

Pearl Harbor Colors celebrates Women's History Month

MC1 Omari K. Way

Navy Region Hawaii Public Affairs

Navy Region Hawaii honored the history of women in uniform during a Pearl Harbor Colors, honors and heritage ceremony held March 19 at the World War II Valor in the Pacific National Monument.

Set at the Pearl Harbor Visitor Center, commanding officers from the two surface ships most recently returned from deployment spoke to a group of service members, families and distinguished guests, as well as an audience of locals and visitors about this month's theme, "Lean in, operating forward: Women's History Month and the heritage of women serving in uniform."

It happens that the two commanding officers are women.

Cmdr. Gina McCaine is commanding officer of the guided-missile destroyer USS O'Kane (DDG 77). Cmdr. Linda Seymour is the top officer on the USS Halsey (DDG 97). Both are based in Pearl Harbor.

McCaine began her speech by making it clear that the women who wear a Navy uniform contribute to the CNO's tenets, also known as sailing directions.

"The three tenets of the Navy's Chief of Operations are warfighting first, operate forward, and be ready. Women exemplify these tenets today as warfighters, protecting the freedom of this great country ready at



U.S. Navy photo by Agnes T. Tauyan

(Center) Honored Navy guest Eugenia Woodward speaks with Navy officers (from the left) Cmdr. Linda Seymour, commanding officer, USS Halsey (DDG 97); Cmdr. Jaja J.E. Marshall, commanding officer, USS Hopper (DDG 70); Lt. Meredith Manuel, USS Hopper navigator; and Cmdr. Gina McCaine, commanding officer, USS O'Kane (DDG 77) about her WWII experience in Women Accepted for Voluntary Emergency Service (WAVES). (See additional photos on page B-1.)

any given moment, and are operating at the front, leading Soldiers, Sailors, Airmen and Marines around the world," McCaine said.

She also provided the audience with context. She told of how quickly women responded to the country's call to service once they saw the slightest crack in existing gender barriers.

"Ninety-eight years ago today, on March 19, 1917, Secretary of the Navy Joseph Daniels authorized the enlistment of women and two days later, Loretta Walsh was sworn in as chief yeomen," McCaine said.

Today, Adm. Michelle Howard serves as Navy's Vice Chief of Naval Operations.

As the time approached 7:55 a.m., McCaine explained that the morning's ceremony was not only about the celebration of women in military service. She said it was also about ceremonies involving the American flag.

"The colors ceremony has a long standing tradition in our armed forces. Every morning and every evening, we stand in honor of this symbol of our great nation," she said.

"The American flag represents the ideals of our founders and the bonds that unite us all as citizens, but foremost, it represents the sacrifice of veterans both past and present who have served this country with distinction.

"On ships of the U.S. Navy, first call is sounded at 0755, five minutes ahead of morning colors (or raising the national ensign), and five minutes before evening colors (or lowering the national ensign)," McCaine said.

Then she turned to Chief Musician Ryan Ringnald, from Pacific Fleet Ceremo-

nial Band, and said, "Bandmaster, sound first call to colors."

Lt. Meredith Manuel, master of ceremony, introduced the next guest speaker, USS Halsey (DDG 97) commanding officer, Cmdr. Linda Seymour.

"The forward-leaning, hard-working legacy of women in the Navy is all around us. A sister ship here in Pearl Harbor is USS Hopper (DDG 70). Hopper is named after Rear Adm. 'Amazing Grace' Hopper, who was a pioneering computer scientist. She was given the nickname 'Amaz-

ing Grace' because of accomplishments well ahead of her time," Seymour said. "Her service spanned from 1943 when she enlisted in the Women Accepted for Voluntary Emergency Service (WAVES) to her retirement in 1986 as a rear admiral. Hopper exemplified the Navy's core values and was truly a trailblazer as a computer scientist and naval officer," she said.

Seymour gave a nod to another member of the WAVES who was in attendance as guest of honor, Eugenia Woodward. Woodward was applauded and thanked for her service during World War II.

Seymour spoke of the first female four-star admiral, Adm. Michelle Howard, the introduction of women to combatant ships, and inclusion of women in the field of Navy nuclear propulsion. She paused briefly then called the audience to rise. Then she looked at Ringnald and said, "Bandmaster, sound attention to colors."

Then, immediately looking to the enlisted men and women of the USS Halsey and USS O'Kane Honors and Ceremonial Guard, she gave the order, "Color guard, parade the colors."

The crowd stood tall, with each person either saluting or with hand over heart. The National Anthem played loudly. The American flag was paraded and posted.

The next Pearl Harbor Colors Ceremony will be held April 1 in tribute to chief petty officers on the CPO birthday.



Retired Rear Adm. Albert H. Clancy discusses the events of Dec. 7, 1941 with Jim Neuman, Navy Region Hawaii historian, March 13.

Pearl Harbor survivor returns

Story and photo by MC1 Omari K. Way

Navy Region Hawaii Public Affairs

A Pearl Harbor survivor, retired Rear Adm. Albert (Pat) H. Clancy, returned to site of the Dec. 7, 1941 attack on his Brooklyn-class light cruiser the USS Honolulu (CL 48) March 13.

His son, retired Navy lieutenant commander and Vietnam veteran, Kevin Clancy and daughter-in-

law, Dawn, joined him in the tour. He also shared the day with fellow USS Honolulu survivor, former Chief Boatswain's Mate Ray Emory. Emory is a long-time resident of Hawaii, who has spent more than 30 years working to identify Sailors killed during the attack.

The tour began at Bravo Pier 21 at Joint Base Pearl Harbor-Hickam. This is place where, according to Clancy, "we all grew up."

Clancy had been on base for a year, and he remem-

bers the weeks leading up to the attack as being unremarkable. He recalled being relatively unruffled by rumors of enemy landings nearby.

"To give you a sense of our attitude prior to the attack, the week before we had been having a big exercise that kept us in battle stations until 11 o'clock and we were all upset because we had missed the movie," Clancy said.

But when the attack be-

See CLANCY, A-6

Quenching the heat



U.S. Navy photo by MC2 Diana Quinlan

Sailors based in Hawaii participate in a general shipboard firefighting training evolution at the Surface Warfare Officer's School (SWOS) March 17 at Joint Base Pearl Harbor-Hickam. The training allowed students to practice proper hose handling procedures, firefighting maneuvers, teamwork and nozzle man relieving procedures.

Ford Island Bridge to close temporarily for run

The Ford Island Bridge will be closed from 6:55 to 7:35 a.m. April 4 in support of the 18th annual Ford Island Bridge Run, sponsored by Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation.

The 10K race will start at 7 a.m. at the entrance to the bridge, proceed

clockwise around the island and end at Richardson Field, across from Aloha Stadium.

All motorists and pedestrians should plan accordingly.

More than 3,000 participants are expected. For more information, visit www.greatlifehawaii.com.



Safe Harbor concludes 2015 Wounded Warrior Pacific Trials in Hawaii See page A-2



Women's History Month See pages A-3, A-4, B-3



15th Wing gears up for Air Force Assistance Fund drive See page A-6



PACOM Joint Intelligence Operations Center honors fallen Marine See page A-8



Women's history See page B-1



JBPHH Holy Week services announced See page B-2

Submarine Squadron 1 holds change of command ceremony

**Story and photo by
MC1Jason Swink**

*Submarine Force Pacific
Fleet Public Affairs*

The commanding officer of Submarine Squadron 1 passed on his duties March 12 during a change of command ceremony at the historic submarine piers at Joint Base Pearl Harbor-Hickam.

Capt. Harry Ganteaume, commanding officer of Submarine Squadron 1, was relieved by Capt. Timothy Rexrode.

Submarine squadron commanding officers are also known by the honorary title of commodore.

Ganteaume expressed gratitude for the team effort his staff put forth in supporting submarine crews and praised submarine commanding officers and crews that he served with at Squadron 1.



Capt. Harry Ganteaume is piped ashore after being relieved by Capt. Timothy Rexrode as commanding officer of Submarine Squadron 1 at a change of command ceremony March 12.

“The highlight of my tour will always be bidding farewell to deploying crews, excited about going out to do what they have been training and preparing for as well as welcoming them back, six to seven months later; Sailors filled with an im-

mense sense of pride about what they have accomplished,” said Ganteaume.

The ceremony’s guest speaker, Rear Adm. Phil Sawyer, commander of Submarine Force, U.S. Pacific Fleet (COMSUBPAC), praised Ganteaume for his

leadership on the waterfront and said he looks forward to working with him again as he transitions to the staff of COMSUBPAC.

“Harry, throughout your tour you fostered teamwork and enabled the development of people and systems

integral to our national security, now and into the future,” said Sawyer.

During Ganteaume’s 18-month tour as commodore, the squadron prepared five submarines for deployment, welcomed the arrival of the newest Virginia-class submarine to the waterfront, USS Mississippi (SSN 782), and oversaw the completion of the first-ever major maintenance availability of a Virginia-class submarine at the Pearl Harbor Naval Shipyard.

“Your team’s successes are successes for the submarine force, the U.S. Navy and for our nation,” said Sawyer.

Ganteaume, who calls Richmond, Va. home, was awarded the Legion of Merit during the ceremony for his command of Submarine Squadron 1, serving from October 2013 to March 2015.

On hand in the first rows of the attending audience

were families and friends of both Ganteaume and Rexrode, who were all warmly greeted by Sawyer.

As Rexrode assumed command of Submarine Squadron 1, he thanked Ganteaume for his leadership and thanked his family for their unwavering support.

“I am humbled and very grateful for the opportunity to come here as commodore,” said Rexrode, who is from Spencer, W.Va.

“Most of all, to the entire team here in Pearl Harbor that works so hard to get submarines ready, to get them out to sea, I look forward to being part of that team,” he said.

Submarine Squadron 1 was first established in May 1941 at New London, Conn. On Oct. 1, 1945, Submarine Squadron 1 moved to the Pacific Fleet at Pearl Harbor and has remained there ever since.

Safe Harbor concludes 2015 Wounded Warrior Pacific Trials in Hawaii

**Story and photo by
MC2 Jeff Troutman**

*Navy Public Affairs Support
Element West, Det. Hawaii*

The Navy Wounded Warrior (NWW)—Safe Harbor 2015 Wounded Warrior Pacific Trials drew to a close March 13, concluding a week of successful sporting events and family-oriented symposiums.

The athletes competed in basketball, volleyball, swimming, marksmanship and cycling events as a way to establish meaningful connections with other NWWs and experience positive connectivity through their challenges.

Adm. Harry B. Harris, Jr., commander, U.S. Pacific Fleet, personally commended the approximately 60 warriors who participated in this year’s trials at the closing ceremony in Waikiki.

“On your journey to be here today, I know there were many obstacles that seemed insurmountable. All of you have not only overcome those obstacles, you’ve

strived for new challenges,” said Harris. “In pursuit of a dream, every one of you has shown incredible mental and physical toughness. These Trials have provided an opportunity for all of us to celebrate your athletic achievements, your perseverance, your drive and your desire to succeed. So I thank you, and congratulate you for your tremendous achievements.”

The wounded warrior athletes competing in the trials were comprised of active-duty and retired service members with upper-body, lower-body and spinal cord injuries; serious illnesses; traumatic brain injuries; visual impairment; and post-traumatic stress. The wounded warrior athletes were competing for selection to the Team Navy roster and advancement to the annual joint-service Warrior Games, which will take place this summer.

