

USS Paul Hamilton departs for deployment



Lt. Erik Guiremand, formerly assigned to the guided-missile destroyer USS Paul Hamilton (DDG 60), casts a line as the ship departs Feb. 14 from Joint Base Pearl Harbor-Hickam for a scheduled independent deployment.

U.S. Navy photos by MC2 Diana Quinlan

(Right) Firecontrolman 1st Class Michael Farbridge-Currie, assigned to the guided-missile destroyer USS Paul Hamilton (DDG 60), kisses his daughter as the ship prepares for departure.

Photo illustration

Summit emphasizes ‘Every Sailor Every Day’

MC3 Gabrielle Joyner

Navy Public Affairs Support Element West, Detachment Hawaii

Sailors and senior leadership stationed throughout Navy Region Hawaii participated in a two-day personal readiness summit held Feb. 17-18 at Joint Base Pearl Harbor-Hickam.

The summit focused on building trustworthy relationships between peers and command leadership, as well as promoting personal resilience to manage an array of personal behavior issues. With a theme of “Every Sailor Every Day,” the summit’s objective was to empower commands to provide a command climate culture of equal respect as a key part of developing operational readiness.

“It’s critically important that naval leaders today ensure their teams, squadrons, ships and boat crews are ready to fight and win,” said Adm. Harry B. Harris Jr., commander of U.S. Pacific Fleet (PACFLT). “It’s a lot harder to be ready to fight if you’re bogged down with personal issues that are distracting from the real mission.”



U.S. Navy photo by MC2 Laurie Dexter

Adm. Harry B. Harris Jr., commander of U.S. Pacific Fleet, speaks during a personal readiness summit held Feb. 17 on Ford Island, Joint Base Pearl Harbor-Hickam.

U.S. Pacific Fleet Master Chief Marco Ramirez stressed the serious nature of the subjects addressed during the summit as vital to the organization.

“The purpose of the personal readiness summit is to make sure that we are engaged, and we can better recognize destructive behaviors,” said Ramirez. “Part of readiness is to provide education in recognizing these issues because readiness is not a joke, it is what we do.”

The summit included a diverse range of interactive presentations on topics such as sexual assault prevention, suicide prevention, stress

control, ethics, physical readiness and other personal issues that affect the fleet.

“We try to bring in new and interesting speakers to provide different perspectives on personal and family readiness issues,” said John Croce, PACFLT Personal and Family Readiness, equal opportunity and commercial services management and host of the summit.

“We get a lot of good feedback from these very sessions across the fleet and think it’s a key component of our whole personal and family readiness program.”

The participating Sailors were grouped in targeted au-

diences as a way to maximize training opportunities and group participation.

“Our organization is hierarchical. We have leaders and followers, but we are also a team and we share ideas and our practices,” said Cmdr. John Kalantzis, PACFLT deputy chaplain and a panel participant.

“This summit is a mechanism for discussing the best practices, adjusting the policies where necessary, and bringing in new fresh ideas and making processes we have work better so that we can take care of our people

See SUMMIT, A-4

Next ‘Pearl Harbor Colors’ ceremony set for Feb. 26

Navy Region Hawaii Public Affairs

The next Pearl Harbor Colors, a monthly military ceremony open to the public, will be held beginning at 7:30 a.m. Feb. 26 at the Pearl Harbor Visitor Center. The theme for this month’s event is, “African American History and Heritage in the United States Navy.”

Sponsored by Navy Region Hawaii in coordination with the National Park Service, the ceremony will feature the U.S. Pacific Fleet Band, the Navy Region Hawaii Ceremonial Guard, and an official observance of “morning colors,” with remarks by Navy Capt. Stanley Keeve, commander of Joint Base Pearl Harbor-Hickam.

Pearl Harbor Colors is an opportunity for local residents and international visitors to witness a U.S. military ceremony and meet veterans, service members and their families. Attendees can learn about various aspects of military history.

The setting for Pearl Harbor Colors is the Pearl Harbor Visitor Center at the World War II Valor in the Pacific National Monument, which is home to Hawaii’s most visited historic site—the USS Arizona Memorial—expected to draw 1.5 million visitors in 2015.

“Through Pearl Harbor Colors, we honor our history and heritage, build relationships with our partners and the surrounding community, and recognize the dedication and hard work of our service members and their families in a committed and sustainable way,” said Rear Adm. Rick Williams, commander, Navy Region Hawaii and Naval Surface Group Middle Pacific.

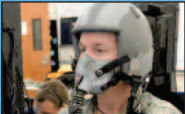
For more information about Pearl Harbor Colors, contact Lt. Damall Martin at 473-2920 or damall.martin@navy.mil. For more information on the Pearl Harbor Visitor Center at the WWII Valor in the Pacific National Monument, contact Amanda Corona at 422-3315 or amanda_corona@nps.gov.

USS Makin Island visits joint base



U.S. Navy photo by MC2 Diana Quinlan

The amphibious assault ship USS Makin Island (LHD 8) arrives Feb. 13 at Joint Base Pearl Harbor-Hickam for a scheduled port visit. Makin Island, the flagship of the Makin Island Amphibious Ready Group, is returning to homeport San Diego from a seven-month deployment to the western Pacific and the U.S. Central Command areas of responsibility. (Additional photos on page A-5.)



15th Aerospace Medicine Squadron provides hypoxia training See page A-2



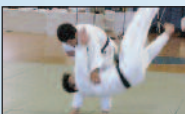
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USS Michael Murphy refuels at sea See page A-6



Japanese students showcase traditional arts See page B-1



Sailors and Airmen help with whale watch count See page B-3

15th Aerospace Medicine Squadron provides hypoxia training

Tech. Sgt. Aaron Oelrich

15th Wing Public Affairs

The dangers of hypoxia are real in the profession of aviation. That is why every Air Force flight crew member at Joint Base Pearl Harbor-Hickam (JBPHH) is provided with essential hypoxia training by the 15th Aerospace Medicine Squadron’s aerospace and operational physiology team.

Hypoxia is caused by an oxygen deficiency in the blood, sufficient enough to cause impairment of functions.

This condition can cause a wide range of symptoms including confusion, poor judgment, increased rate and depth of respiration, increased heart rate and unconsciousness, none of

which is safe when a pilot or aircrew member is flying.

However, according to Capt. Timothy Plant, officer in charge of aerospace and operational physiology, all flight crews experience hypoxia in a training environment to prepare them for the potential onset during flight operations. A reduced oxygen breathing device (ROBD) is used to create a controlled hypoxic environment.

The ROBD creates hypoxia by altering the percentage of oxygen and nitrogen in the air mixture through mass flow controllers that precisely generate hypoxic breathing conditions, without affecting atmospheric pressure, said Staff Sgt. Xenia Dillon, aerospace and opera-

tional physiology non-commissioned officer in charge of training.

In addition to the ROBD, a flight simulator designed to mimic basic aircraft function is used to test cognitive abilities in a hypoxic environment.

“The training objectives are, specifically, recognition of hypoxia signs and symptoms,” said Plant. “The only way you can effectively accomplish that is by getting people hypoxic, putting them into a controlled hypoxic environment and let them experience how their body responds to the environment. Once they recognize their signs and symptoms, we want to see them demonstrate proper corrective procedure.”

Prior to 2011, personnel from JBPHH were sent on

temporary duty to bases with a hypobaric chamber to accomplish their annual hypoxia training.

“Hypobaric chambers essentially change the atmospheric pressure, grounding air crews because of the risk of decompression sickness. With the ROBD, you can step straight from the training to the jet,” said Dillon.

“We have taken all 700 plus aircrew and trained them here instead of sending them to a hypobaric chamber, saving the military on TDY costs.”

Col. Randy Huiss, 15th Wing commander, operates a flight simulator during hypoxia training Jan. 22 at Joint Base Pearl Harbor-Hickam.

U.S. Air Force photo by Staff Sgt. Alexander Martinez



Ambassador Kennedy and first lady of Japan visit USS Olympia

MC2 Brian G. Reynolds

Fleet Activities Yokosuka Public Affairs

FLEET ACTIVITIES YOKOSUKA, Japan — The crew of the Los Angeles-class, fast attack submarine USS Olympia (SSN 717), homeported in Hawaii, welcomed First Lady Akie Abe, the wife of Japanese Prime Minister Shinzo Abe, during a tour of the submarine Feb. 12.

