of becoming an independent service became law with the passage of the National Security Act of 1947 on July 26. The law created the National Military Establishment — later renamed the Department of Defense — with three branches: the Army, the Navy (which included the Marine Corps) and the newly-formed Air Force. Before then, the Army had been responsible for land-based aviation operations, while the Navy and Marine Corps controlled sea-based and amphibious aviation activities

continued their air operations, but the Army Air Forces was disbanded, the Air Force inherited its mission and bases, and took on responsibility for long-range land-



Photo courtesy of DeCA

Patrons line up to check out their groceries at Ellsworth Air Force Base in South Dakota, in this historical photo from

This major reorganization of the United States' armed forces set the tone for military strategy during the Cold War.

Along with the Army Air Forces' runways and flight operation facilities, the Air Force inherited all sorts of additional assets, including the base commissaries. Although The Navy and Marines their stores were still supplied for a time by the Army quartermasters, the Air Force immediately went into the commissary business. The stores proved especially important to military

with the occupying forces in Japan and Germany.

For many years, all military installations ran their own commissaries, with some assistance from the various service headquarters. In the postwar years, the Armed Forces Commissary Regulation of 1949 standardized terminology and some methodology for the commissaries of military

To help cover the stores' expenses, the Department of Defense ordered an across-theboard 2-percent sur-

purchases, beginning in 1952. This was gradually increased until it reached the current level, 5 percent, in 1983. Today, funds generated by the surcharge pay for major construction, renovation and maintenance of commissary structures, as well as some supplies and equipment.

Following the service's formation, Air Force base commanders were responsible for their installations' commissaries, so the stores were a direct reflection of their personal level of interbased air operations. families living overseas charge on commissary est in the benefit. Shelf the Air Force Services Of- ow.ly/LhLg30f6BMM.

stocking and commodity purchasing decisions were made at store level. There was little standardization, no uniformity, no continuity of operations and no career path for commissary workers — civilian or military.

This began to change in the early 1970s. Policy and guidance came from the Supply Support and Services Office at Air Force Headquarters in the Pentagon, while professional assistance came from the Air Force Commissary Stores Branch in Flickr page, go to http://

fice in Philadelphia, part of the Air Force Logistics Command.

The commissary benefit's importance in recruitment and retention increased with the creation of the all-volunteer military in 1973. In 1976, the formation of the Air Force Commissary Service (AFCOMS) centralized guidance and control for all Air Force commissaries — 181 at the time — in one agency, headquartered at Kelly Air Force Base, Texas. AFCOMS managed Air Force commissaries until the creation of the Defense Commissary Agency, which central-ized all the services' commissaries in 1991.

Today, DeCA provides the commissary benefit for all the military services, saving individual authorized patrons thousands of dollars annually when compared with prices in civilian supermarkets.

Since 1947, millions of Americans have worn the Air Force uniform, and have established a superb record of valor, sacrifice and distinguished service during and after the Cold War, from the Korean conflict to the wars in Iraq and Afghanistan. Now, 70 years later, members of the Air Force community, along with their peers in the other armed services, as well as members of the Reserve and National Guard, may shop at any of DeCA's 238 commissaries at U.S. military installations around the world.

Editor's note:

To watch a video on DeCA's YouTube page related to the Air Force, go to www.youtube. com/watch?v=rwZN- $WiKvY_M$.

For photos on DeCA's

Jewish high-holiday services

Navy Region Hawaii Plan of the Week

Jewish high-holiday services will be held at the Aloha Jewish Chapel at Joint Base Pearl Harbor-Hickam.

• There will be an evening Rosh Hashanah service from 7:30 to 9 p.m. Sept. 20. There will be a morning Rosh Hashanah service from 9 to 11:30 a.m. Sept. 21 and a Tashlich ceremony from 11:45 a.m. to 12:15 p.m.

• There will be Kol Nidre service for Yom Kippur from 7:30 to 9 p.m. Sept. 29. There will be a morning Yom Kippur service from 9 to 11:30 a.m. Sept. 30, and an afternoon study with services from 2 to 6 p.m., followed by a meal.

• There will be a Shabbat Sukkot service at 7:30 p.m. Oct. 6. A sukkah will be available for use at the Aloha Jewish Chapel during the Sukkot festival

Oct. 5-11.

All military personnel, Department of Defense employees, and their families are invited to share their holidays with the Aloha Jewish Chapel, across from Makalapa Naval Health Clinic.