Retired Lt. j.g. Laura Root, a gold medalist winner in the 2013 and 2014 Warrior Games, said the trials are a great way for wounded service members to stay active and continue to support their country.



Adm. Harry B. Harris, Jr., commander, U.S. Pacific Fleet, presents a Wounded Warrior with a special achievement medal during the Navy Wounded Warrior—Safe Harbor 2015 Pacific Trials closing ceremony in Honolulu.

“I know first-hand, when facing disability or when things in your life are going wrong, sports are one place where you can focus on what’s right, and here you have a

great group of people who understand what you have been through,” said Root. “When we come together like this, it’s really about the camaraderie we share.

We heal ourselves a little bit by having a good time with each other and by doing something we enjoy.”

The trials are also a way for wounded veterans to prove to themselves that they have the strength and the courage to move forward and continue to excel.

“There are a lot of sports in America today that have Wounded Warriors in mind,” said retired Army Staff Sgt. David Kimes, coach of the Pacific Trials rifle shooting team. “To get out there and do something, and realize that even though you have that setback in your life, you can get out there and enjoy life, and succeed, and maybe even compete and win or turn a lot of heads—it can be huge for self-esteem and self-respect. That’s what we try to show with these events, that it’s just a temporary setback.”

For more information about the trials, follow NWW on Facebook www.facebook.com/navysafeharbor. Visit <http://safeharbor.navy.live.dodlive.mil> or call 855-NAVY WWP to learn more about NWW and the benefits of adaptive sports.

Patrol Squadron 9 earns Battle ‘E’ and Golden Wrench Award honors

MC3 Amber Porter

*Patrol Squadron 9 Public
Affairs*

The “Golden Eagles” of Patrol Squadron (VP) 9 received two significant recognitions for their superior performance this past year, the Navy Battle “E” award and the AVCM Donald M. Neal Aircraft Maintenance Award, known as the “Golden Wrench” award.

“Two very prestigious awards for all of VP-9’s dedication and hard work is absolutely well deserved,” said Capt. Steve Newlund, commodore of Patrol and Reconnaissance Wing (CPRW) 2. “Each and every one of you played a role in accomplishing something special, the same squadron winning both the Battle “E” and Golden Wrench.”

The Battle “E” is



U.S. Navy photo by MC3 Amber Porter
Lt. j.g. Jameson Gay, assigned to the “Golden Eagles” of Patrol Squadron (VP) 9, explains components of a MK-54 Recoverable Exercise Torpedo as part of his Tactical Coordinator (TACCO) position before a torpedo exercise (TORPEX) for the squadron’s Advanced Readiness Program (ARP).

awarded annually to ships and units that display the maximum condition of

readiness in their group and for their capability to perform their wartime re-

sponsibilities. Squadrons are graded in areas such as operational efficiency,

readiness achievements, aircraft material readiness, training, schedule and cost performance, to name just a few.

The Golden Eagles achieved a 100 percent mission completion rate during a seven-month deployment, completing 430 operational sorties and executing 5,008 flight hours. Additionally, they participated in exercises Noble Dina, BALTOPS 2014 and Phoenix Express.

The “Golden Wrench” award was established in 1965 by the Chief of Naval Operations and sponsored by Lockheed Martin to acknowledge maintenance performance that goes above and beyond the extraordinary effort that aircraft maintenance requires. The Golden Wrench is presented annually to a VP squadron in the categories of Atlantic, Pacific and special

projects. VP-9’s maintenance professionals achieved an impressive 38 of 40 maintenance programs graded “on track” and achieved a flawless record for all drills, highlighting their “by the book” approach to the maintenance program.

Cmdr. Katrina Hill, commanding officer of VP-9, said there is no secret to the squadron’s success.

“We earned the Battle “E” and the Golden Wrench by excelling as a team,” said Hill.

“VP-9 Sailors are satisfied with nothing less than the highest professional standards. Our Sailors care about their jobs, train their replacements on a daily basis, and treat others with respect. Every Golden Eagle matters to our mission, (which is) deploying safe and effective combat ready aircrews and aircraft around the world.”

Commentary

Women's History Month 2015

A proclamation from President Barack Obama

Throughout history, extraordinary women have fought tirelessly to broaden our democracy's reach and help perfect our union. Through protest and activism, generations of women have appealed to the values at the heart of our nation and fought to give meaning to the idea that we are all created equal.

As today's women and girls reach for new heights, they stand on the shoulders of all those who have come before and carry forward their legacy of proud achievement. This month, we celebrate countless pioneering women and the victories they won, and we continue our work to build a society where our daughters have the same possibilities as our sons.

Courageous women have called not only for the absence of oppression, but for the presence of opportunity. They have demonstrated for justice, but also for jobs—ones that promise equal pay for equal work. And they have marched for the right to vote, not just so their voices would be heard, but so they could have a seat at the head of the table. With grit and resolve, they have fought to overcome discrimination and shatter glass ceilings and, after decades of slow, steady and determined progress, they have widened the circle of opportunity for women and girls across our country.

Today, more women are



President Barack Obama

their family's main breadwinner than ever before. Women are nearly half of our nation's workers, and they are increasingly among the most skilled. At the same time, more than 60 percent of women with children under the age of five participate in the labor force. This increasing participation of women in our workforce has bolstered our economy and strengthened our families, and it has demonstrated that the policies that benefit women and working families benefit all of us.

But not all of the rules that govern our workplaces have caught up with this reality, and today, too many of the opportunities that our mothers and grandmothers fought for are going unrealized. That is why I am committed to tearing down the barriers to full and equal participation in our economy and society that still exist for too many women.

All women deserve equal pay for equal work and a liv-

ing wage. The Congress needs to raise the minimum wage and pass a law that ensures a woman is paid the same as a man for doing the same work. I continue to call for increased workplace flexibility and access to paid leave—including paid sick leave—so that hardworking Americans do not have to choose between being productive employees and responsible family members.

And I have proposed a plan that would make quality child care available to every middle-class and low-income family in America with young children. These are not only women's issues; they are family issues and national economic priorities.

We know that when women succeed, America succeeds. The strength of our economy rests on whether we make it possible for every citizen to contribute to our growth and prosperity. As we honor the many patriots who have shaped not only the destinies of other women, but also the direction of our history, let us resolve to build on their efforts in our own time.

As a nation, we must join our voices with the chorus of history and push forward with unyielding faith to forge a more equal society for all our daughters and granddaughters, one where a woman's potential is limited only by the size of her dreams and the power of her imagination.

Now, therefore, I, Barack Obama, president of the United States of America, by virtue of the authority vested in me by the Constitution and the laws of the United States, do hereby proclaim March 2015 as Women's History Month. I call upon all Americans to observe this month and to celebrate International Women's Day on March 8, 2015, with appropriate programs, ceremonies and activities. I also invite all Americans to visit www.WomensHistoryMonth.gov to learn more about the generations of women who have left enduring imprints on our history.



Grace Murray Hopper at the UNIVAC keyboard. She was a mathematician and rear admiral in the U.S. Navy who developed the first compiler in 1952. She also developed the first standardized computer language, COBOL, which laid the groundwork for all the computer languages we use today.

Photo courtesy of Smithsonian Institution

Commentary

‘Lean in, Operate Forward’ — Honoring Women's History

Rear Adm. Rick Williams

Commander, Navy Region Hawaii and Naval Surface Group Middle Pacific



Rear Adm. Rick Williams

Surface ships and submarines routinely deploy from their homeport here at Pearl Harbor. The two guided-missile destroyers that most recently returned from deployment are USS O'Kane (DDG 77) and USS Halsey (DDG 97).

Each happens to be commanded by a woman.

Cmdr. Gina McCaine has been commanding officer of O'Kane since Nov. 9, 2014. Cmdr. Linda Seymour has been CO of Halsey for nearly a year. Both ships are namesakes of great World War II heroes, Adm. "Bull" Halsey and Rear Adm. Richard O'Kane, legends in our Navy's history and heritage.

During Women's History Month, it's fitting to reflect on the achievements our Navy has made and continues to make in advancing opportunities for women in uniform. In warfighting roles, in wardrooms and at the highest levels, women are leaning in, operating forward and making a difference.

One year ago at this time, USS Hopper (DDG 70) was on an eight-month deployment to build partnerships and provide mar-

itime security in Indo-Asia-Pacific. Of course, Hopper has a significant namesake, too, named for one of our Navy's cyber heroes, legendary Rear Adm. "Amazing Grace" Hopper.

Grace Hopper was born in 1906, two years before women were allowed to join the Navy and more than a dozen years before women were granted the right to vote. She passed away in 1992, 20 years after a pilot program was commissioned by Chief of Naval Operations Adm. Zumwalt to evaluate women serving aboard Navy ships.

Obviously that pilot program was successful. Women have been serving routinely on ships since the 1970s and on combatant ships since 1994.

Today, women serve with distinction through-

out the Department of the Navy: aboard ships and submarines, as pilots and as commanding officers, including Cmdrs. McCaine and Seymour.

The first women naval aviators earned their wings in 1974. Women Submarine Warfare Officers earned their "dolphins" (warfare devices) in 2012, and enlisted women will be integrated aboard submarines later this year.

Women and men equally are standing the watch right now worldwide to defend freedom and protect the homeland. Women have the knowledge, skills, rights and abilities to serve at the highest levels of our military, witness Adm. Michelle Howard, Vice Chief of Naval Operations.

It is important to stop and reflect on how far we've come in the past century and in this generation.

Our monthly Pearl Harbor Colors ceremony helps us commemorate the history and heritage of our service and spotlight those who serve, past and present.

Just as last month's Pearl Harbor Colors event highlighted African Americans in uniform, yesterday's Pearl Harbor Colors at the Pearl Harbor Visitor Center was held with a theme of "Lean In, Operate Forward: Women's History and Heritage."

Diverse Views



What woman do you think has had the biggest impact on American history?



ABH 1st Class Zachary Cheatham
Transient Personnel Unit

"I would say Rosa Parks is the woman who made impact on American history. She was the face of the civil rights movement, and her role was paramount in obtaining equal rights for African

Americans."

LN1 Rowena Downing
Navy Region Hawaii

"There have been so many women who have had important affects on American history, but if I had to choose one, it would be Julia Gordon Low. She was the creator of the United States Girl Scouts. The Girl Scouts does more than just sell cookies, it creates a solid foundation for girls at a young age to become strong leaders, and positive contributors to society."



Tech. Sgt. Nathan Viloria
624th Aeromedical Staging Squadron

"Rosa Parks. She played a major role in the Civil Rights movement."

Christine Mensen
Air Force spouse

"Eleanor Roosevelt. She left a major impact in American history through her diplomatic and humanitarian work. I remember her being known as the 'First Lady of the World.' She also helped with [ending] segregation, better working conditions for women, and even the creation of the GI bill."



ET2 S.S. Zachary Jones
Joint Base Pearl Harbor-Hickam

"If I were to choose only one woman who made the largest impact on American history, I would say it would have to be Susan B. Anthony. She led the women's suffrage movement, allowing them the right to vote. Her tenacity and relentlessness in pursuit for equal rights was a necessity."

Staff Sgt. Joshua Chase
647th Security Forces Squadron

"Airman 1st Class Elizabeth Jacobson made a big impact because she was the first female Airman to die in the line of duty in support of the Iraq War."