The tour was conducted to reinforce the strategic alliance that exists between the U.S. and Japan, highlighting U.S. 7th Fleet’s partnership with the Japan Maritime Self-Defense Force.

“I think this was a great opportunity for Mrs. Abe to gain an appreciation for what we bring to the alliance in terms of capabilities, both material and personnel,” said Cmdr. Thomas Shugart, commanding officer of Olympia.

Abe was accompanied by U.S. ambassador to Japan, Caroline Kennedy. “It was a great honor to have the

wife of the prime minister, as well as Caroline Kennedy, who is a terrific representative of our country,” said Lt. j.g. Erik Edwards, supply officer aboard Olympia. “Our two countries are close allies, and it’s an honor to be a part of these two countries working so closely together.”

The tour highlighted Olympia’s torpedo facilities and control center.

“It’s very exciting to be able to show off the hard work that we do here and for them to see our day-to-day activities,” said Electronics Technician Seaman Alexander Pearce. “We take a lot of pride here.”

Olympia visited Yokosuka as a regularly-scheduled port visit as a part of its western Pacific deployment.

Olympia is a multi-mission platform submarine, capable of supporting anti-submarine warfare, anti-surface ship warfare, strike, naval special warfare involving special operation forces, intelligence, surveillance and reconnaissance, irregular warfare and mine warfare.

Wounded Warrior event needs volunteers

Navy Region Hawaii Public Affairs

Navy Region Hawaii (NRH) will host the Wounded Warrior Pacific Trials from March 9 to 13.

NRH is seeking volunteers to support this event.

Approximately 150 to 200 volunteers will be required to ensure that this Wounded Warrior Pacific Trials is successful. Volunteers will provide a supportive presence during events, including providing assistance to the athletes and coaches during the various events.

NRH is also soliciting sponsors for athletes to support them during the events. Responsibilities will be to meet athletes at the Honolulu International Airport upon arrival, attend meet and greet meetings, and attend athletes’ competitions during the week-long trials.

Volunteering to become an athlete sponsor is a demanding responsibility, as volunteers will be the athlete’s primary point of contact while he or she is on island competing during the trials.

Sponsorship is open up to commands as well as individuals.

Events will include wheelchair basketball, seated volleyball, swimming, track

and field, archery, shooting and cycling. Events and locations are as follows:

- Swimming at Scott Pool, Joint Base Pearl Harbor-Hickam and Iolani High School.
- Track and field at Earhart Field, Joint Base Pearl Harbor-Hickam and Iolani High School.
- Cycling at a location to be determined.
- Wheelchair basketball at Joint Base Pearl Harbor-Hickam Fitness Center.
- Seated volleyball at Joint Base Pearl Harbor-Hickam Fitness Center.
- Meet and greet at Hickam Beach.

Service members and commands desiring to volunteer should contact the following personnel no later than Feb. 28: Matthew.P.Butler1@navy.mil or 472-8881, ext. 332 or 371-0271; or Christopher.Creek@navy.mil or 472-8881, ext. 332.

Service members and commands wanting to sponsor an athlete should contact Kimberly.Hanscom@navy.mil or 471-5522 no later than Feb. 28.

There will be a mandatory brief for all athlete sponsors and event coordinators from 9 to 10:30 a.m. March 2 at Hickam Memorial Theater.

Athletes from the trials will be selected to represent the Navy and Coast Guard at the annual warrior games in fall 2015.

Commentary

Message from SECDEF Ashton Carter to all Department of Defense personnel

I am honored to become your secretary of defense. I am proud to lead men and women who devote their lives to the highest calling, the defense of our nation. And I am grateful to follow in the footsteps of Secretary Hagel, one of our nation's most honorable and conscientious public servants.

We live in challenging times, times that demand leadership and focus. And starting today, I will be calling on each and every one of you to help carry out three top priorities.

Our first priority is helping the president make the best possible national security decisions for protecting our country and then implementing those decisions with our department's long-admired excellence.

We confront a turbulent and dangerous world: continuing turmoil in the Middle East and North Africa and the malignant and sav-



SECDEF Ashton Carter

age terrorism emanating from it; an ongoing conflict in Afghanistan; a reversion to archaic security thinking in parts of Europe; tensions in the Asia-Pacific; the proliferation of weapons of mass destruction; and intensifying threats in cyberspace.

In addressing these challenges, I have pledged to

provide the president my most candid strategic advice. I will count on your experience and expertise as I formulate that advice. I will also ensure the president receives candid professional military advice.

But as we tackle the many threats to our national security, we must never lose sight of our nation's enduring strengths or of the opportunities to make a brighter future and better world for our children.

The United States remains the strongest and most resilient nation on earth. Because of you, we have the finest fighting force the world has ever known. We have friends and allies in every corner of the world, while our adversaries have few. We have long possessed the world's most dynamic and innovative economy. And our values, principles and lead-

ership continue to inspire hope and progress around the world.

Safeguarding America's security and global leadership will depend on another of my main priorities: ensuring the strength and health of you who make up the greatest fighting force the world has ever known—our Soldiers, Sailors, Airmen, Marines, civilians and contractors all around the world.

I will do that by focusing on the well-being, safety and dignity of each of you and your families. I will ensure your training and equipment are as superb as you are. And I pledge to make decisions about sending you into harm's way with the greatest reflection and utmost care because this is my highest responsibility as secretary of defense.

Honoring all these commitments also requires us

to focus on building the force of the future, which is my third priority.

We must steer through the turmoil of sequestration, which imposes wasteful uncertainty and risk to our nation's defense. We must balance all parts of our defense budget so that we continue to attract the best people—people like you—so that there are enough of you to defend our interests around the world and so that you are always well-equipped and well-trained to execute your critical mission.

To win support from our fellow citizens for the resources we need, we must show that we can make better use of every taxpayer dollar. That means a leaner organization, less overhead, and reforming our business and acquisition practices.

It also means embracing the future and embracing change.

We must be open to change in order to operate effectively in an increasingly dynamic world, to keep pace with advances in technology, and to attract new generations of talented and dedicated Americans to our calling.

I first arrived at the Pentagon more than three decades ago and have had the privilege of serving 11 secretaries of defense in Democratic and Republican administrations. I took the oath of office because I love our country and am devoted to you who defend it. And I am committed to our fundamental mission: the defense of our nation.

I look forward to leading and serving alongside you at this extraordinary moment in our nation's history.

May God bless you and your families, and may God bless America.

Events planned next week to celebrate African American history

Joint Base Pearl Harbor-Hickam Public Affairs

The Joint Base Pearl Harbor-Hickam (JBPHH) Heritage Committee has announced the following African American History Month heritage observances.

- A Pearl Harbor Colors Honors and Heritage ceremony will be held from 7:30 to 8 a.m. Feb. 26 at Pearl Harbor Visitor Center.

The new monthly history and heritage event honors military veterans. In celebration of African American History Month, Pearl Harbor Colors in February will highlight the accomplishments of African Americans, with guest speaker Capt.

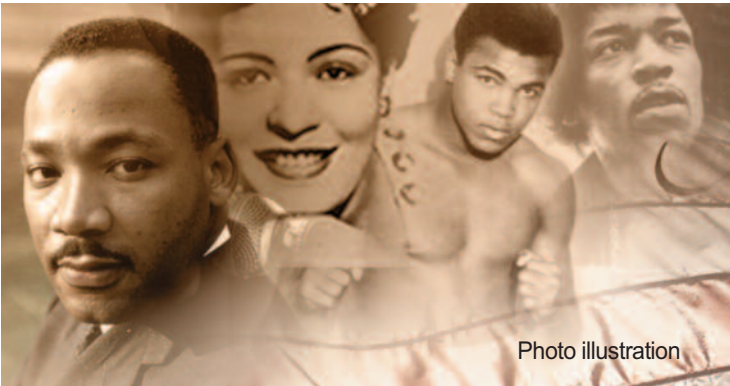


Photo illustration

Stan Keeve, commander of JBPHH, music by the Navy's Pacific Fleet Band, and a presentation of colors at 8 a.m. The event is open to the public.

- An African American History Month special observance

will be held from 9:30 to 10:45 a.m. Feb. 26 at Sharkey Theater.

The program includes an educational video and remarks from guest speaker Alphonso Braggs, president of the Hawaii

Chapter of the NAACP.