For more information, contact Chaplain Rosenzweig at emily.rosenzweig@ usmc.mil or call 257-2284.

Defense leads defending champs NIOC to win

Story and photo by Randy Dela Cruz

Sports Editor, Ho'okele

The defending Joint Base intramural flag football squad Navy Information Operations Command (NIOC) Hawaii Anchors offense struggled in the first game of the season, but the defense looked to be in midseason form. The bend-but-don'tbreak unit kept the 613th Air and Space Operation Center out of the end zone to lead the Anchors to a 12-0 win on Sept. 12 in a Gold Division game at Earhart Field, Joint Base Pearl Harbor-Hickam.

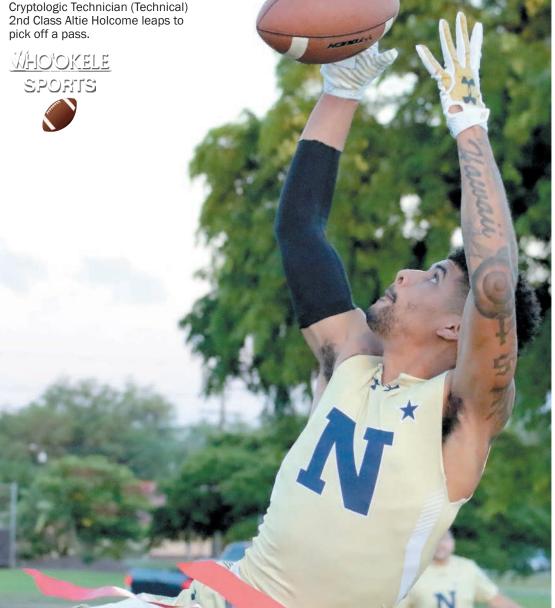
The Anchors big "D" forced three turnovers via picks, while stopping the 613 AOC two times in the red zone to preserve the victory.

"Coming out here, we try to make sure we set the tone every game," said Anchors defensive coordinator Cryptologic Technician (Networks) 2nd Class Kian Davis. "The last game (of 2016) we performed pretty well. It was almost a 100 percent game and we're trying to reproduce that with different personnel. It's the same scheme, but we're trying to play with the same intensity.

It's a good thing that the defense was at its near best because the offense struggled early in the game and didn't get on the board in the entire first

After losing the ball on downs on their first offensive set, the Anchors immediately found their backs against the wall. The 613 AOC, on their first play from scrimmage, moved the chains 38 yards on a long strike from quarterback Master Sgt. Jason Levasseur to Senior Airman Mike Volkmeier that placed the ball on the NIOC 21vard line.

With only a short distance to pay dirt, the 613 AOC ran into



a brick wall as the Anchors pushed their opponent back to the 33, before Ensign Obi Uzona came up with the team's first interception to hand the ball back to NIOC.

In the Anchors second set from scrimmage, things didn't go much better than the first

Technician (Maintenance) 1st Class Jermaine Carmenia misfired on back-to-back passes, before Senior Airman Jarvail Little stopped the drive at midfield with an interception at the 30-yard line.

Despite the momentum shift, the 613 AOC couldn't generate time. Quarterback Cryptologic anything against the Anchors

defense and was forced to give the ball up after four downs.

NIOC got one last chance on offense just before halftime, but with only 34 seconds remaining in the half, the Anchors got to the 613 AOC 20-yard line before time ran out.

"We just came out lackadaisical," Carmenia said, who also serves as the team's offensive coordinator. "We thought that we could just beat them with our talent, but didn't play them. I don't think they (the AOC defense) affected us at all. It was just not executing.'

Execution wasn't a problem for the team's defense and in the second half, as the unit played even tighter.

On the first drive after halftime, the 613 AOC moved the ball into the Anchors territory at the 28, but once again the team's defense came up with a turnover to stop the drive.

This time, it was Cryptologic Technician (Technical) 2nd Class Altie Holcome who picked off a pass at the NIOC 17.

After the steal, the Anchors offense finally got things rolling, as Carmenia led the team on an eight-play drive to the end zone that covered 63 yards.

The final play of the drive came on a 22-yard pass to the end zone that was caught by Cryptologic Technician (Maintenance) Seaman Benjamin Kohut for a 6-0 lead.

The 613 AOC tried to answer the call and almost succeeded as Levasseur drove the team into the NIOC 20-yard line.