Provided by David D. Underwood Jr.
and SrAirman Christopher Stoltz

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

First Air Force woman physician commissioned

On March 14, 1951, Capt. (Dr.) Dorothy Armstrong Elias became the first woman physician sworn into the Air Force. March is Women's History Month. The commissioning ceremony took place at the Pentagon where Brig. Gen. Edward J. Kendrick, director of staffing and education for the Air Force Medical Service, administered the oath. Elias graduated from Tufts College in 1943 and Duke University School of Medicine in 1946. She had been an obstetrical and gynecological resident physician at Prince Georges' General Hospital in Maryland prior to entering the Air Force. Her first assignment in the Air Force landed her at Sampson Air Force Base, N.Y.



U.S. Air Force photo



Director, Navy Region Hawaii Public Affairs
Agnes Tauyan

Deputy Director, Public Affairs
Bill Doughty

Director, Joint Base Pearl Harbor-Hickam Public Affairs
Grace Hew Len
Managing Editor
Karen Spangler

Editor
Don Robbins

Assistant Editor
Bosworth

Sports Editor
Randy Dela Cruz

Sr. Graphic Artist
Antonio Verceluz

Graphic Artist
Zachary Pigott

Ho'okele is a free unofficial paper published every Friday by The Honolulu Star Advertiser 500 Ala Moana Boulevard Suite 7-500 Honolulu Hawaii 96813, a private firm in no way connected with DoD, the U. S. Navy, Air Force or Marine Corps, under exclusive contract with Commander, Navy Region Hawaii. All editorial content is prepared, edited, provided and approved by the staff of the Commander, Navy Region Hawaii Public Affairs Office: 850 Ticonderoga, Suite 110, Pearl Harbor, Hawaii, 96860-4884. Telephone: (808) 473-2888; fax (808) 473-2876; e-mail address: editor@hookelenews.com World Wide Web address: <https://www.cnic.navy.mil/Hawaii/> or www.hookelenews.com.

This civilian enterprise newspaper is an authorized publication primarily for members of the Navy, Air Force and Marine Corps military services and their families in Hawaii. Its contents do not necessarily reflect the official views of the U. S. Government, the Department of Defense, the U.S. Navy, Air Force or Marine Corps and do not imply endorse-

ment thereof.

The civilian publisher, The Honolulu Star Advertiser, is responsible for commercial advertising, which may be purchased by calling (808) 521-9111.

The appearance of advertising in this newspaper, including inserts or supplements, does not constitute endorsement of the products and services advertised by the Department of Defense, the U.S. Navy, Air Force or Marine Corps, Commander, Navy Region Hawaii or The Honolulu Star Advertiser.

Everything advertised in this paper shall be made available for purchase, use or patronage without regard to race, color, religion, gender, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron.

A confirmed violation of this policy of equal opportunity by an advertiser will result in the refusal to print advertising from that source.

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

‘Feminism Unfinished’: Freedom, justice for all

Review by Bill Doughty

“Feminism Unfinished: A Short, Surprising History of American Women’s Movements” by Dorothy Sue Cobble, Linda Gordon and Astrid Henry, 2014, W. W. Norton and Company.

This book presents a history of the modern women’s rights movement and argues that equality gains for women were not easy and the work is not complete.

Ingrained cultural biases against rights for women make progress slow, the authors say:

“Women’s subordination is an ancient human practice, ingrained into nearly every major religion and nearly every economic system.”

“Feminism Unfinished” focuses on the past 95 years, the status of women’s right today, and the ongoing struggle in the future.

The authors acknowledge the achievements toward equality, thanks to women and men activists:

“Since the women’s suffrage amendment was adopted in 1920, most legal restrictions on women have been abolished: Women now serve on juries, fight in the armed

forces, and can apply for any job or to attend any education institution, for example. Women can wear what they want and love whom they desire.”

While that may be true in the United States, what about the rest of the world?

In her essay, “From Mindset to a Movement,” author Astrid Henry shows how the women’s rights movement is being championed in other countries by women drivers in Saudi Arabia, punk rockers in Russia, bloggers in Egypt, protesters in Spain, sex education activists in Africa and feminists in Mexico.

“Perhaps no one better symbolizes the future of feminism than Malala Yousafzai, the young feminist activist from Pakistan,” Henry writes.

Shot in the head by a member of the violent extremist Taliban because she dared speak out for the rights of girls to get an education, Yousafzai suffered through months of rehabilitation and bravely took up the mantle again for women’s rights and the right for all children to be educated. She was awarded the Nobel Peace Prize in 2014.



Photo by Master Sgt. Sarah Webb

Girls from the vocational training program in Khawja Omari, created by Provincial Reconstruction Team Ghazni and the local Non-Governmental Organization Humanitarian Assistance for the Development of Afghanistan, wait for their graduation ceremony to begin, Nov. 11, 2009.

In their afterward, the authors conclude, “Feminism of the future ... may well be led by women from the poorer countries of the world. They in turn will also invent feminisms that meet their needs and

aspirations. It is impossible to understand the world’s problems and hopes without taking into account the growing global movements for women’s health, education, bodily integrity, sexual freedom, political

participation, and economic equality. Just as American feminism transformed American society, so global feminism is likely to transform the world.”

This book is not and cannot be all inclusive in showcasing the women’s rights movement over the past century. Nevertheless, it introduces the reader to some of the key people, currents within the movement and ongoing challenges toward achieving full equal rights.

Continuing progress in the United States is not inevitable, the authors conclude—especially in areas of healthcare access, growing income inequality, parental leave, rape prevention and equal pay. Progress in full equality, they write, relies on cooperation, education and participation by everyone, male and female.

“Looking forward,” Henry writes, “the unfinished work of feminism will require a diversity of voices, willing to come together to secure freedom and justice for all.”

(Doughty writes and posts to *Navy Reads*, a blog supporting the CNO’s Professional Reading Program and related books: navyreads.blogspot.com).

First Air Force female general paved way for military women

Air Force History Support Office and Air Force News Service

In 1973 Jeanne M. Holm became the first woman in the armed forces to be promoted to the rank of major general and is credited as the single driving force in achieving parity for military women and making them a viable part of the mainstream military.

Holm was born in 1921 in Portland, Ore. and enlisted in the Army in July 1942, soon after the Women’s Army Auxiliary Corps was established by Congress. She attended Officer Candidate School at Fort Des Moines, Iowa, and in January 1943 received a commission as a



Maj. Gen. Jeanne M. Holm

“third officer,” the WAAC equivalent to second lieutenant.

During World War II, Holm was assigned to the Women’s Army Corps

Training Center at Fort Oglethorpe, Ga., where she first commanded a basic training company and then a training regiment.

At the end of the war, she commanded the 106th WAC Hospital Company at Newton D. Baker General Hospital, W.Va. She then left active military duty in 1946 and attended Lewis and Clark College for two years, returning in 1956 for her bachelor of arts degree.

In October 1948 during the Berlin crisis she was recalled to active duty with the Army and went to Camp Lee, Va. as a company commander. The following year she transferred to the Air Force, when a new law integrated

women in the regular armed forces, and was sent to Erding Air Depot, Germany.

Holm served in a variety of personnel assignments, including Director of Women in the Air Force from 1965-1973. She played a significant role in eliminating restrictions on numbers of women serving in all ranks, expanding job and duty station assignments for women, opening ROTC and service academies to women, and changing the policies on the status of women in the armed forces. For her exceptionally meritorious service in this assignment she was awarded the Distinguished Service Medal.

On March 1, 1973, Holm

was appointed director of the Secretary of the Air Force Personnel Council.

She was promoted to the grade of brigadier general July 16, 1971, the first woman to be appointed in this grade in the Air Force. She was promoted to the grade of major general effective June 1, 1973, with date of rank July 1, 1970.

The general retired in 1975. She served three presidential administrations: special assistant on women for President Gerald Ford, policy consultant for President Jimmy Carter and first chairperson of the Veterans Administration’s Committee on Women Veterans for President Ronald Reagan.

In recognition of Gen-

eral Holm’s pioneering career, Air Force officials renamed the Air Force Officer Accession and Training Schools at Maxwell Air Force Base, Ala., the Jeanne M. Holm Officer Accession and Citizen Development Center in June 2008. Its mission is Air Force officer recruitment and training within the Air University.

Holm authored two books about women in the military. “Women in the Military: An Unfinished Revolution” came out in 1982 and was updated in 1994. Four years later she wrote “In Defense of a Nation: Servicewomen in World War II.”

Holm died Feb. 15, 2010.

Pearl Harbor-Hickam Highlights



Adm. Harry B. Harris Jr., commander, U.S. Pacific Fleet, commends the approximately 60 wounded warriors who participated in the Navy Wounded Warrior - Safe Harbor 2015 Pacific Trials during a closing ceremony held March 13 in Honolulu.

U.S. Navy photo by MC2 (SW) Jeff Troutman

Retired Airman Sadie Strong takes aim during a shooting (rifle) event March 12 as part of Wounded Warrior Pacific Trials held at Ford Island, JBPHH.

U.S. Navy photo by MC1 Omari K. Way



Sailors and Coast Guardsmen participate in a volleyball match during the 2015 Wounded Warrior Pacific Trials March 12 at Joint Base Pearl Harbor-Hickam Fitness Center.

U.S. Navy photo by MC2 Diana Quinlan

(Right) Retired Chief Gunner's Mate Hector Varela dribbles a basketball during a basketball game March 12 at the 2015 Wounded Warrior Pacific Trials at JBPHH.

U.S. Navy photo by MC2 (SW) Jeff Troutman



(Left) Participants in the 2015 Wounded Warrior Pacific Trials cycle around the historic Ford Island runway March 13 at Joint Base Pearl Harbor-Hickam.

U.S. Navy photo by MC2 Laurie Dexter



U.S. Air Force photo by Tech. Sgt. Aaron Oelrich

Senior Airmen Caleb Williams, a loadmaster from the 535th Airlift Squadron, secures four combat delivery systems in a C-17 Globemaster III, in preparation for a flight Feb. 27 at Joint Base Pearl Harbor-Hickam. The combat delivery systems were air dropped to the 25th Infantry Division in support of Army Exercise Lightning Forge.



U.S. Air Force photo by Tech. Sgt. Aaron Oelrich

Four combat delivery systems containing 36 meals-ready-to-eat and eight ammunition containers drop out from the back of a C-17 Globemaster III from the 535th Airlift Squadron. The air drop was Feb. 27 over Kahuku Training Area.

15th Wing gears up for Air Force Assistance Fund drive

Tech. Sgt. Terri Paden

15th Wing Public Affairs

In the spirit of giving back to the Air Force community, the 15th Wing is preparing its 2015 Air Force Assistance Fund (AFAF) campaign, which begins March 23 and runs through May 1.

The six-week campaign begins with an AFAF kickoff reception will be March 23 where the first official campaign contributions will be given.

The AFAF is an annual fundraiser for charitable organi-



zations that provide support to the Air Force community, including active duty, Reservist and Air Guard Airmen, their family members and retirees.

The charitable organizations include the Air Force Villages, Inc., the Air Force Aid Society, Inc., the Gen. and Mrs. Curtis E. LeMay Foundation, and the Air Force Enlisted Village, Inc. Donations made to these organizations directly support Airmen and their families.

Master Sgt. Lisa Deal, 15th Medical Operations Squadron, and Master Sgt. Marty Trembl, 647th Civil Engineer Squadron, are the installation project officers for this year's campaign.

Additionally, every 15th Wing unit will have an AFAF keyworker in charge of coordinating the collection of donations and ensuring the AFAF goals of 100 percent contact with their unit personnel and having 25 percent of them donate.

According to Deal, keyworkers are highly encouraged to host an AFAF fundraiser to assist with the overall donations.