- A special luncheon will be held from 11 a.m. to 12:30 p.m. Feb. 26 at the Silver Dolphin Bistro Galley. The meal will include a Southern-inspired menu, featuring shrimp and sausage gumbo, fried catfish, fried chicken, Texas-style barbecue pork spare ribs, salad bar and assorted desserts. The luncheon is open to active duty military, Department of Defense civilians, retirees and family members of active duty with valid military ID cards. The cost is \$5.55. For more information, call the Silver Dolphin Bistro at 473-2948.

- The annual Gospel Fest & Taste of Soul will be held from 3 to 5 p.m. Feb. 28 at Nelles

Chapel. The event will include music, with choirs and praise teams showcasing their talents at the Gospel Fest. The music will be followed by fellowship and food at the Taste of Soul, where a variety of homemade soul food dishes will be judged and sampled. For more information on how to volunteer or to bring a dish, call Tech Sgt. McPhaul at 449-6562.

For more information, visit <https://www.facebook.com/notes/joint-base-pearl-harbor-hickam/african-american-history-month-events-planned-for-february/897613173622955> or call Joint Base Special Observance Committee representative Lt. Ariel Green at 448-4374.

Diverse Views



What African American person, living or dead, do you admire the most?



FC2 Autumn Irby
USS Paul Hamilton (DDG 60)

"Maya Angelou. She impresses me in every aspect of her life."

Maj. Elizabeth Somsel
15th Medical Group

"Thurgood Marshall. Brown vs. Board of Education was one of the most momentous decisions for civil rights. He argued it before the Supreme Court, then later was the first African American to join the court."



CTR2 Sarah Larson
NIOC Hawaii

"All the African American soldiers in the Civil War who fought for the North because they had it pretty rough. They were treated as subhuman and they still fought for the North."

Tech. Sgt. Weldys Baez
15th Wing Honor Guard

"Muhammad Ali. Ali was a great inspiration to many at a time. And Dr. Martin Luther King Jr. There's not much to say about Dr. King that has not been said. He represented an entire movement that led to radical and permanent changes in our society."



ICC Dustin Beltz
Pearl Harbor Naval Shipyard

"Martin Luther King. I believe in what he did for the civil rights movement, trying to set things right in the past. I believe in equal opportunity for all races, regardless of who you are."

FC3 Ashle Scurry
USS Paul Hamilton (DDG 60)

"My granny. She's been through a lot. She was born in the 1920s and she's seen a lot, but there's a good spirit about her."



Provided by Lt. j.g. Eric Galassi
and David D. Underwood Jr.

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

Drop us a line at editor@hookelenews.com or karen.spangler@navy.mil

U.S. Air Force pilot saw combat in Korea



U.S. Air Force file photo

U.S. Air Force Lt. Daniel "Chappie" James Jr. stands next to a P-51 in Korea. James first saw combat during the Korean War after arriving in Korea in August 1950. Serving with the 18th Fighter Wing and flying the P-51 Mustang and later the F-80 Shooting Star, James flew a total of 101 combat missions over Korea.

HO'OKELE

PEARL HARBOR - HICKAM NEWS

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Ho'okele is delivered weekly to Navy & Air Force housing units and Navy and Air Force installations throughout Oahu.

Use it or lose it: Changes to Air Force leave policy arrive this year

Staff Sgt. Alexander Martinez

Headquarters Pacific Air Forces
Public Affairs

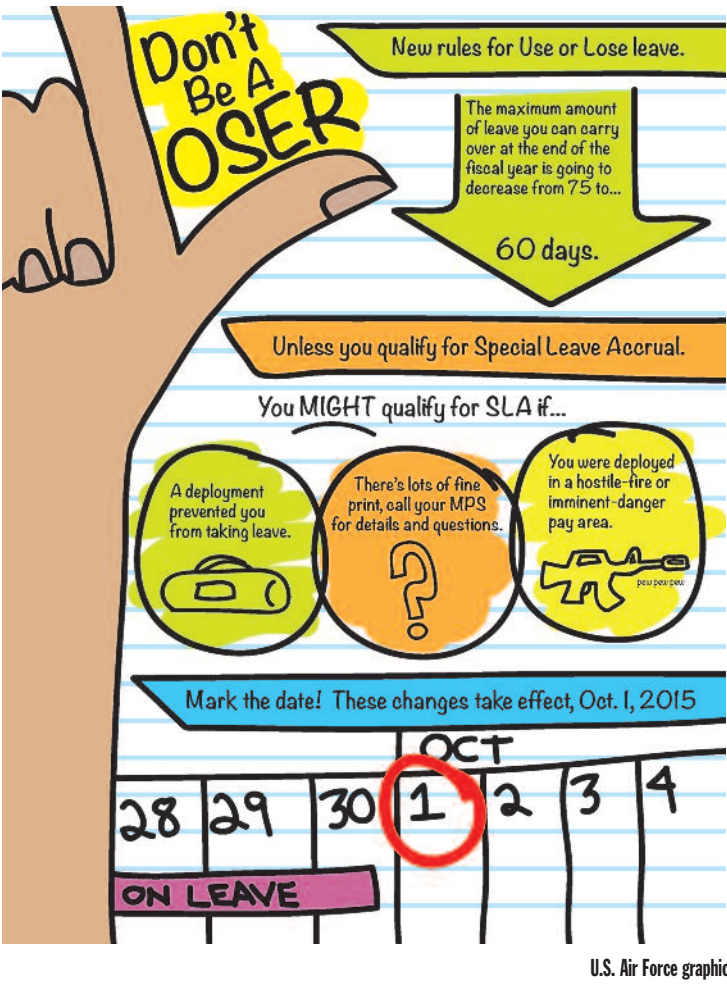
The warning on January's leave and earning statement is clear—"Important: Manage your leave. On Oct 1, you will lose all accrued leave over 60 days unless special leave accrual applies."

Air Force active duty, active Guard and Reserve members with more than 60 days of leave have less than eight months to use or lose those days as a result of changes in leave policy.

Since October 2008, high operations tempo in the Air Force drove the implementation of a temporary leave carryover extension provision that allowed Air Force members to carry over 75 days of leave to the next fiscal year without incurring a loss. But as of Sept. 30, or the end of fiscal year 2015, the provision expires, bringing the leave cap down to 60.

"I don't see any indication of it being extended at this time," said Derek Salis, Pacific Air Forces chief of enlisted promotions and customer support.

"Consequently, if [Airmen] don't prepare by planning on us-



ing leave between now and Sept. 30, they will lose it."

Airmen may be eligible for special leave accrual entitlements if they faced situations caused by a catastrophe, national emergency or crisis, or operations in defense of national security that prevented them from reducing their leave balance before the end of FY15.

"SLA is not automatic; it must be requested," Salis said. "Additional information can be found in AF1 36-3003 (military leave program), or members can talk to their servicing (military personnel section) customer service."

Another option for Airmen is to sell leave back to the service. For each day of leave sold back, they will be paid a day's worth of basic pay. With this option, Airmen are only allowed to sell back 60 days.

Salis said enlisted members may sell back leave upon reenlistment or entering the first extension of an enlistment.

"There are also provisions that allow a one-time SLA sell back, to be sold at any time, which is authorized for enlisted members who would lose leave accumulated in excess of 120 days," Salis said. "Officers may only sell leave

prior to a retirement or separation."

Master Sgt. Marija Showalter, PACAF command military pay manager, noted the importance of knowing the accurate balance of leave as of Sept. 30.

As the military payment system has not yet been programmed to show the updated use/lose changes, the use/lose block on leave and earnings statements may not reflect the accurate number of days a member is projected to lose. Currently, members wanting to know their actual use/lose leave balance need to look at their current leave balance and do the calculations necessary to arrive at the correct use/lose balance, she said.

"Leave Web may not provide you with the most up-to-date information," Showalter said.

While calculating the number of leave days before the end of the fiscal year, Airmen should also ensure they factor in the amount of leave they will earn up until the end of September, which accumulates at 2.5 days per month.

For information about the military leave program, visit the myPers website at <https://mypers.af.mil> or consult with the local finance office or MPS.

Clinic helps patients learn healthy behavior

Capt. Louis Edwards

15th Medical Group

The behavioral health optimization program (BHOP) at 15th Medical Group is designed to enhance military members and their family's overall behavioral health as part of their comprehensive health care.

The BHOP provides brief, solution-focused interventions to promote healthy coping strategies, communication skills and behavioral change. Some of the services offered by the BHOP are coping with anxiety, insomnia, parenting issues, smoking cessation and wellness changes.