With second down and the ball on the 18, Levasseur went for it all with a toss to the end zone, but instead of connecting, his ball was picked off by Cryptologic Technician (Collection) 2nd Class Ramon Cruz.

NIOC then secured the win with a 70-yard drive that ended on a touchdown pass from Carmenia to team captain Cryptologic Technician (Networks) 2nd Class John Posey.

"If we come out and don't beat ourselves, nobody can beat us," Posey said. "If we show up on our best day, nobody can beat us. That's how I feel. However, if we make mistakes, can't come out ready to perform like we did today, it's anybody's game."

NIOC wins big over shorthanded 17th OWS/AO

Story and photo by Randy Dela Cruz

Sports Editor, Ho'okele

The undefeated Navy Information Operations Command (NIOC) Hawaii soccer squad just seems to get better as the Summer Soccer League (SSL) nears the playoffs.

Playing against a shorthanded 17th Operational Weather Squadron/Air and Space Operation Center (17 OWS/AOC) on Sept. 9, NIOC aggressively attacked from the start and finished off with a convincing 7-1 win at Larnart Field, Joint Base Pearl Harbor-Hickam.

NIOC continues to lead the SSL with a record of 7-0-1, while the 17 OWS/AOC fell to 1-7.

Lt. Donny George set the pace with a goal early in the game, while Jordan Abraham came up huge with three goals and two assists to lead NIOC to the lopsided victory.

George said that after seeing the 17th OWS/AOC take the field with only seven players and a goalkeeper, NIOC devised a game plan to charge after their opponent with a high-octane attack.

The plan worked out immediately as George followed the ball through the box and booted in a shot for an early 1-0 lead.

"It's always hard when you play an opponent that has only seven guys. It's hard to gauge that," George said. "Our game plan was to get on the scoreboard as quick as we can.'

NIOC continued the assault and it wasn't long before they got on the scoreboard again.

This time it was a kick down



Jordan Abraham converts his first goal on a kick from the right side. Abraham scored three goals in the game and added two assists.

1st Class Matt Barklage, who net to give NIOC a 3-0 lead. finished off the goal after taking a perfect pass from Abraham for his first assist.

Then midway through halftime, Abraham, who almost converted on his first few attempts

Abraham, who was mostly positioned at the top of box, used the spot to his advantage, as he directed the team's offense.

Although he could have attempted and converted far the center of the box by Airman for goal, finally put one to the more shots, he said that playing

his position isn't always about shooting the ball.

"I'm supposed to be at the top, but sometimes you have to extend a little because of the defense," he said. "Honestly, it's not always about shooting. Sometimes a teammate has a

better shot, so you just have to pass than shoot."

The 17 OWS/AOC got their only score of the game on a breakaway shot by Senior Airman Abraham Rodriguez just before halftime.

In the second half, NIOC striker Abraham got things going again immediately after in-

Shortly after halftime, Abraham, with the ball on the wing, made another on-target pass to the middle and found Cryptologic Technician (Interpretive) 3rd Class Jacob Kroeger for team goal number four.

After that, Abraham used his footwork to get around the defense and shoot in the next two goals for a 6-1 lead.

Abraham's final goal came off of a breakaway, where he beat the goalkeeper on a one-on-one for the score.

"Jordan plays really well," George said about his youthful teammate. "I don't think he runs out of any speed. He's got a lot of energy."

NIOC wrapped up the game's scoring on an assist from Barklage to Cryptologic Technician (Maintenance) 2nd Class Chris Goncalo.

"We have a bunch of players," George said about the team's strong combination of youth and veterans. "Our people have been able to remain healthy for a long time. We're used to playing with each other now. We've kind of gelled."

Abraham added that everyone on the team plays well with each other and it helps to have personnel with soccer experi-

"Everyone has knowledge of the game," he said. "Everyone knows where to be. We play as a unit. That's why we're unde-

Ho'okele online survey begins today

Navy Region Hawaii Public Affairs

The Ho'okele base newspaper is conducting an online survey to determine the readership, audience and customer feedback. The online survey begins today, Sept. 15 at www.hookelenews.com and will continue until Oct. 13.

Ho'okele readers who fill out the survey will automatically be entered to win a \$100 gift card to a local hardware store which is provided by our publisher, Oahu Publications. A winner will be randomly selected from all entries received and will be notified by email.