"This year, the goal is to have

those who donate do so at 0.2 percent of their base pay with the base goal of raising \$108,746," said Deal.

"More importantly, the main goal is to focus more on increasing participation. What this means is getting more people to donate even if it is at a lesser value," he said.

Deal said the key to having a successful campaign is to ensure Airmen are fully informed about the charities.

"It's not just handing out a pamphlet," she said. "We want the volunteers to make sure that everyone knows the importance of these four charities and how

they truly give back to our own and that 100 percent of the donated amount goes to the charity of choice. I believe that the more people understand what these four organizations are about, the more likely they are to give."

Deal said donors are encouraged to learn more about the charities the AFAF supports and can find more information at their website links at <https://www.afassistancefund.org>.

(For more information about the AFAF campaign, contact Deal at 448-6142 or email lisa.deal@us.af.mil, or Trembl at 449-3199 or email marty.trembl@us.af.mil.)

Navy and Air Force civil engineers compete in annual Seabee Olympics

Construction Electrician 2nd Class (SCW) Lisa A. Sperhake

Construction Battalion Maintenance Unit (CBMU) 303Detachment Pearl Harbor

Seabees assigned to Construction Battalion Maintenance Unit (CBMU) 303, Detachment Pearl Harbor, Naval Facilities Engineering Command (NAVFAC) Hawaii self-help, Civil Engineer Corps (CEC), and 647th Civil Engineering Squadron competed in the 2015 Seabee Olympics on March 4 held at Quick Field, Joint Base Pearl Harbor-Hickam.

The competition included a creative construction project, nail-drive relay, volleyball, short game golf tournament, tug-of-war, tire flip, corn hole, Frisbee, and Humvee push. With each event, the competing teams had

a chance to earn five points for first place, three points for second and one point for third.

Builder 1st Class (SCW) Rouel Agustin, the event organizer assigned to CBMU 303, has participated in two events in the last three years he has been stationed on Pearl Harbor.

"This has been the first command during my 10 years in the Navy that I've had the opportunity to participate in a sports competition event where Seabees, CEC, and Air Force engineers compete against each other through friendly events," he said.

Agustin talked about the importance of the Seabee Olympics as a way to compete and network to gain knowledge from one another. It is also a way to build camaraderie and strengthen unit cohesion.

"This is a fantastic event where fellow engineers from dif-



U.S. Navy photo by MC2 Diana Quinlan

Seabees, assigned to Construction Battalion Maintenance Unit (CBMU) 303, participate in a creative construction project during the annual Seabee Olympics at Quick Field at Joint Base Pearl Harbor-Hickam.

ferent commands and branches on the island can come together and learn about each other, their missions, and tasking," he said.

For Builder 2nd Class (SCW) Zachary Wallace, assigned to NAVFAC Pacific Seabee self-help, it was an opportunity to

compete and learn with fellow engineers through friendly competition.

"The best part about participating is that I get to bond not only as a Navy Seabee but as an engineer alongside our Air Force brothers and sisters," he said.

The 647th CES won first place with 35 points, CBMU 303 took second place with 25 points, and NAVFAC Seabees self-help placed third at 18 points.

NAVFAC self-help claimed the Admirals Hammer in 2014. This year the trophy was placed in the hands of the USAF.

The Seabee Olympics at NAVSTA Pearl Harbor started in 1995. It was canceled in 1999 and resumed in 2007. Its mission is to build camaraderie, esprit de corps, and unit cohesion among Seabees, CEC officers, and fellow engineers of the 647th Civil Engineering Squadron.

NAVFAC Hawaii archeologist to receive CNO cultural resources management award

Story and photo by Denise Emsley

NAVFAC Hawaii Public Affairs

Naval Facilities Engineering Command (NAVFAC) Hawaii archeologist Jeffrey Pantaleo was one of three individuals selected to receive the fiscal year 2014 Chief of Naval Operation (CNO) Environmental Award for Cultural Resources Management, which was announced March 3.

The CNO Environmental Awards are the first of three levels of competition within the Department of Defense. CNO winners are submitted for consideration in the Secretary of the Navy (SECNAV) Environmental Awards competition. Winners at the SECNAV level of competition are submitted to compete in the Secretary of Defense Environmental Awards competition.

Pantaleo is the Cultural Resources Program manager for two commands, Navy Region Hawaii and Joint Base Pearl Harbor-Hickam (JBPHH). He manages a wide range of cultural resources including Native Hawaiian sites and objects, some dating back to A.D. 1200.

"Jeff's expertise is vital in our ability to balance mission demands and Navy cul-



Jeff Pantaleo (right), Naval Facilities Engineering Command Hawaii archeologist, discusses various aspects of Halealoha Haleamau Burial Platform, with Hawaiian cultural practitioner and member of the Kapolei Hawaiian Civic Club Shad Kane March 13.

tural stewardship responsibilities on Oahu," said Capt. Dean Tufts, commanding officer of NAVFAC Hawaii. "He has succeeded in developing outreach and education programs that created our team of Navy, native Hawaiians and community leaders in order to participate in various activities and programs such as the annual JBPHH Makahiki festival honoring the Hawaiian deity Lono and restoration efforts at Pa'ai'au fishpond."

During the past two years, Pantaleo has ensured the Navy was in compliance with all state and federal historic preservation laws

and guidelines and has successfully completed the timely review and execution of approximately 225 projects, 15 Section 106 consultations and two memorandums of agreement.

"I am very honored that my nomination was forwarded for this award," said Pantaleo. "Working with the Native Hawaiian groups here has been very rewarding and the friendships I have developed with them have benefited both me and the Navy."

In addition, Pantaleo is an instructor in the Native Hawaiian Communication Course to educate Depart-

ment of Defense Hawaii personnel about consulting with Native Hawaiian organizations.

He is responsible and the primary caretaker of the Halealoha Haleamau Burial Platform, a traditional Hawaiian burial vault, on JBPHH for more than eight years.

Pantaleo ensures that all new archaeological resources and artifacts are properly inventoried; stored in the Navy's curatorial facility which serves JBPHH and Pacific Missile Range Facility, Kauai. He also provides cultural resources management support for Air Force landholdings in Hawaii.

"I'm very excited that Jeff is being recognized for his work in Hawaiian cultural preservation and issues," said Shad Kane, Hawaiian cultural practitioner and active member in the Kapolei Hawaiian Civic Club.

"He has played a big part in improving the relationship between federal agencies, the Navy specifically, and native Hawaiian organizations. His participation in the restoration of various Hawaiian sites has been instrumental in helping us all grow and I commend him for all of his efforts," Kane said.

Pantaleo began his career in archaeology by completing an undergraduate de-

gree in anthropology from the University of Hawaii. He continued his education at San Diego State University, earning his master's degree. Pantaleo worked in archaeology in Hawaii in

the private sector for many years before becoming a federal employee and working five years for the former Hickam Air Force Base and the past four years with NAVFAC Hawaii.

Rear Adm. Clancy recalls 'day of infamy'

Continued from A-1

gan and an armor-piercing bomb struck the pier next to the ship, Clancy said, "We weren't scared. We knew exactly what we had to do."

In an earlier interview Emory remembered busting ammunition boxes open and said, "anything close enough to fire we fired."

The future rear admiral, who on Dec. 7, 1941 was only an ensign, assumed the responsibilities of Officer of the Deck (OOD).

He said, "I directed Sailors to general quarters, while the captain was on board attempting to get underway."

The Honolulu did not get underway that day. Like so many others aboard the 20 ships damaged in the attack, the officers and crew could only fight the enemy pier side. But repairs were

fast and the USS Honolulu was back to wartime operations within weeks.

Clancy said, "All of our attention was on the shipmates, the ship, and the war."

Nearly 75 years later, the USS Honolulu is long gone from Navy service and Bravo Pier 21. In its place an unassuming plaque serves as a reminder for whatever ship moors in its place: "At 0758, 7 December 1941 near this spot an armor piercing bomb penetrated the dock deck and exploded under water inflicting severe damage to the Honolulu."

After the leaving the pier, the two shipmates continued on to the USS Arizona Memorial, where they both saw many familiar names.

"Going to the dock where the Honolulu was tied up

brought back many memories of that morning and the Arizona Memorial was very moving seeing the names of my classmates on the wall and remembering them," Clancy said.

After the tour Clancy

and his family returned to their home in Cupertino, Calif. He plans to return next year.

For more information, visit www.navy.mil, www.facebook.com/usnavy, or www.twitter.com/usnavy.

PACOM Joint Intelligence Operations Center honors fallen Marine

**MC3 (SW)
Vanessa David**

U.S. PACOM Joint Intelligence Operations Center

Family and service members from Joint Intelligence Operations Center (JIOC), U.S. Pacific Command, gathered at the U.S. Pacific Fleet complex March 12 for a memorial service to honor the life and sacrifice of a fallen Marine.

Lance Cpl. Jeffrey Allan Borchers was killed March 12, 1990 while on sentry duty at the Makalapa compound gate. The gate was named in his honor Nov. 6, 1990.

The remembrance ceremony was the first in 25 years, said Marine Corps Staff Sgt. Clifford Vinson.

“The importance of this memorial hit me when I realized that this is the first time our command has conducted a remembrance ceremony for the Borchers family,” said Vinson. “As a Marine, you always remember and take care of your own.”

Service members and



U.S. Navy photo by MC2 Jerine Lee

Monica L. Keotters, sister of fallen Marine Lance Cpl. Jeffrey Allan Borchers, speaks at a remembrance ceremony in front of Joint Intelligence Operations Center, U.S. Pacific Command.

family came together to remember Borchers with a poster-size photo of him, adorned with three lei, each representing the Marine Corps values: honor, courage and commitment.

In the opening remarks of the ceremony, Marine Corps Staff Sgt. Errin Avila said, “Before you is a picture of a brave, young Marine who sacrificed his life to guard this very base that we

are all a part of.”

“Most people don’t know and will never understand, but the most outstanding custom in the Marine Corps is simply being a Marine. All that it implies is exactly what Lance Cpl. Borchers embodied: a Marine to all, a brother, a son and a reason—a reason to mourn, to cry tears of joy, and to always know Lance Cpl. Borchers will

never be forgotten.”

Borchers was born Dec. 22, 1968 in Sioux City, Iowa and enlisted April 18, 1988 in the U.S. Marine Corps.

“He was the model of a Marine even before he became one,” said Brian Borchers, Jeffrey’s brother. “He was a protector. He was my best friend. He always wanted to help and would give you the shirt off his back.”

Many of the service members in attendance who never met Borchers said the ceremony touched their hearts.

“It was a great experience for the Marine element to participate and bring joy to a family that experienced a tragic loss and to honor a fallen warrior and family member,” said Marine Corps Staff Sgt. Rueben Breaux.

Monica L. Keotters, Borchers’s sister, felt the sentiment of the service reached the family’s hearts.

“Knowing that someone heard of his story and wanted to honor him is touching,” said Koettters. “Knowing that so many people who never knew him cared enough for someone they didn’t know personally and keeping his memory alive is heartfelt because he is always in our hearts. Words can’t even describe the feeling of watching the ceremony. I’m not sure if you’ll ever know how much this means to us.”

Because of health reasons, Borchers’s mother, Jan Borchers, was unable to be present for the service. In

her absence, she sent a letter to be read.

“I want to thank all who have come to pay respect and honor the 25th anniversary of Borchers Gate,” Jan wrote. “Jeff was a wonderful son, a proud Marine, a great friend to many, and paid the ultimate price for his country. When you pass Borchers Gate, I hope it may give you comfort in knowing that my family and I are thinking of you and keeping you in our prayers.”