Behavioral health consultants are licensed clinical social workers who work directly

with patients' primary care managers to develop behavioral health plans that suit the health care needs of the patient.

The BHOP service is not the same as mental health clinic services, and patients will not be offered traditional, long-term therapy. Additionally, documentation is kept in the family health clinic record, not in mental health.

"BHOP is not therapy. However, a person can meet with me up to three times to address whatever issue they have," said Susan Anderson, 15th Medical Operations Squadron behavioral health consultant. "Patients do not need a referral to be seen in BHOP."

Furthermore, the program limits of confidentiality are the

same as other primary care manager (PCM) providers. However, in cases where the branch health clinic has a duty to report potential harm to self or others, abuse, violence, or Uniform Code of Military Justice violations, an exception to privacy is made.

The focus of BHOP is to enhance one's overall health and wellness—body, mind and spirit. It was created to help members and their families cope with, and manage, physical health challenges and common-life stressors that may interfere with daily functioning.

"We will get a snapshot of what is working in their life and what is not and come up with a strategy to make it better through assessments, educational handouts or

resources," said Anderson. "All who are age 18 and older and enrolled to the 15th Medical Group are welcome, both active duty and non-active duty."

Anderson said the focus is on helping people reduce life's stress by promoting healthy coping strategies and behavioral changes. BHOP also helps patients cope with common-life transitions and stressors like permanent changes of station and other military-related stressors.

"The goal is to enhance the quality of your life," said Anderson.

To book an appointment with BHOP, call the appointment line at 448-6000. For more information about BHOP services, patients should speak with their PCM or contact Susan Anderson at 448-6147.

Personal readiness summit

Continued from A-1

and win the fight," he said.

Mike Domitrz, founder of "The Date Safe Project," performed interactive training fueled by crowd participation entitled, "Can I Kiss You." The presentation focused on sexual assault and changing the culture toward the meaning of consent.

"The best part about this training is that it's just blatantly truthful, he just says it like it is, and people can better relate to it," said Steelworker 2nd Class William H. Baird, assigned to Naval Facilities Engineering Command. "It's an ongoing issue, and everyone wants to do something to stop it but not a lot of people really make the effort to do so. Being straightforward really helps."

Harris suggested that leadership engage with their teams and talk to them about the subjects outlined in the summit sessions when they check in, to set the tone, and when they check out to see if the message has resonated.

"I encourage you to take from this summit the tools you need to communicate with your command team and help put a stop to the issues that distract us from the mission, for the welfare of our Sailors, our Navy and our nation," said Harris.

Pearl Harbor-Hickam*Highlights*



Sailors, stationed at Joint Base Pearl Harbor-Hickam (JBPHH), moor the amphibious assault ship USS Makin Island (LHD 8) upon the ship's arrival Feb. 13 for a scheduled port visit.

U.S. Navy photo by MC2 Diana Quinlan

(Right) Sailors, assigned to the amphibious assault ship USS Makin Island (LHD 8), install a rat guard on a mooring line upon the ship's arrival Feb. 13 at JBPHH for a scheduled port visit.

U.S. Navy photo by MC2 Diana Quinlan



(Left) Military service members ran as part of "Sounds of Freedom" in Hawaii's annual Great Aloha Run held Feb. 16 on Oahu. Contributions and registration fees for the run go toward more than \$400,000 in donations to local charities.

U.S. Navy photo by MC2 Laurie Dexter

(Right) Air Force Reservist Tech. Sgt. Celsa Salazar, third from left front row, a personnelist with the 624th Regional Support Group, takes the oath to uphold the law with her fellow HPD officers from recruit class #178 during a commencement ceremony held Feb. 11 at McKinley High School auditorium.

U.S. Navy photo by Tech. Sgt. Phyllis Keith



(Left) Sailors stationed throughout JBPHH participate in a base-wide cleanup. The event, which was held Feb. 12, spanned approximately two miles and attracted nearly 50 volunteers from different commands around the base.

U.S. Navy photo by MC3 Gabrielle Joyner

USS Michael Murphy refuels at sea

The Arleigh Burke-class, guided-missile destroyer USS Michael Murphy (DDG 112) conducts an underway replenishment Feb. 8 with USNS Carl Brashear (T-AKE-7) in the South China Sea. Michael Murphy is deployed to the U.S. 7th Fleet area of operation supporting security and stability in the Indo-Asia-Pacific region.

U.S. Navy photo by Lt. j.g. Joshua Flanagan



New leadership courses are available at JBPHH

Tech. Sgt. Terri Paden

15th Wing Public Affairs

New professional development classes are now being offered by the career assistance advisor (CAA) at joint base to aid Airmen with self-improvement and career enhancement.

The John C. Maxwell “Developing the Leader Within You” and “The 360 Degree Leader” courses rolled out at Joint Base Pearl Harbor-Hickam (JBPHH) in January.

According to Master Sgt. Rebecca Pash, the 15th Wing career assistance advisor assigned to the 647th Force Support Squadron, the classes will help to improve Airmen personally as well as professionally.

“The courses I offered before these were all Air Force-specific leadership courses, but these new courses are more personal,” she said. “These are about helping Airmen figure themselves out and how they can become a better leader and person.”

Though all the services provided by the CAA are geared toward professional enhancement, Pash said most of the recent professional development opportunities had been primarily informational in order to educate the force on the new way ahead.

“With such a heavy emphasis on

change, we haven’t been able to focus as much on developing leaders,” she said.

“A lot of time we tend to identify each other by our AFSCs, but really we want everyone to be known as an Airman first and being an Airman you have to be a leader. Leaders aren’t born. You don’t just wake up with leadership skills. You have to build them.”

Pash said the classes will also help bridge the gap between required professional military education and will also provide more opportunities for professional development at all levels.

“I feel it’s a class that will open your eyes to a whole new way of thinking,” said Staff Sgt. Everett Cooper, course facilitator. “It helps people look at being a leader from every angle. It’s an amazing class. It’s helped me grow as a person, a leader and as an NCO.”

The classes are currently being divided by tiers, with a separate class for company grade officers and civilians, but Pash said future classes will be integrated and eventually open to members of the other services.

“We just really want to develop Airmen at all levels and make sure that everyone is given an opportunity to work on weak areas and self-improvement while figuring

out what their personal strengths and weaknesses are,” she said. Both classes can accommodate 30 participants and are video-led with trained facilitators guiding the class through principal application discussions.

“Both classes have gotten great feedback,” she said. “Airmen are hungry for professional development and leadership based training right now. They want to learn and know what’s going on and be better, and all of this ties into the direction the Air Force is moving in now. You’re not going to be able to keep up if you aren’t moving toward self-improvement and continuing to develop. If you’re not doing things to better yourself, you won’t make it in today’s Air Force.”

Tech. Sgt. Courtney Stanton, future course facilitator, said after attending the “Developing the Leader within You” course as part of his facilitator training, he believes the course will help atten-

dees to become more effective leaders and better position them to help their Airmen.

“I believe this course is an integral piece to a continuous developmental process for current and future leaders,” he said.

The two new leadership courses are just part of what Pash provides to the base. She said it is her job to provide direction and motivation to the Airmen who come to see her.

“I offer non-biased career advice and guidance,” she said. “I help Airmen find opportunities within the Air Force and help them decide where they are going and where they want to be going in their careers.”

Pash said she relies upon her vast experience and knowledge of the Air Force to help Airmen make informed decisions.

“If I don’t know the answer, then I help get Airmen to the helping agency they need,” she said. “And that’s the same advice I would give other people. If you don’t know the answer, don’t give bad advice. Refer the person to me or the appropriate helping agency.”

Pash, who was a security forces defender for nearly 16 years before being selected for this special duty as CAA, said she feels she has had two of the best jobs in the Air

Force because of her ability to help others.

In addition to the new John C. Maxwell courses, Pash also provides a host of other professional enhancement courses including First Term Airmen’s Course (FTAC), NCO Professional Enhancement (NCOPE), SNCO Professional Enhancement (SNCOPE), CGO Professional Enhancement (CGOPE), Informed Decision (ID), Monthly lunch and learns, Special Duty/Retraining 101, ISR Guard and Reserve Recruiter Monthly Palace Chase/Front Briefing, John Maxwell’s 360 Degree Leader, and John Maxwell’s Developing the Leader Within You.

