

## U.S. Chamber of Commerce hosts ‘Hiring Our Heroes’

Story and photo by  
MC3 Gabrielle Joyner

Navy Public Affairs  
Support Element  
Detachment Hawaii

The U.S. Chamber of Commerce hosted a “Hiring Our Heroes” service member transition summit July 8-9 at Joint Base Pearl Harbor-Hickam.

“Hiring Our Heroes” is a nationwide initiative to help veterans, transitioning service members and military spouses find meaningful employment opportunities outside of military service.

According to the U.S. Chamber of Commerce, “Hiring our Heroes” transition summits are designed to educate recruiters and community leaders on the best practices in hiring and retaining military employees, while also helping service members and military spouses prepare for the civilian workforce.

“Each year, 3,000 people from Joint Base transition from the military and that does not include hundreds more family members,” said Capt. Stanley Keeve Jr., commander of Joint Base Pearl Harbor-Hickam.

“So this summit addresses a significant quality of life issue for our service members and their families at a stressful time in their lives.”

The summit began with a forum, which included remarks by Secretary of the U.S. Department of Labor Thomas Perez and an informal networking reception



Service members network with potential employers during a “Hiring our Heroes” transition summit July 8 at Joint Base Pearl Harbor-Hickam. Hiring our Heroes transition summits are designed to educate recruiters and community leaders on the best practices in hiring and retaining military employees, while also helping service members and military spouses prepare for the civilian workforce.

that included a speed mentoring component for employers and jobseekers.

“We like to think of ourselves at the Department of Labor as match.com,” said Perez. “Our goal is to match job seekers with employers who want to grow their business. You make our job easier because you have so many assets.”

According to Perez, there are 5.4 million jobs opening up as we speak and assured the attending service members and families that their skills and expertise were coveted in

the civilian sector.

“When I go and talk to employers and when we work with our partners at the Chamber of Commerce, what we hear is ‘give us more veterans!’” said Perez.

“Because you know what? You have game. Your skills, knowledge and experiences in the military are why you are so in demand,” he said.

Operations Specialist 3rd Class Wesley Scott, who is getting out of the Navy in one month, stated the meet and greet forum was helpful and informative for learning how to network and made

him feel more comfortable with the transition process.

“The secretary’s speech stood out the most to me,” said Scott. “He was very open and very enthusiastic about how important our veterans are to the workforce and giving us that boost of confidence that we can do this and it’s not the end of the world to transition out.”

After the networking reception, a panel of subject matter experts, ranging from employers to recently retired military members and spouses, held a ques-

tion-and-answer session.

A job fair took place after, where service members were greeted by more than 100 local and mainland employers participating in the event. On average, job fairs connect employers of every size and industry with more than 1,000 veterans, transitioning service members, and military spouses directly on military installations in the U.S. and overseas.

Joe Wallace, the senior military engagement manager for Microsoft, said as a sponsor of the “Hiring our

Heroes” summit at JBPHH, Microsoft is looking to bring the IT industry to service members as they transition and let them know there are great careers in technology.

“There are all of the intangibles that military members bring to the table such as leadership, discipline, mission focus and drive, plus they are very technical and that translates very well into opportunities at Microsoft,” Wallace said.

Navy Career Counselor 1st Class Johnathan Young commented the transition summit was a great first step and stressed the importance of going to job fairs.

“To not make use of a job fair would be like trying to utilize your thumb to hit a nail instead of a hammer,” said Young.

“Every time a job fair comes up, I push Sailors to attend, especially in transition and even way prior to that. Everybody should start their transition out of military on their first enlistment even if their intention is to stay in 20 years. They can make use of this information and build a wealth of knowledge,” he said.

Perez said a future for veterans is not only an important issue to not only the federal government, but for employers as well.

“Making sure you have a seamless transition from your service to the civilian sector is an all hands enterprise,” said Perez. “Because you have done so much for us, the least we can do is return the favor.”

## Next Pearl Harbor Colors to highlight youth service

Navy Region Hawaii  
Public Affairs

The next Pearl Harbor Colors Ceremony will be held beginning at 7:30 a.m. July 16 at the Pearl Harbor Visitor Center.

This month’s ceremony recognizes the U.S. Naval Sea Cadets, a military youth outreach program for Americans ages 11-17, committed to the development of future leaders.

“Each drill, my goal is to work towards making sure that American’s future is in good hands by instilling in the cadets the Navy core values of honor, courage and commitment,” said U.S. Naval Sea Cadet En-

sign Eddie Barinque.