After Monica read her mother’s speech, the ceremony drew to a close.

“As you are looking down on this fellowship of people honoring you, continue to be proud, to keep your presence shining down, but don’t continue your watch for you have been officially relieved,” recited Avila in conclusion. “We have assumed all duties and responsibilities. Rest in peace, Lance Cpl. Jeffrey Allan Borchers.”

Borchers is survived by his mother Jan Borchers, his brother Brian, and two sisters, Monica and Kimberly, all of Sioux City, Iowa.

Nondestructive inspection: diagnosing defects, cracks

**Story and photo by
Tech. Sgt.
Aaron Oelrich**

15th Wing Public Affairs

The 15th Maintenance Squadron’s (15th MXS) non-destructive inspection (NDI) lab plays a critical role in aircraft safety.

NDI specialists conduct inspections of aircraft parts much like a doctor would inspect someone with a broken bone. They use X-ray and ultrasound equipment to identify and diagnose defects and cracks without damaging the aircraft components.

“When you think NDI, think aircraft doctor,” said Tech. Sgt. Samuel Djonorh, non-commissioned officer in charge of the NDI lab for the 15th MXS.

“If you go to the doctor, he uses equipment to diagnose what is wrong. NDI is simi-



Airman 1st Class Jose Herrera-Valtierra, a nondestructive inspection specialist for the 15th Maintenance Squadron, washes magnetic particle compound over a Ketos ring March 6 at Joint Base Pearl Harbor-Hickam.

lar; a part comes into the lab and we don’t know what is wrong. We use our equip-

ment to determine if there is a crack or damage to the part and if it needs to be re-

placed or repaired.”

In addition to the X-ray and ultrasound, NDI technicians use magnetic particles, dye penetrant and eddy current to test aircraft parts for damage and structural integrity.

According to Airman 1st Class Jose Herrera-Valtierra, nondestructive inspection specialist for the 15th MXS, the magnetic particles inspection uses magnetic fields and a magnetic particle compound to detect flaws in components. The magnet particle compound contains a neon green dye that glows under a black light and iron particles that attach to the components when magnified.

SrAirman Emily Morrissey, nondestructive inspection specialist from the 15th MXS, explained dye penetrant inspection is used to identify surface defects in metals and plastics. Dye penetrant uses a fluorescent dye that sinks into any defect and highlights the defect on the component.

Djonorh said eddy current is used to examine large areas very quickly. Unlike magnetic particle inspection or dye penetrant, eddy current doesn’t require the use of any liquids. In addition to finding cracks, eddy current can be used to check metal hardness in components and parts.

However, not all of the NDI technician’s work happens in the lab.

“I enjoy when we are up on the wing of the aircraft inspecting a spar or a panel and you look up to see the entire airfield,” said Morrissey.

Additionally, the NDI technicians work with aircraft crew chief, structural engineer and aircraft metals technology to ensure aircraft parts are structurally sound.

“I like when we make a big call on a critical part being cracked, and we keep a part that could fail off the aircraft. That is when I really like my job,” said Herraera-Valtierra.

Meeting discusses military compensation, retirement

Story and photo by
Brandon Bosworth

Assistant Editor, Ho `okele

A town hall meeting was held on March 13 at the Oahu Veterans Center to discuss matters related to the Military Compensation & Retirement Modernization Commission. The meeting was organized by the office of U.S. Rep. Mark Takai, and was a follow-up to an earlier meeting held Feb. 21.

The Military Compensation and Retirement Modernization Commission (MCRMC) was established in 2013 to conduct a review of military compensation and retirement systems. This January, the MCRMC submitted a report with 15 recommendations for changing and modernizing these systems to Congress and the president. President Barack Obama has until April 1, 2015 to submit documents to Congress and the MCRMC either approving or disapproving these



U.S. Rep. Mark Takai, center, hosted a town hall meeting on March 13 at the Oahu Veterans Center to discuss matters related to the Military Compensation & Retirement Modernization Commission.

recommendations.

The commission's report and 15 recommendations may be viewed at <http://www.mcrmc.gov/index.php/reports>.

Takai's office held the March 13 meeting to solicit comment from the community regarding the MCRMC's proposals.

"This is an important issue," said Takai. "It affects active duty service members, veterans, as well as those just now

entering the military."

Among those submitting testimony were representatives from the Society of Military Widows, the Military Intelligence Service Veterans Club of Hawaii, and the Military Officers Association of America.

Those wishing to submit written testimony to Takai regarding the MCRMC recommendations can do so via his website, www.takai.house.gov.

Navy announces April SAAPM theme

Chief of Naval Personnel Public Affairs

WASHINGTON — Navy leaders announced March 16 the Department of Defense 2015 Sexual Assault Awareness and Prevention Month (SAAPM) theme of "Eliminate Sexual Assault: Know your part. Do your part." The effort will focus on raising awareness and highlighting prevention of sexual violence with an emphasis on bystander intervention.

Locally, Honolulu Mayor Kirk Caldwell will host a SAAPM ceremony at 2 p.m. March 24 at Honolulu Hale, and a Joint Base Pearl Harbor-Hickam SAAPM proclamation signing ceremony will begin at 8:30 a.m. April 2 at Hickam Memorial Theater.

April is an opportunity to build on existing momentum to eliminate the crime of sexual assault and ensure all service members are committed to creating command climates of professional-

ism, dignity and respect.

"As we focus on this year's theme of 'Eliminate Sexual Assault: Know your part. Do your part', it's critical that everyone takes time to focus on the areas where they can help, through attention and intervention," said Rear Adm. Rick Snyder, director, 21st Century Sailor Office. "Sailors at every level of leadership are the ones that make this not just a successful month, but a sustained and positive campaign to identify situations that pose a risk for sexual harassment, sexual assault, and other criminal behaviors and have the social courage to safely correct harmful behavior."

In addition to making Sailors aware of SAAPM and this year's theme, commands are encouraged to organize events to highlight the awareness and prevention of sexual assault. Some of the suggested events include hanging ribbons on trees around base, hosting "Meet your

SARC and victim advocate" events, organizing skits at the local base theater, and other activities to raise awareness during the month of April. Events can be coordinated with local SAPR professionals to ensure maximum visibility and participation.

Sailors and commands can find additional information, references and resources at www.sapr.navy.mil. The website contains turnkey information on organizing and executing SAAPM events. The website also includes resources for victims of sexual assault who want to reach out for information and support.

Sexual Assault Prevention and Response is an effort in the 21st Century Sailor Office which consolidates programs and policies, new and existing, to maximize Sailor personal and family readiness and build resilience, enhancing the advantage Sailors bring to the force.

For more information, go to www.Navy.mil/sapr.

The Commission's recommendations are:

1. Modernize the retirement system—Help more service members save for retirement earlier in their careers, leverage the retention power of the current retirement system and give the Services flexibility to retain quality people in demanding career fields.

2. Survivor benefit plan changes—Provide more options for service members to protect their pay for their survivors.

3. Promote service members' financial literacy—Increase frequency and strengthen content of financial literacy training.

4. Increase efficiency within Reserve component status system—Reduce the 30 unique statuses under which Reserve component members can be called to duty to just six.

5. Ensure service members receive the best possible combat casualty care—Enhance dedicated oversight of medical readiness through the creation of a joint medical component within a newly established joint readiness command.

6. Increase access, choice and value of health care—Replace the current TRICARE healthcare program with a new system that offers beneficiaries (families and retirees) a selection of commercial insurance plans.

7. Improve support for service members' dependents with special needs—Benefits offered through the military's Extended Care Health Option program should be expanded to include state Medicaid waiver programs.

8. Improve collaboration between Department of Defense (DoD) and Veterans Administration (VA)—Strengthen and add additional authorities and responsibilities to the current DoD-VA Joint Executive Committee.

9. Protect both access to and savings at DoD commissaries and exchanges—DoD commissaries and exchanges should be consolidated to leverage the mission and process similarities between the two.

10. Improve access to child care on military installations—Congress should reestablish the authority to use operating funds for minor construction projects up to \$15 million to expand or modify child development program facilities.

11. Safeguard education benefits for service members—Old GI Bill programs (Montgomery GI Bill and Reserve Education Assistance) should be sunset in favor of the Post 9/11 GI Bill with changes to transferability and housing stipends for dependents.

12. Better prepare service members for transition to civilian life—DoD should require mandatory participation in the Transition GPS (Goals, Plans, Success) education track.

13. Ensure service members receive financial assistance to cover nutritional needs—The Family Subsistence Supplemental Allowance (FSSA) should be retained only for those in overseas locations, Supplemental Nutrition Assistance Program (SNAP) should be used for assistance in the United States.

14. Expand Space-Available travel to more families of service members—Access to unaccompanied travel for dependents on military aircraft should be provided if the service member is deployed for 30 days or more.

15. Measure how the challenges of military life affect children's school work—A military dependent student identifier should be implemented to identify students who are children of active duty service members.

Life & Leisure



Women ☆☆☆☆ of Honor

Chief Musician Ryan Ringnalda, from Pacific Fleet Ceremonial Band, directs the band before an audience attending the Pearl Harbor Colors, honors and heritage ceremony March 19 at the Pearl Harbor Visitor Center.



All U.S. Navy photos by
MC1 Omari K. Way

Rebecca Hommon and Adelia Montgomery, hands on hearts, are among the civilians and service members showing respect for the flag during posting of colors at the ceremony.

Navy Region Hawaii honored the history of women in uniform during a Pearl Harbor Colors ceremony held March 19 at the Pearl Harbor Visitor Center.

March is Women's History Month.

Eugenia Woodward, a member of the Women Accepted for Voluntary Emergency Service (WAVES), attended as guest of honor. Woodward received applause and thanks for her service during World War II.

The event also featured participation by Cmdr. Gina McCaine, commanding officer of the guided-missile destroyer USS O'Kane (DDG 77) and Cmdr. Linda Seymour, the commanding officer on the USS Halsey (DDG 97).



Visitors in attendance during Pearl Harbor Colors ceremony honoring women service members take photos with honored guest, Eugenia Woodward, a WWII veteran and Hawaii state director of Women Accepted for Voluntary Emergency Service (WAVES).



Navy Region Hawaii historian, Jim Neuman, presents Women Accepted for Voluntary Emergency Service (WAVES) veteran Eugenia Woodward with lei during Pearl Harbor Colors ceremony honoring women service members.



Sailors from guided-missile destroyers USS O'Kane (DDG 77) and USS Halsey (DDG 97) Honors and Ceremonial Guard stand ready to parade colors.

Scott Pawlowski, chief of natural and cultural resources with the National Park Service, and Eugenia Woodward salute while colors are posted.

Strong defense leads 690th COS back to winning track

Story and photo by
Randy Dela Cruz

Sports Editor, Ho'okele

Leaving their starters on the bench for eight minutes of the first half, the 690th Cyberspace Operations Squadron (690 COS) fell behind by 10 points to Headquarters Pacific Air Forces (HQ PACAF).

Once the first stringers entered the game, the 690 COS dominated the action to beat HQ PACAF, 44-29, on March 12 in a Blue Division intramural basketball game at Joint Base Pearl Harbor-Hickam Fitness Center.

“That was for our guys, who come in and work every day and sometimes aren’t able to get in the game,” said 690 COS point guard Staff Sgt. Carl Sanders about putting the subs in first. “It was just to let them know that we do respect them.”