Have you recently been thrust into a leadership position and are not sure how to lead others? Do you aspire to lead teams but are currently only leading yourself? If leadership is what you need, the career assistance advisor also schedules appointments. Email 647fss.ftac@us.af.mil to request an appointment with the CAA. Please put in the subject line: “appointment request” or 448-0195 and leave a detailed message.

For class schedules, dates, times and/or registration, visit the PDC SharePoint at <http://ow.ly/Jhnt7>.

(To view the complete story and description of courses, visit www.15wing.af.mil.)



Reservists graduate from HPD Training Academy

Story and photo by
Tech. Sgt. Phyllis Keith

624th Regional Support
Group Public Affairs

Two Reservists from the 624th Regional Support Group (RSG) graduated from the Honolulu Police Department's (HPD) Training Academy in a ceremony held Feb. 11 at McKinley High School auditorium in Honolulu.

Tech. Sgt. Celsa Salazar, a personnelist with the 624th RSG, and Tech. Sgt. Justin Smith, an air transportation specialist with the 48th Aerial Port Squadron (APS), received their badges and guns and took the oath to become police officers in front of families and friends.

Both said a career with HPD goes hand-in-hand with their Air Force Reserve duty and their commitment to service before self.

Salazar said that she had always wanted to serve



Tech. Sgt. Justin Smith, right front, an air transportation specialist with the 48th Aerial Port Squadron, passes through the reception line Feb. 11 after an HPD commencement ceremony at McKinley High School auditorium, Honolulu.

in some capacity, so she started with the Air Force and its global focus. She said that police work was a different level of serving the public. “You’re serving

the community. You’re going to be seeing them every day,” she said.

Smith said he had wanted to be a police officer since he was young. “From

2002 to 2006, I was active duty in the Marine Corps and then I got out, took a break in service, and joined the Air Force Reserve in 2009,” he said.

According to Smith, becoming a police officer was an opportunity he couldn’t pass up.

As part of HPD’s 178th recruit class, Salazar and Smith underwent 22 weeks of intense classroom and hands-on training at the police academy.

Salazar said she liked the survival training. “We actually got tactical with maneuvering, busting

down doors, tactical movements to get in and do what you have to do and get out.”

Smith said the firearms training was his favorite part.

According to the Department of Defense, police officer is the most common occupation of National Guardsmen and military Reservists.

Chief Master Sgt. George Silva III, chief of operations for the 48th APS who works fulltime on HPD’s bomb unit, said that military members made successful police officers because they not only understood the importance of following a chain of command, but they brought good attitudes, work ethic, and discipline to the job.

Smith said his fellow Reservists who were police officers told him to work hard, prepare himself mentally and physically, and be ready. “I got all the advice I could about training and what to expect,” he said.

Both Salazar and Smith will be paired with veteran HPD officers for an additional six months of field training. As Reservists, they will continue to drill one weekend a month and two weeks a year.

Caring for People Forum focuses on relationship resources

Tech. Sgt. Aaron Oelrich

15th Wing Public Affairs

The focus on relationship resources is the topic during this quarter’s Caring for People Forum which will be held Feb. 26 in the Hickam Chapel.

The CfP Forum is designed to strengthen connections to support services that improve quality of life for Airmen and their families.

“Every base has CfP Forum. Typically it is held annually; we try to conduct ours quarterly,” said Drew Kadokawa, a community readiness consultant for the Airman and Family Readiness Office.

“This quarter, the focus is on relationship resources because of the need found through community action information boards and integrated delivery systems,” he said.

The integrated delivery systems

collect information on trends and issues from each unit. This information is then presented to the community action information boards.

This allows the commander to initiate CfP Forums that are focused on the issues facing Airmen and their families.

“The CfP Forum will provide information and concerns to ensure that we are targeting our relationship resources to the community properly,” said Senior Master Sgt. Jill Pratt, 15th Wing IDS chair.

“This is the military member’s and their family’s voice to tell us how we can help them and what we can do to improve our services or offer different services,” Kadokawa said.

According to Kadokawa, military members from all components of the total force, including family members, are invited to attend the CfP Forum. Individuals that have utilized the relationship resources available on

JBPHH in the past are particularly encouraged to attend and give their feedback.

“The most important thing is, this is their opportunity to help us, as helping agencies, improve our services,” said Kadokawa.

The CfP Forum will be a two-hour discussion guided by facilitators who will help organize and track any issues, concerns and ideas brought up during the forum.

The information is then relayed to senior leaders who will make a decision on what issues can be worked at the base level and which issues need to be forwarded to Pacific Air Force headquarters.

To register for the CfP Forum, send an email to jbphhcaringforpeopleforum@gmail.com. If you would like more information on relationship resources that are available at JBPHH, contact the Airman and Family Readiness office.



Life&Leisure

Japanese students showcase traditional arts

Story and photos by
Brandon Bosworth

Assistant Editor, Ho'okele

Students from Japan's Nippon Sport Science University (NSSU) held an exhibition of Japanese martial arts and cultural arts Feb. 16 at Hickam Gym, Joint Base Pearl Harbor-Hickam.

Among the martial arts on display were kyudo (archery), sumo, judo, karatedo, aikido, kempo and kendo. The event also featured traditional Japanese drumming and folk dancing. About 150 students participated in the demonstrations.

NSSU was established in 1893. It is known for physical education and sports, counting many Olympic medalists (including 34 gold medalists) as past students, and actor Sonny Chiba. The university works to make sports popular in Japan through the encouragement and promotion of sport culture. Their motto is "Rich and Powerful Lives Based on Physical Education."

According to Lara Katine, Joint Base

Pearl Harbor-Hickam Morale, Welfare and Recreation special events, the idea for the Feb. 16 exhibition originated with NSSU.

"The university contacted us," she said. "Last year they did an exhibition at Marine Corps Base Hawaii, and they wanted to branch out to other locations."

Col. David Kirkendall, JBPHH deputy commander, was on hand to view the exhibition.

"It was absolutely fantastic," he said. "Everything was just amazing. Any time another culture comes and shares its traditions with us it is a real privilege."

Another audience member, Yeoman 1st Class Greg Joseph, US Pacific Fleet, also described the performances as "amazing."

"It was all so elegant with lots of movement," he said. "It was fascinating."

Joseph tried his hand at a bit of sumo during a brief workshop held near the end of the event and was impressed by the athleticism of the wrestlers.

"I had no idea it was so difficult!" Joseph said.



Yeoman 1st Class Greg Joseph, Commander, Pacific Fleet (right), tries his hand at sumo wrestling during an exhibition of traditional Japanese martial arts held Feb. 16 at Joint Base Pearl Harbor-Hickam.



Photo Illustration

Port Royal comes back to run past Makin Island

**Story and photo by
Randy Dela Cruz**

Sports Editor, Ho’okele

Down by four points at half-time, Joint Base Pearl Harbor-Hickam defending intramural basketball champions USS Port Royal (CG 73) went on a 6-0 run to open the second half and go on to a 43-35 victory over USS Makin Island (LHD 8) Feb. 14 at Joint Base Pearl Harbor-Hickam Fitness Center.

The Makin Island, which is based out of San Diego, is here on a port visit.

While the goodwill game between Port Royal and Makin Island was a friendly affair, both teams mixed it up in a highly competitive contest that saw neither squad back away.

Early in the game, it was Makin Island that took control as the team opened up with an effective transition attack that had Port Royal back pedaling.

With more than five minutes gone from the clock, Port Royal battled back from a 7-0 deficit by scoring their first basket of the game on a putback by Seaman Apprentice Tariq Jackson.

At the 10-minute mark, Jackson cut the lead down to two at 9-7 on another shot inside the lane.

Then with only 5:55 remaining before halftime, Logistics Specialist 3rd London Waldon scored on a lay-up to cut the lead down to one before dishing off to Ship’s

Serviceman Seaman Jay Donte for another basket to give Port Royal their first lead of the game at 12-11.

A basket by Boatswain’s Mate 2nd Class Zach Robley gave Port Royal a three-point lead, but on the next trip down the floor, Aviation Boatswain’s Mate (Fuel) 3rd Class Curtis Isom completed a basket-and-one to knot the game up at 14-14.

Robley put Port Royal back out in front on a basket to make it 16-14, but a trey by Cpl. James Paramore and another basket-and-one by Isom helped Makin Island take a 22-18 lead into halftime.

While Port Royal experienced a cold streak to start the game, Makin Island hit the freeze to start off the second half.