We appreciate you taking the time to participate in the survey and give us some valuable feedback. Visit www.hookelenews.com to complete the survey. Only one survey should be completed per person

The survey will help provide our Ho'okele staff with helpful feedback and give us ideas to help improve our newspaper. Employees and family members of Navy Region Hawaii Public Affairs and Oahu Publications are not eligible to enter

Please take a few minutes to answer the survey. We would love to hear from you. Mahalo nui loa!



B-4 • September 15, 2017 **HO'OKELE**



Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation

Day for Kids planned for Sept. 16

- Free golf clinic will be held at 9:30 a.m. Sept. 16 at Barbers Point Golf Course. Advance sign up is welcome. For more information, call 682-1911.
- Private swim lessons begin Sept. 16 at Hickam Family Pool. Slots are scheduled beginning at 11 a.m. Attendees can receive private, one-on-one lessons in accordance with American Red Cross swim lesson program. Customers may register for one slot per day, for up to four consecutive Saturdays. Registration is accepted in person at the pool during open hours. To find available slots and for more information, call 260-9736.
- Free Day For Kids: Wonderland will be held from 10 a.m. to 2 p.m. Sept. 16 at the kids' sports field behind the Hickam School Age Center. The theme this year is Alice in Wonderland. Dress up as your favorite character and join Child and Youth Programs for a day celebrating children. The event is open to military and Department of Defense civilian families with children ages newborn to 18. For more information, call 473-0789.
- \$2 Tuesdays will be held from 4 to 6 p.m. Sept. 19 at Mamala Bay Golf Course driving range. The event includes \$2 for two buckets of balls, plus \$2 hot dogs and \$1 bottled water and soda. Club pros will also be on hand to offer tips and the event will include giveaways. This event is for the whole family. For more information, call 449-2304.
- Free family night: dodgeball will be held from 5 to 7:30 p.m. Sept. 19 at the Teen Center. The event is open to all families of teens. For more information, call 448-0418.
- Free golf clinic will begin at 9:30 a.m. Sept. 20 at Barbers Point Golf Course. Advance sign up is welcome. For more information, call 682-1911.
- Free Resiliency Run 5K Run will begin at 7 a.m. Sept. 23 starting at the Hickam Fitness Center. The event is in support of Suicide Prevention Awareness Month. Signups begin at 6:30 a.m. on the morning of the event. For more information, call 448-2214.
- Hike to Laie Falls will be held from 8 a.m. to 2 p.m. Sept. 23 departing from the Outdoor Activities Center. This hike is considered intermediate/ expert level, and it includes views of the shoreline and mountain ranges. The cost of this activity is \$20 and the deadline to sign up is Sept. 21. For more information, call 473-1198.
- Second annual Trash Boat Regatta launches from 9 a.m. to noon on Sept. 23 at Hickam Harbor Beach Park. Teams will build the boats of materials normally found in a landfill, then try to race, circumnavigating Hickam Harbor. The cost to enter the event is \$15 per boat, but it's free to watch the fun. For more information, call 449-5215.
- Free golf clinic will begin at 9:30 a.m. Sept. 23 at Mamala Bay Golf Course. Advance sign up is welcome. For more information, call 449-2304.
- Bottom fishing excursion will cast lines from 2:30 to 5:30 p.m. Sept. 23 departing from Hickam Harbor. Boat, gear, bait and guides are all included. The cost of the activity is \$30 and the deadline to sign up is Sept. 21. For more information, clal 449-5215.
- Learn to standup paddle board from 9:15 to 10:15 a.m. and 10:30 to 11:30 a.m. Sept. 24 at Hickam Harbor. The cost of the class is \$25 and the deadline to sign up is Sept. 22. For more information, all 449-5215.



Photo courtesy of Pacific Aviation Museum Pearl Harbor

Living History Day will be held from 9 a.m. to 4:30 p.m. Sept. 23 at Pacific Aviation Museum Pearl Harbor.

Museum events to include Living History Day

events have been scheduled at Pacific Aviation Museum Pearl Harbor.

• Living History Day will be held from 9 a.m. to 4:30 p.m. Sept. 23 in affiliation with Smithsonian Magazine's Museum Day Live. Two visitors per Museum Day Live ticket will receive free admission to Pacific Aviation Museum Pearl Harbor. The event will feature student-created exhibits, World War II-themed activities, re-enactors, and a special screening of the documentary "Finding Kukan," at 2:30 p.m. in the museum theater, with the film's director,

A series of upcoming Robin Lung. Download States Air Force veteran free tickets at www. smithsonianmag.com/ museumday/muse-

um-day-live-2017. This is an annual national celebration of culture and learning between the two museums.