The win reestablished the 690 COS as one of the top contenders in Blue Division after the team suffered its first loss of the season during the previous week to the 647th Civil Engineer Squadron (647 CES).

“This was very big,” Sanders said about the team’s sixth win. “It (the loss) was a wakeup call. No one is unbeatable.”

In allowing the subs to start off the game against HQ PACAF, the 690 COS found themselves down at 12-2 with 12:17 remaining in the first half.

Three minutes later, with the team’s starters on the court, Airman 1st Class Spencer Davies knocked down a three ball to pull the 690 to within five at 13-8.

The long shot seemed to have shifted the momentum to the 690 as the team followed up with a basket by Sanders, a putback by 6-foot-10-inch center Airman 1st Class Theryn Hudson and then a free throw by Senior Airman Demetrius Harvey to tie the score at 13-13 at the 3:23 mark.

Sanders completed the comeback by downing a trey to give the 690 COS their first lead of the game at 16-15 before the team took a 20-17 lead into halftime.

While the insertion of the starters provided the catalyst for the comeback, Sanders said that it was just good old fundamental basketball that put the 690 back on track.

“We didn’t do anything differently,” he admitted. “We just came out with a game plan to play smart basketball. It was nothing different than normal. It was just coming in, run it down their throats, get the ball down low and keep pounding until the clock hits zero.”

In the second half, with the 690 COS hanging on to a 23-20 lead, the team went on a spurt to put the game away for good.

A bomb from beyond the arc by Davies, his second of the game, got things going once again.

Following the shot, the 690 COS got a lay-up from Sanders and a basket from Airman 1st Class Robert Light to give the team its first double-digit lead of the game at 30-20 with 11:28 on the clock.

The 690 COS then went on to finish off a 13-0 run on baskets from Hudson and Light for a dominating 36-20 advantage.

While the team’s offense was running smoothly, it was the defense that really crushed the hopes of HQ PACAF.

After falling behind at 12-2 in the first half, the 690 defense held HQ PAC to only five points in the final 12 minutes of play before halftime and then gave up only three points in the first 12 minutes of play in the second half.

“Our guys are very defensive minded,” Sanders said. “We know we have guys that can shoot, so we’re not worried about offense. Defense is where we have to shine.”

Surprisingly, the 690 racked up the easy win despite the fact that star forward Senior Airman Demetrius Harvey practically sat out the entire game and scored only two points on free throws.

Harvey, who admitted that he was bothered by sore ankles, said that the win proves that the 690 COS are much more than a one-man show.

“We have a lot of depth on our team. We have a lot of faith in our team,” Harvey said.



Senior Airman Jaron Hyer, forward for 690th Cyberspace Operations Squadron (690 COS), drives to the basket against Headquarters Pacific Air Forces (HQ PACAF).

Shipyard shows off firepower in decisive victory

Story and photo by
Randy Dela Cruz

Sports Editor, Ho'okele

Navy Diver 2nd Class Kirk Thomas recorded the rare hat trick with one goal in the first half and two in the second to lead Pearl Harbor Naval Shipyard (PHNSY) to a 9-0 win over the 15th Medical Group (15 MDG) on March 14 in a Red Division intramural soccer showdown at Ward Field, Joint Base Pearl Harbor-Hickam.

Thomas was among three players on PHNSY to score two or more goals in the win, which raised the team’s record to 2-0, while the 15 MDG fell to 0-2.

“We’ve been playing together for two years now, so I think it’s more chemistry than anything,” said Thomas about the team’s near-flawless game against the 15 MDG. “We know where each other is going to be on the field, and once we get going it’s hard to stop us.”

While neither team was able to score in the early minutes of the game, once PHNSY got on the scoreboard it opened the floodgates very quickly.

Gas Turbine System Technician (Mechanical) 1st Class Ismaila Lanase put away the first goal and was immediately joined by teammate Marco Fabara, a Department of Defense civilian, who finished off a break-away to make it 2-0.

Shortly after recording his first goal of the game, Fabara made a picture-perfect pass to Troy Switzer, another DoD civilian, who caught up with the ball and shot it past the goalkeeper for a 3-0 lead.

“He’s a really good player, so I have faith in him,” said Fabara about Switzer’s goal. “I would have given him a hard time if he missed that goal. Actually, I trust all of the guys.”

The run by PHNSY finally came to end, when Thomas knocked in his goal of the game to give his team a 4-0 advantage going into halftime.

“Once you start figuring out your own team members, you start to actually playing as a team,” said Thomas about the team’s outburst in the first half. “Sports aren’t about individual efforts. It’s a team effort. Once we started making the right passes, the right runs, then everything clicked in.”

The dominant first half was only a glimpse of what was to come, as PHNSY picked up right where they



Navy Diver 2nd Class Kirk Thomas gets to ball first before he boots in a goal past the defense of Tech. Sgt. Steven Mata.

left off after the break.

Once again, a goal started off a deluge of shots on goal that the 15 MDG just couldn’t stop.

Fabara got things on the way with a breakaway goal to make it 5-0, before Gas Turbine System (Mechanical) 2nd Class John Lennon got his name in the scoring column on an assist from Lanase.

Lennon then turned around and lent a hand to Thomas for an assist and Thomas scored his second goal of the game to make it 7-0.

Finally, Lanase got his second goal of the game to make it 8-0 before Thomas closed the books for good with his third goal.

After winning the Summer Soccer League championship for the second year in a row, Fabara said that he believes that PHNSY has what it takes to challenge for this year’s intramural title.

Having an idea of what each other can do, Fabara said, certainly helps to make PHNSY a contender.

“I guess we understand each other better,” he said. “I think we got a good team. I hope we can win the championship.”

Thomas also believes that PHNSY has the potential to win it all, especially when the team is at full strength.

“Some players are off island and we’re missing some players,” Thomas pointed out. “It’s all about putting it all there and giving 100 percent all the time.”

Joint Base Holy Week services announced

Brandon Bosworth

Assistant Editor, Ho'okele

Joint Base Pearl Harbor-Hickam Holy Week events have been announced. They include:

• **Jewish services**

Joint Military Passover Seder, 6 p.m., April 3, Hale Koa Hotel Waikiki Ballroom. The registration deadline is March 27. For more information or to register, contact Dr. Daniel Bender at dab96744@gmail.com

• **Protestant services**

Palm Sunday, March 29 8:30 a.m., contemporary worship service, Hickam Chapel Center

9 a.m., traditional Protestant service, Nelles Chapel

10:45 a.m., gospel service, Nelles Chapel

11 a.m. Protestant worship service, Pearl Harbor Memorial Chapel

Good Friday, April 3

5 p.m., Good Friday service, Pearl Harbor Memorial Chapel

Easter Sunday

6:30 a.m., joint sunrise service, Battleship Missouri Memorial

8:30 a.m., contemporary worship service, Hickam Chapel Center

9 a.m., traditional Protestant service, Nelles Chapel

10:45 a.m., gospel service,

Nelles Chapel.

11 a.m. Protestant worship service, Pearl Harbor Memorial Chapel

• **Roman Catholic services**

Palm Sunday, March 28 5 p.m., Catholic Mass, Hickam Chapel Center

Palm Sunday, March 29

8:45 a.m., Palm Sunday Mass, Pearl Harbor Memorial Chapel

11 a.m., Palm Sunday Mass, Hickam Chapel Center

Holy Thursday, April 2

7 p.m., Holy Thursday Mass/feet washing, Pearl Harbor Memorial Chapel

7 p.m., Holy Thursday Mass, Hickam Chapel Center

Good Friday, April 3

7 p.m. Good Friday Holy Communion service, Pearl Harbor Memorial Chapel

7 p.m. Good Friday Holy Communion service, Hickam Chapel Center

Holy Saturday/ Easter Vigil, April 4

7 p.m. Easter Vigil Mass, Hickam Chapel Center

7:30 p.m. Easter Vigil Mass, Pearl Harbor Memorial Chapel

Easter Sunday, April 5

9 a.m. Easter Sunday Mass, Pearl Harbor Memorial Chapel

11 a.m., Easter Sunday Mass, Hickam Chapel Center.



5k run at JBPHH honors Women’s History Month

Story and photos by David D. Underwood Jr.

This month’s Women’s History Month observance at Joint Base Pearl Harbor-Hickam began with a 5k run March 12. The run started at the Missing Man Formation behind the Historic Hickam Officer’s Club, and went to Porter Gate and back.

Gen. Lori J. Robinson, commander, Pacific Air Forces made opening comments before the run, and received a T-shirt bearing this year’s theme, “Weaving the Stories of Women’s Lives.” The shirt was presented by 2nd Lt. Kellie Dowling, 647th Logistics Readiness Squadron.

This year’s event was hosted by the Women’s History Month Committee and put together by Master Sgt. Chandra Lewis, 747th Communications Squadron.

“The purpose was to celebrate women’s history and collect food for the YWCA,” said Lewis.

Anyone was eligible to participate — military,

civilian, and families.

Dowling said the event went very well.

“I was happy to have Gen. Robinson come out and speak,” Dowling said.

She added that it was a great turnout.

“A lot of people came out to support women’s history,” Dowling said.

Senior Airman Amori Colbert, 37th Intelligence Squadron said that it was very motivational. “People did great participating for the cause,” she said.

March is proclaimed Women’s History Month to show appreciation and pay tribute to women who have made an impact in society.

What began as Women’s History Week in 1982, became a month-long observance in 1987, and Presidents Bill Clinton, George W. Bush and Barack Obama have continued this tradition by signing annual proclamations during the month of March.

For more information on women’s history visit <http://womenshistorymonth.gov/about.html>.



Gen. Lori J. Robinson, commander, Pacific Air Forces, receives a themed t-shirt from 2nd Lt Kellie Dowling during a 5k run March 12 observing Women's History Month.



Participants run in the 5K event at JBPHH.

Chung-Hoon pulls away to defeat Jefferson City

Story and photo by Randy Dela Cruz

Sports Editor, Ho'okele

Very few players on base have the star power to go off every time they set foot on the court, but for USS Chung-Hoon (DDG 93) guard Yeoman 3rd Class Courtney Sims making baskets are like dropping dimes in a pond.

Against USS Jefferson City (SSN 759), Sims waited until the second half to explode, but when he did, the flashy point guard threw down 19 points in 10 minutes of play to lead Chung-Hoon to a 54-44 victory March 14 in an Afloat Division intramural basketball game at Joint Base Pearl Harbor-Hickam Fitness Center.

The win kept Chung-Hoon in the hunt for the division’s regular-season championship with a record of 4-2, while Jefferson City, which started off the season with back-to-back wins, now holds a record of 3-3.

“I’m not a selfish person,” Sims said. “Half the time, as far as the point thing, I don’t know what I’m doing. I want to score 40 but let everybody else play and give them a chance to gel.”

While Sims was warming up in the first half, Jefferson City was able to stay within striking distance of Chung-Hoon.

A trey by Jefferson City Electronics Technician 1st Class Richard Wheeler tied the score at 16-16 with 4:45 remaining in the first half, but three-pointers by Logistics Specialist 3rd Class Nikita Mayo and Ensign Will Moore helped Chung-Hoon take a 26-19 lead into halftime.

After the break, Sims began to put on a show and started off the second half on fire.

Back-to-back baskets by Sims within the first minute of play gave Chung-Hoon a 31-19 advantage.

Then, after giving Chung-Hoon a 33-19 lead, Sims really took off and began to dominate play inside the paint with numerous putbacks over the course of four minutes.