Two free throws by Waldon capped off a 6-0 run to give Port Royal a 24-22 advantage before Isom finally broke the doldrums on a putback six minutes into the second half.

“It was kind of like miscommunication as far as ball movement,” Isom said. “We strayed away from what got us there in the first place, which was the fast break. We wanted to slow it down because we didn’t have numbers. That kind of cost us though.”

The cold shooting for Makin Island didn’t stop there, however, as Port Royal got out to their biggest lead of the game at five points when Seaman Michael Elzin dropped a trey from the left

wing for a 29-24 lead at the 13:36 mark.

With time running down, the battle remained close with Port Royal clinging to a 39-34 lead with 1:51 remaining in the game.

A drive by Waldon for two points upped the lead to six with under a minute on the clock and may have been the shot that secured the game.

Waldon was the leading scorer of the game with 15 points while teammate Jackson followed up with 10 tough points inside the paint.

Isom helped keep Makin Island in the game by tallying nine points in the first half and five in the second for a total of 14 points.

“We just had to come out and play aggressive,” said Waldon about the team’s tough defensive stand in the second half. “In the first half, we were playing lazy defense. But we came through and we got our heads together.”

While Port Royal was one of the most potent scoring teams on base last season, the team has only averaged 37 points in its first two games so far this year.

Still, Waldon said there’s nothing to worry about and feels it’s just a matter of time before Port Royal is back to their old ways.

Until then, Waldon said that the team would continue to find ways to win and stay on top of the Afloat Division.

“The key to winning is defense and free throws,” he said. “We practice that every time.”



Logistics Specialist 3rd London Waldon tries to complete a reverse lay-up.

Blood drives planned

Tripler Army Medical Center Blood Donor Center currently scheduled drives include:

- Feb. 23, 9 a.m. to 1 p.m., Aloha Conference Center, Joint Base Pearl Harbor-Hickam.
- Feb. 24 and March 10, 11 a.m. to 3 p.m., NEX, Tripler Army Medical Center.
- Feb. 25, 9 a.m. to 1 p.m., Forest City residential management, 5173 Nimitz Road, building 4.
- March 4, 11 a.m. to 3 p.m., main exchange, Schofield Barracks.
- March 5, 9 a.m. to 1 p.m., SPAWAR Hawaii, 2293 Victor Wharf Access Road, building 992.

For more information, call 433-6699 or 433-6148 or email michelle.lele@amedd.army.mil or www.militaryblood.dod.mil.

JBPHH to host Wounded Warrior Family Symposium

Navy Region Hawaii

Public Affairs

A Navy Wounded Warrior Family Symposium will be held from 9 a.m. to 1 p.m. March 10 at the Hickam Officers Club.

Navy Wounded Warrior Safe Harbor coordinates the non-medical care of seriously wounded, ill and in-

jured Sailors and Coast Guardsmen, in addition to providing resources and support to their families.

Assistant Secretary of the Navy for Manpower and Reserve Affairs Juan P. Garcia III will deliver the opening remarks. Participants are asked to RSVP as early as possible because seating is limited to 100 guests.

The event is designed to encourage attendance by command leaders and medical providers to provide a clear understanding of the Navy Wounded Warrior-Safe Harbor mission and reinforce best practices in care coordination, family and caregiver support, medical and disability benefits, and employ-

ment and transition services.

Wounded warriors, family members, caretakers and providers will share experiences, ideas and resources with all in attendance.

Lunch will be provided.

For more information, call 426-6381 or email Thomas.D.Howell7.mil@mail.mil.

Sailors and Airmen help with whale watch count

Story and photos by Senior Airman Christopher Stoltz

Joint Base Pearl Harbor-Hickam Public Affairs

Sailors, Airmen and civilians mustered in the early morning Jan. 31 at Fort Hase Beach at Marine Corps Base Hawaii with hopes of spotting the North Pacific humpback whale.

Each winter, from approximately December to May, a portion of the endangered North Pacific humpback whale population migrates from their feeding grounds in Alaska to the warm waters of Hawaii to engage in breeding activities.

About 850 volunteers gathered data from the shores of Oahu, Kauai and Hawaii island during the first event of the 20th anniversary Hawaiian Islands Humpback Whale National Marine Sanctuary Ocean Count. The event was the first of three counts for the 2015 calendar year for the National Oceanic and Atmospheric Administration.

“This is a great opportunity for anyone who is interested in helping,” said Senior Airman Katie Cox, 647th Force Support Squadron, unit deployment manager, and volunteer site manager.

“It’s not often you have the chance to see the whales migrate, and it is always amazing when you see them breach the water, tail slap or surface to say hello. They don’t do it too often, but it is always a sight when they do.”

The count is a shore-based census that provides snapshot data on humpback whales. Participants tally humpback whale



Tech. Sgt. Brian Wingo, 647th Force Support Squadron, discusses the count.

sightings and document the animals’ surface behavior during the survey.

Volunteers collected data from 58 sites statewide. A total of 354 whales were seen during the 8:30 a.m. to 8:45 a.m. time period, the most of any time period throughout the count. According to site reports, conditions and sea states were ideal for viewing humpback whales, and other marine life were spotted, including spinner dolphins and Hawaiian monk seals. Preliminary data detailing whale sightings by site location is available at: <http://www.sanctuaryoceancount.org/resources/>.

The count is held the last Saturday of January, February and March (during peak whale season) of each year. On the island of Oahu alone, there are 26 sites where volunteers contribute their time and provide counts to the Hawaiian Islands Humpback Whale National Marine Sanctuary.

The two remaining sanctuary ocean counts are scheduled for Feb. 28 and March 28. People interested in volunteering may

register online at <http://sanctuaryoceancount.org>. More information is available on the sanctuary’s website at <http://hawaiihumpbackwhale.noaa.gov>, or volunteers may call 725-5917.

Volunteers are required to register prior to participating. Registration is slated to close one week prior to the event date.

“The counts would not be possible without the combined efforts of all of our volunteers,” said Nicholas Joly, sanctuary ocean count project coordinator for the Hawaiian Islands Humpback Whale National Marine Sanctuary.

“This data is important and would not be possible to obtain without their generosity and time. Luckily many of the volunteers have military clearance, which allows us to obtain numbers from points like Pyramid Rock and Mokapu Point which are on Marine Corps Base Hawaii. These counts, in addition to the other 24 sites, allow us to get a firm grasp of how many whales are migrating,” Joly said.



A group of kayakers paddle westward while a whale dives in the background, during the first of three NOAA-hosted 2015 Sanctuary Ocean Counts.

The Humpback Whale National Marine Sanctuary, which is administered by a partnership of NOAA’s Office of National Marine Sanctuaries and the State of Hawaii through the Department of Land and Natural Resources (DLNR), protects humpback whales and their habitat in

Hawaiian waters where they migrate each winter to mate, calve and nurse their young. The first count, conducted in 1996, had approximately 150 volunteers. Although the number has increased substantially, Joly said it never hurts to have more eyes on the ocean.

Clutch three-point shot raises Chung-Hoon over O’Kane

Story and photo by Randy Dela Cruz

Sports Editor, Ho’okele

Tied at 30-30 with about one minute remaining in the game, Logistics Specialist 3rd Class Nikita Mayo zeroed in on a clutch three-point shot to help USS Chung-Hoon (DDG 93) hold off USS O’Kane (DDG-77), 37-34, in an Afloat Division intramural basketball game held Feb. 14 at Joint Base Pearl Harbor-Hickam.

The win was the first of the season for Chung-Hoon, which just got back to Pearl Harbor after being underway.

O’Kane, which opened the first week of the season with a victory, saw their record even out at 1-1.

The battle between the two ships turned into a seesaw event with both teams unable to pull away from each other.

While the O’Kane opened the game on top, the lead lasted only until Boatswain’s Mate Seaman Emmanuel Morgan put Chung-Hoon out in front for the first time with a basket and an 8-7 lead at the 12:42 mark before halftime.

The shot coincided with the emergence of Yeoman 3rd Class Courtney Sims, whose hot hand was enough to keep Chung-Hoon ahead with a 19-15 lead at halftime.

Coming out of intermission, O’Kane got right back into the game when Gas Turbine System Technician (Mechanical) 3rd Class Jermaine Will swished a couple of free throws to pull his team to within a basket.

Sims immediately gave Chung-Hoon a little breathing room with a long trey, but Logistics Specialist Seaman Steven Black cut the margin back down to two on a three-pointer of his own.