• F-16A Fighting Falcon dedication cer**emony** will be held at 11:30 a.m. Sept. 27 in the museum's hangar 79. The dedication ceremony will unveil Pacific Aviation Museum Pearl Harbor's newest aircraft, which is a General Dynamics F-16A Fighting Falcon

The arrival of the F-16A at the museum followed by a discussion was made possible by a donation from United aerospace industries.

and Hawaii philanthropist Dr. Lawrence Tseu and his late wife BoHing Chan Tseu, honoring the heroism, achievements and friendship of retired Air Force Gen. Gary North. North served as commander, Pacific Air Forces and executive director, Pacific Air Combat Operations Staff at Hickam Air Force Base.

• Discover Your Fu**ture in Aviation** will be held from 10 a.m. to 4 p.m. Oct. 21. This education/job fair is designed to provide youth and young adults with information and resources related to the aviation and

This is the eighth year for the special aviation day, which will have keynote speakers who have been leaders in the field. Exhibitors from university aviation and aerospace programs provide informative workshops and panels will be held throughout the day. Family-oriented activities include radio-control aircraft flying demonstrations, open cockpits, and booths for hands-on educational activities. The event is free with museum admission and to museum members.

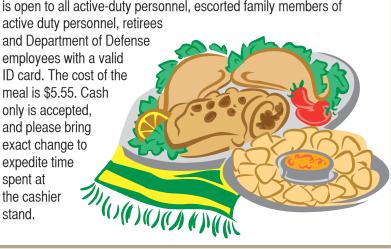
For more information, call 441-1007 or visit www.PacificAviation-Museum.org.



HERITAGE MEAL

SEPT. 20 — In honor of Hispanic American Heritage Month, a special meal will be served from 11 a.m. to 12:30 p.m. at the Silver Dolphin Bistro, Joint Base Pearl Harbor-Hickam. The special meal is open to all active-duty personnel, escorted family members of

and Department of Defense employees with a valid ID card. The cost of the meal is \$5.55. Cash only is accepted, and please bring exact change to expedite time spent at the cashier



ARMED FORCES BIRTHDAYS

SEPT. 16-17. OCT. 14-15 -The Pearl Harbor Historic Sites is commemorating the official birthdays of each branch of the U.S. military by offering free pass days to activeduty, retired members and their family members. The Battleship Missouri Memorial, Pacific Aviation Museum Pearl Harbor and USS Bowfin Submarine Museum and Park will all offer free admission to the service members of the U.S. Air Force on Sept. 16-17 and to members of the U.S. Navy on Oct. 14-15. A valid military I.D. must be presented at the Ticket and Information Booth at the Pearl Harbor Visitor Center or onsite at each of the historic sites. The official Air Force birthday is Sept. 18 and the Navy birthday is Oct. 13. FMI: www.pearlharborhistoricsites.org/

MILITARY FAMILY HIRING DAY

SEPT. 16 – A military family hiring day will be held from 9 a.m. to noon at the Pearl Harbor Navy Exchange mall in the main store lobby. The event will include on-the-spot interviews and hiring. FMI: www.NavyExchange.jobs

DAY FOR KIDS VOLUNTEERS

SEPT. 16 - Joint Base Pearl Harbor-Hickam Child and Youth Programs is seeking 15 volunteers for their Day for Kids event from 7:30 a.m. to 5:30 p.m.

Saturday, Sept. 16. Volunteers are needed to assist with arts and crafts, the maze, beanbag toss, croquet, pop-up movie theater, set-up and break down. The event will be at the kids sports field located behind the Hickam School Age Center (70 Alula Way, Building 1335). FMI: Brittany Bigham at Brittany.bigham@navy. mil or 473-0789.

MANAGING MONEY, CREDIT

SEPT. 19 – A class on managing money and credit will be held from 2 to 3:30 p.m. at Military and Family Support Center Pearl Harbor. FMI: www. greatlifehawaii.com/family-support/mfscclass-schedule or 474-1999.