“I’m not your typical guard,” said Sims about his strong play under the



Yeoman 3rd Class Courtney Sims scored 25 points to lead USS Chung-Hoon (DDG 93) over USS Jefferson City (SSN 759).

basket. “I can go in there and box out with the big guys. That’s where I pride myself. If I can’t get the ball off the dribble to get my shot off, I’ll just go get it.”

Another basket by Sims at the 13:12 mark forced Jefferson City to take a timeout to try and neutralize the damage from the Chung-Hoon guard, who scored 13 of the team’s first 16 points in the second half.

Sims scored his last basket with 9:53 remaining in the game before he took a seat on the bench with Chung-Hoon ahead at 52-28.

In only 10:07 of the second half, Sims pumped in 19 points to go along with the six he scored in the first half to finish with a game high of 25 points.

Mayo was the second leading scorer for Chung-Hoon with eight points, six of them coming on two long bombs from the perimeter.

With so much damage being done to Jefferson City inside the paint,

Wheeler said he believes that the team’s choice of defense may have been its undoing.

“We were in a zone and it’s hardest to block out when you’re in a zone,” Wheeler pointed out. “It was effective in the first half, but later in the second half you could see it kind of deteriorate. We should have went man earlier, but we didn’t. We waited too long to make the defensive shift.”

The loss had put Jefferson City on the bubble for a playoff berth, but Wheeler believes that there is still time to turn things around.

“We were down by three key players,” Wheeler noted. “Every time we’ve had everybody here, we’ve won. We started off on top and we’re going to finish on top.”

Meanwhile, for Chung-Hoon, Sims promises that the best is yet to come.

“We’re starting to get everything to gel,” he said. “It’s going to be a fun run.”

Hickam Communities to launch annual resident survey

Hickam Communities

Hickam Communities will launch its annual resident satisfaction survey March 28. Its team will deliver “REACT R” surveys to families door-to-door, encouraging them to provide feedback about their living experience with Hickam Communities.

“It’s vital for us to understand what’s important to our residents. The ‘Gimme 5’ campaign is one way for us to measure how we’re doing and it helps us identify areas that might need improvement,” said Stephen Quinn, director of property management at Hickam Communities.

“Gimme5!” is a community outreach campaign that encourages residents to share their comments and suggestions. The REACT R survey, conducted by the real estate consulting firm CEL & Associates, Inc., takes about five minutes to complete and responses are

confidential.

“It’s important our families complete and return the survey. Their comments and suggestions help our team plan and budget for valuable resident programs and services. Feedback from past surveys has helped us enhance and improve services and offer programs that our families really want and benefit from,” Quinn said.

Residents who are able to complete their survey on March 28 are asked to seal it in the self-addressed, prepaid return envelope provided and leave it at their front door before noon. Hickam Communities’ staff will then collect the surveys and leave behind five ice cream coupons to thank families for sharing their comments.

Families can redeem their coupons for ice cream at either Ka Makani or Earhart Community Centers from noon to 5 p.m. on March 28.

Residents who complete

and postmark their survey no later than April 4 will be entered into a random drawing for a chance to win a \$250 cash prize. One drawing will be held for each community — Hale Na Koa, Officer Field and Earhart.

The survey period ends on May 9, and all surveys must be post-marked and mailed or dropped off at any a Hickam Communities Community Center by this date.

In addition to the survey, Hickam Communities will host an activity for its young residents. The three-point shoot-out competition will be held from noon to 1 p.m. on March 28 at Hickam Communities Earhart Recreational Complex. Young people 5 to 18 years of age are invited to take part in a three-point and free throw competition to win prizes.

For more information about activities hosted by Hickam Communities, visit www.hickamcommunities.com or call 853-3776.

Navy nutrition: avoiding fad diets

MC2 Ashley Hedrick

Naval Submarine Base Kings Bay Public Affairs

Every once in a while, there comes a time when the numbers on the scale start creeping up. Before you know it, the pounds have packed on.

As a quick fix, some people turn to fad diets or a miracle pill, but is it really the smart way to go about losing weight? As part of Navy Nutrition Month, it is pertinent that service members attain the correct information about their nutrition and health lifestyle.

According to the establishing NAVADMIN, the goal of Navy Nutrition Month is to increase awareness and transform food environments Navywide to facilitate and maintain better food and beverage options. Also, better food choices enhance physical performance, and contribute to the Navy’s efforts to achieve a fit and ready force.

A fit and ready force does not entail losing a whopping 15 pounds a few weeks before the physical readiness test weigh-ins. According to Chris Schuff, a registered dietician for the Kings Bay Fitness Center, losing weight should be done gradually.

“Fad diets are all-or-nothing,” said Schuff. “You’re doing this extreme dieting that you will never be able to maintain for longer than when they tell you to do it. You will go through a deprivation phase of dieting. Afterward you engorge and could gain all of the weight back, if not more.”

Advertisements on TV, the Internet, or in magazines may offer quick-fixes to effortless weight loss, but the reality is there is no such thing. Fad diets often eliminate or reduce one or more essential food groups, and only achieve temporary

weight-loss.

“Long term elimination of essential foods from your diet can lead to a malnourished state or vitamin deficiencies, which can lead to a multitude of medical problems,” said Lt. Christopher Davis, a doctor at Naval Branch Health Clinic Kings Bay. “It’s often seen in gastric bypass patients that are surgically placed in a state of improper food absorption.”

Schuff recommends skipping the fad diets and utilizing a more balanced diet, in conjunction with regular exercise, in order to lose and maintain weight.

On the other hand, some may skip the diet and go straight to the weight-loss supplement. The Food and Drug Administration (FDA) claims many weight-loss supplements do not live up to their claim and can cause serious harm. Overall, dietary supplements are not approved by the FDA.

“Most are packed with stimulants that have drastic effects on the cardiovascular system, and may lead to conditions such as atrial fibrillation, coronary artery spasm, heart attack, and sudden death,” Davis said.

Here’s how to spot a fad diet:

- It requires people to spend large amounts of money to purchase special foods.
- It does not encourage at least 30 minutes of exercise at least three days a week.
- It recommends substituting two or more meals for liquid supplements.
- It eliminates one or more food groups or gives lists of “good” or “bad” foods.
- It does not include a long-term maintenance plan.
- It promises a quick fix or weight loss of more than one to two pounds a week.

For more information about fad diets and weight-loss supplements, visit www.med.navy.mil/ or www.fda.gov.



Live the Great Life



MWR Marketing Photo

Participants in ITT's Chinatown Food and Historic Tour sample Chinese food.

ITT Chinatown food, historic tour planned

Justin Hirai

Joint Base Pearl Harbor-Hickam
Morale, Welfare & Recreation

The Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation (MWR) Information, Tickets & Travel (ITT) office announced the return of its Chinatown Food and Historic Tour for another year. The first tour for 2015 is scheduled for March 28.

During this guided walking tour, participants can see historic buildings, open markets and Chinese-style bakeries. They will also have opportunities to stop and sample Chinese foods along the way. The cost per adult is \$30 and \$20 per child ages

3 to 11 years old. The tour includes round-trip shuttle service from the Hickam ITT office and a dim sum lunch.

Check-in is at 8:30 a.m. at the Hickam ITT office and the shuttle is scheduled to return at approximately 1 p.m. Comfortable shoes and sun protection are recommended for this tour. Children in strollers are not recommended, due to the crowded and narrow walkways. The tour will run every last Saturday of the month, with the last tour scheduled for Nov. 29.

For more information, or to make reservations, call any ITT office: Fleet Store at 473-0792, Hickam at 448-2295. Pearl Harbor Navy Exchange at 422-2757, Barbers Point at 682-2019 or Wahiawa Annex at 564-4445/ 4446.

Abandoned vehicle auction to return Saturday

Justin Hirai

Joint Base Pearl Harbor-Hickam
Morale, Welfare & Recreation

Morale, Welfare and Recreation at Joint Base Pearl Harbor-Hickam will hold its second abandoned vehicle auction of the year from 8 a.m. to 2 p.m. Saturday at the abandoned car lot is located on Pearl Harbor on South Avenue. Parking will be available along the fence outside the lot.

Those without base access can park in the "pass and ID office" parking lot, just outside Nimitz Gate. There will be a free shuttle service providing transportation to the sale lot every half hour from 8 a.m. to 1:30 p.m.

The auction is open to all military personnel and the general public. Vehicles are sold as is, with all sales final and no refunds issued.

Only vehicles in the designated lot will be available for bidding. Completed bids need to be



MWR Marketing photo

Conditions of vehicles up for bid on Saturday will vary widely.

submitted on the day of the auction, from 8 a.m. to 2 p.m. No bids will be accepted after the auction closes. The minimum bid for all vehicles is \$150. Successful bidders will be notified beginning March 23 and will have to complete payment by the following business day after notification. Acceptable payments include cash, credit card, money order or cashier's checks. No personal checks will be accepted.

The vehicles are not in operating condition. They do not have keys and a towing company or appropriate transport will need to remove the vehicles. Vehicles cannot be towed by another vehicle with ropes, chains or tow bars.

For more information on a list of rules and pictures of vehicles available for auction visit www.greatlifehawaii.com and go to the auto skills page or call 471-9072.

Your Weekly Fun with MWR

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



Ford Island Bridge Run early registration deadline is today. This annual 10K race will begin at 7 a.m. April 4 at the Adm. Clarey Bridge. The entry fee is \$20 for active-duty military, military family members, retirees and Department of Defense civilians, and \$25 for all others. Late entries will be accepted until April 3 with a registration fee of \$30. Race day entries will be accepted until 6:45 a.m. with a registration fee of \$45. Pets are not allowed. The application is available for download at www.greatlife.hawaii.com. FMI: 473 2494 or 473-2437.

Learn to Spearfish class will be held from 9 a.m. to noon March 28 and March 29 with instructors from the MWR Outdoor Recreation-Hickam Harbor staff. On the first day, class is held at the pool. On the second day, depending on skill level, there may be two ocean dives from the boat. Mask, fins and snorkel are required; other equipment and transportation will be provided. The cost is \$60. The sign-up deadline is March 25. FMI: 449-5215.

Kayaking Haleiwa excursion will begin at 8 a.m. March 29. MWR Outdoor Adventure Center staff will lead a paddling trip along Anahulu Stream in Haleiwa. Transportation, instruction and equipment will be provided. The cost is \$30. The sign-up deadline is March 26. FMI: 473-1198.

Moonlight Paddle at Hickam Harbor will begin at 7:30 p.m. April 3. Participants of all paddling abilities are welcome. The trip will be led by Hickam Harbor's Outdoor Recreation staff and it includes all required gear. The cost is \$25. The sign-up deadline is March 26. FMI: 449-5215.

2015 Creative Writing Contest submissions will be accepted now through April 4 at the Joint Base Pearl Harbor-Hickam Library. Entries can be submitted in short story and poetry divisions (no more than one entry for each type). There are three age categories: children, ages 6 to 10 years old; young adults, ages 11 to 18 years old; and adults, ages 19 years and older. The

complete rules, entry form and details are available at www.greatlife.hawaii.com. There is no entry fee. FMI: 449-8299.

Easter Brunch Buffet will begin at 10 a.m., 11 a.m. and 1 p.m. April 5 at the Historic Hickam Officers' Club. The cost is \$31.95 for adults, \$17.95 for children ages 7 to 12 years old, \$11.50 for children ages 4 to 6 years old, and free for children 3 years and under. The reservation deadline is April 2. Reservations, FMI: 448-4608.