Sims topped off a four-point run with

a breakaway basket to make it 26-20 in favor of Chung-Hoon.

However, Boatswain’s Mate Seaman Jahleen Tabor pulled O’Kane to within a point and then tied it up at 30-30 on a lay-up with only 3:47 remaining in the game.

On Chung-Hoon’s next possession, the team ran the clock down to 1:18 before Mayo got the ball in the right corner and launched a perfect rainbow through the net for a 33-30 lead.

“I’m a shooter, so I know I was going to make it,” Mayo admitted. “Coach had called it out. He said as soon as we drive, I’m going to get you in the corner. I had took two previous ones and missed them, but I knew one was going to be big.”

Although Mayo threw down the dagger, the big scorer for the game was Sims, who got nine points in the first half and followed up with 11 in the second half.

“Coach just said for me to drive,” said Sims about his game-high 20 points. “They wanted to double team the big guys, so I drove. That’s where the points are.”

While Sims admitted that the game wasn’t one of the team’s best, he believes that it won’t be long before Chung-Hoon is off and running with the top teams in the league.

“We just got back, so we’ve been too long at sea,” Sims explained. ‘It takes a toll on us, so right now, we’re just out of shape.”

Sims added that once the team gets in a few practices, he will be better able to assess how good Chung-Hoon can be this season.

“This is our first (game),” he said. “We’ve got a lot of new faces, so practice is where we’re going to get it together. I have faith in this team. Once we start practicing, everything will click.”



Yeoman 3rd Class Courtney Sims drives to the hoop for two of his game-high 20 points to lead USS Chung-Hoon (DDG 93) over USS O’Kane (DDG 77).

JBPHH intramural basketball standings														
(As of Feb. 17, 2015)														
Blue Division			W	L	Red Division			W	L	Afloat Division			W	L
1. 690th COS			3	0	1. PHMSY IMF			3	0	1. Jefferson City			2	0
2. 735 AMS			3	0	2. Pound Town			3	0	2. Chosin			1	0
3. NIOC HI			2	0	3. 647 FSS			2	1	3. Port Royal			1	0
4. 647 CES			1	0	4. 8 IS			2	1	4. Chung-Hoon			1	1
5. The System			1	0	5.NSSC			2	1	5. PCP Warriors			1	1
6. COMPACFLT			2	1	6. Security			2	1	6. John Paul Jones			1	1
7. 647 LRS			1	1	7. 15 MXG			2	1	7. O’Kane			1	1
8. 324 IS			1	2	8. 747 CS			1	2	8. Bremerton			0	1
9.JIOC			1	2	9. 15 MDG			1	2	9. Hopper			0	2
10. HQ PACAF			0	3	10.Bronze St. Warriors			0	3	10. Corpus Christi			0	2
11. Bushmasters			0	1	11.Company I			0	3					
					12. Nock Boyz			0	3					



Live the Great Life

New fitness program comes to JBPHH

Reid Tokeshi

Joint Base Pearl Harbor-Hickam
Morale, Welfare & Recreation

Those hoping to continue their New Year's resolution of getting in better shape have another option available on base. This month marked the start of a new fitness class called PiYo Strength.

"The class combines the muscle sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga," said Lori Gaynor, Joint Base Pearl Harbor-Hickam fitness manager, at Wahiawa Annex.

She added that low impact athletic movements are included in the routine to increase the intensity and burn calories. "You'll use your body weight to perform a series of moves to define every single mus-



Shutterfly Photo

PiYo Strength combines yoga, Pilates and cardio into one workout.

cle, big or small," Gaynor said.

Classes at Joint Base Pearl Harbor-Hickam Fitness Center are held every Tuesday at 4:30 p.m. and Friday at 11:30 a.m. Classes at Hickam Fitness Center are held on Tuesdays at 8:30 a.m. and Thursdays at 5:15 p.m.

The class is open to all eligible patrons ages 10 years and up, and there is a nominal fee per class. For more information, customers can call the JBPHH center at 471-2019 or the Hickam center 448-2214 or stop by one of the fitness centers and ask the front desk staff for details.



Submissions to be accepted for writing contest

Justin Hirai

Joint Base Pearl Harbor-Hickam
Morale, Welfare and Recreation

The Joint Base Pearl Harbor-Hickam Library will begin accepting submissions for the 2015 Annual Creative Writing Contest on March 1. The deadline is April 4.

Patrons of all ages are welcome to enter one piece in the poetry division, short story division or both. There are three age divisions — children ages 6-10 years old, young adults ages 11-18 years old, and adults ages 19 years and up.

Writings will be judged on the content, originality, language usage and quality of expression. Gift cards will be awarded in both divisions and all age categories as prizes for first, second and third place.

There will also be prizes awarded to honorable mention recipients.

There is no entry fee. However, participants need to be a registered library patron. If they aren't registered, they can stop by the library and a staff member will help them register. Anyone authorized to use MWR programs is eligible to become a registered library patron. Participants will also need to pick up an entry form or download one from www.greatlifehawaii.com. The specific rules are listed on the top of the entry form.

Judging will take place between April 7 and 14. Winners will be notified by phone. There will also be an awards ceremony and refreshments at 1 p.m. April 18 at the library.

For more information, call the library at 449-8299.

Your Weekly Fun with MWR

Youth Spring NFL Flag Football Registration closes today for youth ages 5 to 15 years old. The season runs March through June. The cost is \$70. Registration is available at www.greatlifehawaii.com. FMI: 473-0789.

Youth USATF Track & Field Registration closes today for youth ages 9 to 18 years old. The season runs March through August. The cost is \$40 and does not include USATF membership. Registration is available at www.greatlifehawaii.com. FMI: 473-0789.

TRX Level 1 Group Suspension Training will be held from 8 a.m. to 4 p.m. Saturday at Joint Base Pearl Harbor-Hickam Pearl Harbor Fitness Center. Participants can learn to properly perform TRX exercises for all fitness levels and correct common faults. The cost is \$195 or \$350 including TRX Force Kit. FMI: bcarter@trxtraining.com or call 415-640-6382.

Free Golf Clinic will begin at 9:15 a.m. Saturday at Barbers Point Golf Course. FMI: 682-1911.

Family/Group Sailing Instruction will be held from 9:30 a.m. to noon Saturday at Rainbow Bay Marina. Students ages 10 years and older

can get a brief introduction to sailing, including an overview in the classroom, demonstration of rigging and some time on the water. The cost is \$10 per person, and there is a maximum of four people per session. FMI: 784-0167.

Whale Watching Cruise will depart at noon Saturday from the MWR Information, Tickets & Travel-Hickam office for Ko Olina Marina. Participants can sail along the west coast of Oahu to search for humpback whales. Tickets are \$45 for adults and \$40 for children ages newborn to 11 years old. FMI: 448-2295.

Wood Shop Safety class will be held from 4:30 to 7:30 p.m. Saturday at the Hickam Arts & Crafts Center. Upon completion, participants will be issued a safety certification card enabling them to use the shop tools and equipment and to go on to more advanced wood-working classes. The cost is \$20. FMI: 448-9907.

Fashion Illustration class will be held from 3:30 to 5 p.m. every Monday from Feb. 23 through March 23 at the Hickam Arts & Crafts Center for youth ages 12 years and older. Basic sketching and painting experience is a

plus but is not required. Tuition is \$65. FMI: 448-9907.

Visit www.greatlifehawaii.com or subscribe to MWR's digital magazine Great Life Hawaii.



Monday Night Kid's Night will be held from 5 to 9 p.m. Feb. 23 at Sam Choy's Island Style Seafood Grille. Children ages 12 years and younger can have a free kid's meal with the purchase of an adult entrée. A bounce house will be available for children from 5 to 7 p.m. FMI: 422-3002.

Paint 'n' Jam: Pop Art Pow class for youth ages 12 to 16 years old will be held from 3:30 to 5:30 p.m. Feb. 24 at the Hickam Arts & Crafts Center. Youth can create paintings on stretched canvas while "jamming" to music. The cost is \$25 including supplies. No experience is necessary. FMI: 448-9907.

After-school Watercolor class for youth ages 7 years and older will be held from 3:45 to 5:15 p.m. every Tuesday from Feb. 24 through March 31 at the Hickam Arts & Crafts Center. Tuition is \$70. FMI: 448-9907.

Beginning Adult Watercolor class will be held from 6 to 8 p.m. every Tuesday from Feb. 24 through March 31 at the Hickam Arts & Crafts Center. Tuition is \$70. FMI: 448-9907.