MILLION DOLLAR SPOUSE

SEPT. 19 — A Million Dollar Spouse class will be held from 7:30 a.m. to 3 p.m. at Military and Family Support Center Pearl Harbor. This class is designed for military spouses to learn about proper budgeting techniques and all aspects of savings, investments and finances. FMI: www.greatlifehawaii.com/ family-support/mfsc-class-schedule or 474-1999.

THRIFT SAVINGS PLAN

SEPT. 19 — A class on the Thrift Savings Plan (TSP) will be held from 10 a.m. to noon at Military and Family Support Center Wahiawa. The TSP is a

retirement savings and investment plan for federal employees and members of the uniformed services. FMI: www. greatlifehawaii.com/family-support/mfscclass-schedule or 474-1999.

CAR-BUYING STRATEGIES

stand.

SEPT. 20 – A class on car-buying strategies will be held from 4:30 to 6:30 p.m. at Military and Family Support Center Pearl Harbor. FMI: www. greatlifehawaii.com/family-support/mfscclass-schedule or 474-1999.

CIVILIAN RESUME WRITING

SEPT. 20 – A class on writing resumes for civilian private sector jobs will be held from 4:30 to 6:30 p.m. at Military and Family Support Center Pearl Harbor. FMI: www.greatlifehawaii.com/ family-support/mfsc-class-schedule or 474-1999.

DEALING WITH DIFFICULT PEOPLE

SEPT. 20 - A class on dealing with difficult people will be held from 9 to 11 a.m. at Military and Family Support Center Pearl Harbor. FMI: www. greatlifehawaii.com/family-support/mfscclass-schedule or 474-1999.

INTERVIEWING 101

SEPT. 20 – A class on job-interview skills to position yourself as the best candidate will be held from 1:30 to 3:30 p.m. at Military and Family Support Center Hickam. FMI: www.

class-schedule or 474-1999.

greatlifehawaii.com/family-support/mfsc-

NEW MOMS AND DADS CLASS

SEPT. 20 - 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.

PARENTS: YOUR TEENS AND DATING

SEPT. 21 – A class for parents to help guide teens in building positive, safe dating relationships will be held from 5:30 to 7:30 p.m. at Military and Family Support Center Pearl Harbor. FMI: www. greatlifehawaii.com/family-support/mfscclass-schedule or 474-1999.

SOOTHING YOUR BABY

SEPT. 21 – A class on soothing your baby and providing a loving touch will be held from 1 to 2 p.m. at the Hickam Medical Building. FMI: www. greatlifehawaii.com/family-support/mfscclass-schedule or 474-1999.

BELLOWS AFS CENTENNIAL

SEPT. 23 – Bellows Air Force Station will hold its centennial hoolaulea from 10 a.m. to 5 p.m. on the Turtle Cove lawn. The event will feature entertainment, food, keiki rides, vendors and military vehicle/historic/environmental displays. FMI: www.facebook.com/bellowsafs/



MOVIE SHOWTIMES*

SHARKEY THEATER

TODAY - SEPT. 15

7:00 • Logan Lucky (PG-13)

SATURDAY - SEPT. 16

2:30 PM • The Emoji Movie (PG)

4:30 PM • The Nut Job 2: Nutty By Nature (3-D) (PG)

6:30 PM • The Hitman's Bodyguard (R)

SUNDAY - SEPT. 17

2:30 PM • The Nut Job 2: Nutty By Nature (3-D) (PG)

4:40 PM • Logan Lucky (PG-13)

7:10 PM • The Dark Tower (PG-13)

7:00 PM • The Hitman's Bodyguard (R)

THURSDAY - SEPT. 21

HICKAM MEMORIAL THEATER

TODAY - SEPT. 15

7:00 PM • The Nut Job 2: Nutty By Nature (PG)

SATURDAY - SEPT. 16

3:00 PM • The Nut Job 2: Nutty By Nature (PG)

6:00 PM • The Hitman's Bodyguard (R)

SUNDAY - SEPT. 17

3:00 PM • The Nut Job 2: Nutty By Nature (PG)

THURSDAY - SEPT. 21

7:00 PM • Wind River (R)

The Nut Job 2: Nutty By Nature

Surly the squirrel and his animal friends find out that the corrupt mayor of Oakton plans to bulldoze their beloved Liberty Park to make way for an amusement park. Hoping to save the place they call home, Surly, Andie, Buddy and the rest of the gang join forces with Mr. Feng, a seemingly cute and innocent mouse who happens to be a fierce master of kung fu.