Spring Craft Fair Vendor applications will be accepted now through April 20 for mail-in civilian vendor registrations and through May 1 for walk-in and military-affiliated vendors. The 40th Annual Spring Craft Fair will be held from 9 a.m. to 3 p.m. May 2 at the Hickam Arts & Crafts Center. All items sold need to be handmade by participants. The cost is \$75 for a 15-foot-by 15-foot space, or \$105 for two to share a space. FMI: 448-9907.

Community Calendar

MARCH

NIMITZ, O'MALLEY GATES REPAVING WORK NOW — Repaving is taking place on the inbound and out-bound lanes at the Nimitz and O'Malley Gates. The contractor is limiting traffic to a single lane during construction. Work on the outbound lanes takes place first from 7 a.m. to 2 p.m. through today. On March 24, the outbound left lane onto Center Drive will be closed. Work on the inbound lanes will follow beginning in April during the hours of 5 p.m. to 1 a.m. Monday through Thursday. The work may include possible lane, exit and ramp closures. All motorists and pedestrians are asked to plan accordingly.

TEMPORARY GYM CLOSURE NOW — The gym on the submarine side of Joint Base Pearl Harbor-Hickam is closed until March 22 for required floor maintenance and will re-open on March 23. Patrons are asked to plan accordingly.

A-OK PROGRAM NOW — The Pearl Harbor Navy Exchange (NEX) gives back to students with good grades. Parents can bring their child's most recent report card to the NEX to register for the Project A-OK program. The child could win \$3,000, \$2,000 or \$1,000 from NEX. FMI: see the NEX Aloha Center in the mall rotunda or call 423-3287.

A BETTER YOU NOW TO 24 — The Pearl Harbor Navy Exchange (NEX) is partnering with health and fitness organizations for A Better You event from 11 a.m. to 2 p.m. daily throughout the NEX mall. Participating groups will include Naval Health Clinic Hawaii, TRI-CARE and JBPHH Morale, Welfare and Recreation. The free event for authorized patrons will include demonstrations, health analysis, program information and giveaways. FMI: 423-3287 or email Stephanie.Lau@nexweb.org.

SUPPORT FOR NMCRS SATURDAY— Patrons can support the Navy-Marine Corps Relief Society (NMCRS) by buying a Koala Moa chicken plate from 10 a.m. to 5 p.m. at the food truck at the Pearl Harbor NEX parking lot. FMI: 423-3287.

SAAPM CEREMONIES MARCH 24, APRIL 2 — Honolulu Mayor Kirk Caldwell will host a Sexual Assault Awareness and Prevention Month (SAAPM) ceremony at 2 p.m. March 24 at Honolulu Hale. A Joint Base Pearl Harbor-Hickam SAAPM proclamation signing ceremony will begin at 8:30 a.m. April 2 at Hickam Memorial Theater.

BLOOD DRIVES 25, 31— There are two upcoming blood drives at Joint Base Pearl Harbor-Hickam. The March 25 blood drive will be held from 9 a.m. to 1 p.m. at the Pearl Harbor Memorial Chapel. The March 31 blood drive will be held from 9 a.m. to 1 p.m. at Makalapa Clinic. FMI: 433-6699, 433-6148 or email michelle.lele@amedd.army.mil.

THREE-POINT SHOOT-OUT 28 — Hickam Communities will host a Three Point Shoot-Out out from noon to 1 p.m. at Earhart Recreational Complex, intersection of Aupaka Street and Malick Avenue. The event is a fitness activity for youth ages 5 to 18 who can compete in a three-point and free throw competition to win prizes. FMI: www.hickamcommunities.com or 853-3776.

BREAKFAST WITH THE EASTER BUNNY 28 — Breakfast with the Easter bunny will begin at 8 a.m. at the Pearl Harbor Navy Exchange mall food court lanai. The event for authorized patrons only will include a pancake and ham breakfast, glitter tattoos, balloon art, prizes and crafts. The cost is \$12 for children and \$10 for adults. FMI: 423-3287 or email Stephanie.Lau@nexweb.org.

WOMEN'S HISTORY MONTH LUNCHEON 30 — Women's History Month luncheon will be held from 11 a.m. to 1 p.m. at the Hale Aina Dining Facility. The speaker will be Col. Eva Jenkins of Pacific Air Forces. Participants should RSVP by March 23. Food will be available for purchase. FMI: margo.choa@us.af.mil or 449-0861 260-1223.

APRIL

WALK TO SAFETY 1 — The Joint Base Pearl Harbor-Hickam Department of Emergency Management will host a one-mile "Walk to Safety" beginning at 11:30 a.m. at Aloha Aina Park. The walk will be in conjunction with the monthly tsunami siren test. The event helps promote tsunami awareness and demonstrates that people can walk to safety in less than 30 minutes. FMI: 448-2742 or larry.w.sabatine@navy.mil or larry.sabatine.ctr@hickam.af.mil. All hands are invited to walk.

PEARL HARBOR COLORS 1, 23 — The Pearl Harbor colors honors and heritage ceremony will include a special event beginning at 7:30 a.m. April 1 at the Pearl Harbor Visitor Center commemorating the Chief Petty Officers' Birthday honoring Navy chiefs. Fleet Master Chief Ramirez will preside and offer keynote remarks. In addition, a Pearl Harbor colors ceremony on April 23 will have the theme of "Energy and Environment." It will include a display of renewable energy.

PEARL HARBOR BIKE PATH CLEANUP 4 — Joint Base Pearl Harbor-Hickam and other military volunteers can participate in the next Pearl Harbor Bike Path cleanup led by the City and County of Honolulu. Volunteers ages 12 and above should meet at the far end of the Best Buy parking lot in Aiea by 7:30 a.m. Volunteers should dress to get dirty. The city will also host Earth Month festivities at Neal Blaisdell Park starting at 11 a.m. FMI: Chief Master-at-Arms William Matteson at William.n.matteson@navy.mil or (209) 216-7190 or Tom Clements at 473-0662 or email tom.clements@navy.mil.



THE SPONGEBOB MOVIE: SPONGE OUT OF WATER (PG)

SpongeBob goes on a quest to discover a stolen recipe that takes him to our dimension, our world, where he tangles with a pirate.

Movie Showtimes

SHARKEY THEATER

TODAY 3/20
7:00 p.m. McFarland, USA (PG)

SATURDAY 3/21
2:30 p.m. The SpongeBob Movie: Sponge Out of Water (3D) (PG)
4:40 p.m. The DUFF (PG-13)
6:50 p.m. Focus (R)

SUNDAY 3/22
2:30 p.m. The SpongeBob Movie: Sponge Out of Water (PG)
4:40 p.m. Black or White (PG-13)
7:10 p.m. Project Almanac (R)

THURSDAY 3/26
7:00 p.m. Seventh Son (PG-13)

HICKAM MEMORIAL THEATER

TODAY 3/20
6:00 p.m. Spongebob Squarepants Movie: Sponge Out Of Water (PG)

SATURDAY 3/21
4:00 p.m. McFarland USA (PG)
7:00 p.m. Fifty Shades of Grey (R)

SUNDAY 3/22
2:00 p.m. Spongebob Squarepants Movie: Sponge Out Of Water (PG)

THURSDAY 3/26
7:00 p.m. Fifty Shades of Grey (R)

Blood drives

Armed Services Blood Program drives include

- March 25, 9 a.m. to 1 p.m., Pearl Harbor Memorial Chapel, Joint Base Pearl Harbor-Hickam.
- March 31, 9 a.m. to 1 p.m. Makalapa Clinic, Joint Base Pearl Harbor-Hickam.

All blood types are needed, especially O Negative blood. For more information, call 433-6699 or 433-6148 or email michelle.Lele.civ@mail.mil.

Donor eligibility screening criteria

The Tripler Blood Donor Center would like to simplify the first step to a successful blood donation. The following criteria can be used to determine the eligibility of a potential blood donor. This information may not answer all questions and is continually updated, therefore direct specific questions to qualified blood donor staff at 433-6148.

Travel Issues – You can’t donate if you have traveled or lived:

- From 1980 to 1996 in the United Kingdom for a cumulative period of three months or longer.
- A cumulative period of six months or longer from 1980 to 1990 in Belgium, Netherlands, or Germany; from 1980 to 1996 in Spain, Portugal, Turkey, Italy, or Greece; from 1980 to 1996 in Saudi Arabia.
- A cumulative period of five years or longer from 1980 to present in Europe including Saudi Arabia.
- In a malaria endemic area within the last 12 months.
- In a malaria endemic area for five consecutive years or longer (deferred for three years after departing the area).
- You have been deployed to Afghanistan, Iraq or Pakistan within the last 12 months.
- You have been stationed or traveled to North of Seoul, South Korea: in these areas Camp Bonifas (Boniface), Camp Casey, Camp Castle, Chunchon, Camp Dodge, Camp Edwards, Camp Es-sayons, DMZ, Camp Falling Water, Camp

Garry Owen (aka Pelham), Camp Giant, Camp Greaves, Camp Hovey, Camp Howze, Infiltration Tunnels, Camp Jackson, Joint Security Area (UN), Camp Kyle, KTC Airfield, Camp Laguardia, Camp Mobile, Multi Purpose Training Area, Munsan, Camp Nimble, Camp Page, Panmunjom, Camp Paju, Camp Red Cloud, Camp Rodriquez, Camp Sears, Camp Stanley, Camp Stanton, Tongduchon, Uijongbu and Warrior Base.

For five years or less you are deferred for two years after departing the area . For more than five years, you are deferred for three years after departing the area.

Other issues – You can’t donate if

- You are participating in airborne operations in the next 72 hours.
 - You have donated blood in the last 56 days (at 57 days you can).
 - You have a cold, flu, or flu like symptoms, or do not feel well within the last 72 hours.
 - You’re currently taking antibiotics or having dental procedures (root canal, oral surgery, or tooth extraction) within the last 72 hours.
- Further Clarification**
- You must be at least 17 years of age (with Parental Consent Form) unless active duty Soldier, and weigh at least 110 lbs.
 - Ear piercing done at a licensed facility is not deferred. Body piercing requires a one year deferral.
 - If you have had a tattoo, for more information visit www.militaryblood.mil or call 433-6148.

MFSC to hold upcoming events

Joint Base Pearl Harbor-Hickam Military and Family Support Center (MFSC) will hold upcoming events.

- A Pinwheel Planting event will be held from 10 a.m. to noon April 2 at MFSC Wahiawa (NC-TAMS).
- The pinwheel serves as the national symbol for child abuse prevention. It is a reflection of hope, health, and safety – what should be desired for children everywhere. Pinwheels will be planted for children in honor of National Child Abuse Prevention Awareness Month.
- An Infant and Toddler Clothing Swap and Information Fair will be held from 10 a.m. to noon April 9 at MFSC Hickam.

The clothing swap is a way to get baby clothes for free. Families are encour-

aged to bring a bag of gently used children clothing for swapping and go home with the bag filled with new gently used clothes for their babies and toddlers. This event is designed to bring families together to strengthen their social connections and support.

- Recruitment for the Central Intelligence Agency will be held from 11 a.m. to noon April 20 at MFSC Pearl Harbor.

An agency representative will be on hand to discuss qualification procedures and the hiring process and answer questions. Because the class fills quickly, participants are asked to register online at www.greatlifehawaii.com.

For more information on MFSC events, call 474-1999.



My Favorite Photo...

John Burns, administrative support assistant for Navy Region Hawaii, took this panoramic photo of Pearl Harbor recently from the balcony of his home.

How to submit: send your non-posed photos to editor@hookelenews.com.