Preschool Story Time will be held from 9 to 10 a.m. Feb. 25 at the Joint Base Pearl Harbor-Hickam Library. The theme of this free program is "Be Happy." FMI: 449-8299.

Ford Island Historical Tour will be held from 9:30 a.m. to noon Feb. 25. Points of interest on this guided tour include the USS Utah and USS Oklahoma Memorials, the Navy Club Memorial honoring the USS Arizona, historic Nob Hill officer homes, and areas of bombing and bullet strafing. Round-trip transportation from the ITT-Hickam office is included. Tickets are \$25 for adults and \$20 for children ages 3 to 11 years old. FMI: 448-2295.

Home-school Watercolor class for youth ages 8 years and older will be held from 1:30 to 3 p.m. every Thursday from Feb. 26 through April 2 at the Hickam Arts & Crafts Center. Tuition is \$70. FMI: 448-9907.

Mongolian barbecue will be offered from 5:30 to 8 p.m. Feb. 26 on the lanai of the Historic Hickam Officers' Club. A variety of meats, vegetables and sauces will be available. Rice, noodles, soup, beverages and fortune cookies will be included. FMI: 448-4608.

Community Calendar

FEBRUARY

MUSIC AT BELLOWS AFS

SATURDAY — Live music will be featured from 5 to 7 p.m. at Turtle Cove at Bellows Air Force Station. This is a free event, open to active duty military, military retirees, Reservists, National Guard, current and retired Department of Defense civilian employees with an authorized ID card and their families. FMI: 259-4112.

MILITARY SAVES WEEK

23-27 — The Military and Family Support Center will offer extra financial help to military service members during Military Saves Week. The week is a Department of Defense-sponsored event that gives military and their families an opportunity to receive free financial support to help them save money, reduce debt and build wealth. Classes include:

- Feb. 24, 5-7 p.m., 'Til Debt Do Us Part (Financial Class for Couples).
- Feb. 24, 10 a.m.-2 p.m. Financial Fair: Hickam Exchange.
- Feb. 25, 1-3 p.m., Financial Planning for Retirement.
- Feb. 25, 9:30-11 a.m., Financially Savvy Retirees. FMI: JBP HH MFSC at www.greatlifehawaii.com or www.militarysaves.org.

AFRICAN AMERICAN HISTORY MONTH

26, 28 — The following events are planned for African American History Month:

- Feb. 26, 7:30 a.m. Pearl Harbor Colors Honors and Heritage ceremony will be held at the Pearl Harbor Visitor Center. The monthly Navy history and heritage event will feature music by Pacific Fleet Band and guest speaker Capt. Stan Keeve, Joint Base Pearl Harbor-Hickam commander.
- Feb. 26, 9:30 a.m. A special observance will be held at Sharkey Theater. Guest speaker will be Alphonso Braggs, president of the Hawaii Chapter of the NAACP.
- Feb. 26, 11 a.m. A special luncheon will be offered at Silver Dolphin Bistro.
- Feb. 28, 3 p.m. A Gospel Fest & Taste of Soul will be held at Nellis Chapel. The Gospel Fest will involve choirs and praise teams from across the island. The Taste of Soul involves tasting of a variety of soul food dishes with the opportunity for participants to have their best soul food dishes judged. Volunteers are sought and participants are invited to bring food. FMI: email shadonna.mcphaul.1@us.af.mil or call 449-6562.

HART CONSTRUCTION WORK

NOW — The Honolulu Authority for Rapid Transportation (HART) is working on Kamehameha Highway in the westbound direction between Center Drive and Radford Drive. Motorists should prepare for lane closures and contraflow traffic. The work is expected to last three to four months. Construction work takes place from 8:30 a.m. to 2:30 p.m. Drivers will experience two lane closures along Kamehameha Highway in the westbound direction for ongoing utility work. A contraflow lane will allow westbound traffic to make a left turn into



PADDINGTON (PG)

Paddington has grown up deep in the Peruvian jungle with his Aunt Lucy who, inspired by a chance encounter with an English explorer, has raised her nephew to dream of an exciting life in London. When an earthquake destroys their home, Aunt Lucy decides to smuggle her young nephew on board a boat bound for England, in search of a better life. Arriving alone at Paddington Station, Paddington soon finds that city life is not all he had imagined - until he meets the kindly Brown family.

SHARKEY THEATER

TODAY 2/20
7:00 p.m. The Boy Next Door (R)

SATURDAY 2/21
2:30 p.m. Paddington (PG)
4:50 p.m. Selma (PG-13)
7:30 p.m. Taken 3 (PG-13)

SUNDAY 2/22
2:30 p.m. Paddington (PG)
4:50 p.m. The Imitation Game (PG-13)
7:10 p.m. The Boy Next Door (R)

THURSDAY 2/26
7:00 p.m. American Sniper (R)

HICKAM MEMORIAL THEATER

TODAY 2/20
6:00 p.m. Into the Woods (PG)

SATURDAY 2/21
4:00 p.m. Paddington (PG)
7:00 p.m. The Wedding Ringer (R)

SUNDAY 2/22
2:00 p.m. Paddington (PG)

THURSDAY 2/26
7:00 p.m. The Gambler (R)

Makalapa Gate. Traffic at the Makalapa Road and Radford Drive intersection will be controlled by Honolulu Police Department officers. Motorists should follow posted speed limits and other signs in the construction areas. In addition, the bus stop at Kamehameha Highway and Center Drive is closed during construction hours. Updated bus routes and temporary changes can be found at www.TheBus.org. FMI: www.honolulutransit.org.

CALL FOR VOLUNTEERS

NOW — Navy Region Hawaii will host the Wounded Warrior Pacific Trials from March 9 to 13. Navy Region Hawaii is asking for volunteers to support the event. There will be a mandatory brief for all athlete sponsors and event coordinators from 9 to 10:30 a.m. March 2 at Hickam Memorial Theater. Athletes from the trials will be selected to represent the Navy and Coast Guard at the annual Warrior Games in the fall. FMI: Matthew.P.Butler@navy.mil or 472-8881, ext. 332 or 371-0271, or Christopher.Creek@navy.mil or 472-8881, ext. 332.

NCIS CRIME REDUCTION PROGRAM

NOW — From the start of fiscal year 2015, the NCIS Crime Reduction Program (CRP) has been focusing its efforts on the awareness and prevention of domestic violence. The CRP is a program which unites law enforcement and community service organizations with a shared goal of educating Sailors, Marines and Department of the Navy civilians about common threats to their safety. With the increasing focus on domestic violence prevention, the first quarter CRP has been extended through March. FMI: 474-1218 or the NCIS Hotline at 1-877-579-3648, text “NCIS” and tip information to CRIMES (274637) or call the DoD Safe Helpline at 1-877-955-5247.

MARCH

WOUNDED WARRIOR FAMILY SYMPOSIUM

10 — A Navy Wounded Warrior Family Symposium will be held from 9 a.m. to 1 p.m. at the Hickam Officers Club. Navy Wounded Warrior Safe Harbor coordinates the non-medical care of seriously wounded, ill and injured Sailors and Coast Guardsmen, in addition to providing resources and support to their families. Assistant Secretary of the Navy for Manpower and Reserve Affairs Juan P. Garcia III will deliver the opening remarks. Participants are asked to RSVP as early as possible because seating is limited to 100 guests. FMI: 426-6381 or email Thomas.D.Howell7.mil@mail.mil.

TRAVELING EXHIBIT

14 — Pacific Aviation Museum will serve as the first stop of the “National Memories” United States tour March 14. The exhibit, which first went on display in the southern Chinese city of Shenzhen in 2010, has toured through mainland China and Taiwan. Through the use of imagery and more than 100 historic photos taken by the 164th U.S. Signal Photo Company in the China Burma India Theater, the exhibit brings to life the camaraderie that existed between Chinese and U.S. soldiers as their countries joined forces during World War II. FMI: 441-1007 www.pacificaviationmuseum.org.

‘KICK BUTTS DAY’

18 — Aliamanu Military Reservation Youth Sports, Pearl Harbor Navy Exchange (NEX) and other organizations will hold a Kick Butts Day event from 11 a.m. to 2 p.m. at the NEX mall. Kick Butts Day is a national day designed to empower youth to stand out, speak up and seize control against tobacco use. FMI: Brittany K. Bigham at 836-1923.

Movie Showtimes