The ceremony will also recognize the enlistment to service candidates from the Honolulu Military Entrance Processing Station (MEPS), while veterans past and present welcome the newest members of the armed forces and their families to service.

“This is a great experience for applicants and their families and will be something they will never forget,” said Lt. Cmdr. Andrew Gerla, the commanding officer of the Honolulu MEPS station.

The monthly Pearl Harbor Colors Honor and Heritage Ceremony serves to enhance the recognition and



U.S. Pacific Fleet Band plays ceremonial music during the Pearl Harbor Colors Ceremony at the World War II Valor in the Pacific National Monument, May 21. This month’s ceremony will recognize the U.S. Naval Sea Cadets.

preservation of Navy history and heritage, as well as honor the sacrifice of veterans and those currently serving.

Pearl Harbor Colors is a monthly military ceremony that is open free to the public. The event will take place every third Thursday of the month at 7:30 a.m., though the day may shift to accommodate an historic event in history.

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

## Unlocked belongings drive uptick in local crime, suspects arrested

Story and photo by  
Brandon Bosworth

Assistant Editor, Ho`okele

In recent months, there has been a spike in property crimes committed in military housing areas, both off base and at Joint Base Pearl Harbor-Hickam (JBPHH).

Incidents include theft of personal property, such as electronic devices, wallets, personal identification, credit cards, handbags, cash and keys. Most of the items were stolen from parked, unlocked automobiles. There has also been a marked increase in stolen bicycles.

According to Lt. Col. Karla Heren, deputy commander, 647th Air Base Group and deputy chief staff officer, JBPHH, none of the reported incidents involved picking locks or breaking windows.

“It seems like all the crimes



were crimes of opportunity,” she said. “Vehicles were left unlocked, houses were left unlocked, and bikes weren’t secured.”

Susan Ridgeway, director of property operations, Forest City, said much the same thing.

“The crimes that are reported are ‘crimes of opportunity,’ primarily reported thefts from unsecured motor vehicles, thefts of bikes, scooters and other toys left unsecured in the yard, and thefts from unsecured garages,” she said. “We aren’t experiencing strong-arm robberies or home break-ins.”

She added that while crimes have been reported at different times of the day, the majority happened at night.

Contrary to rumors on social media, neither housing officials nor JBPHH security are aware of any recent automobile thefts in area military housing.

It is not uncommon for the frequency of property crimes to increase during the summer months.

“Usually during the summer months, there is an increase in petty crime,” said Lt. John J.

Caicedo, deputy security officer, JBPHH.

“Schools are out and kids are bored,” said Heren.

Heren also notes that individuals living within the community commit most of these crimes. However, there are exceptions. An investigation by JBPHH security personnel led to the arrest of a subcontractor who was stealing bicycles from local housing areas.

There was an additional arrest of two suspects in May by the Honolulu Police Department. While no further details are available at this time, the May arrest could be linked to criminal incidents returning to more normal levels recently. According to Ridgeway, there were two thefts from vehicles in Forest City housing in March, two in April, 15 in May, and back down to two in June.

These arrests do not mean service members and their families should lower their guard

or be any less vigilant. Caicedo stresses that it is still important for people to be proactive when it comes to securing themselves and their belongings.

“Both off-installation residents, as well as those living inside the installation in housing areas, can take actions to reduce the risk of being victims of these types of crimes,” he said.

“First, always secure vehicles and do not leave valuables inside them, even if the vehicle is parked in the driveway. Second, maintain garage doors closed; do not invite crime. It is well known that personnel who commit these types of crimes survey the residences, and if they see valuables inside car garages, there is a greater chance of becoming a target of crime.

Additionally, do not leave



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# Seabees renovate schools in the Federated States of Micronesia

MC1 Carla Burdt

*Pacific Partnership Public Affairs*

KOLONIA, Pohnpei—Pacific Partnership celebrated the completion of two elementary school renovations during ribbon-cutting ceremonies July 3 in Pohnpei, Federated States of Micronesia (FSM).

U.S. Seabees and one U.S. Marine assigned to Task Force Forager, the Pacific Partnership contingent embarked aboard the Military Sealift Command joint high speed vessel USNS Millinocket (JHSV 3), began renovations June 21 of Lukop Elementary School and Rohi Elementary School.

Wailer Olter, principal of Lukop Elementary, recognized each Seabee and Marine who contributed to the renovation of the school.

“I want to give my sincerest thanks for the work you have done here,” said Olter. At Rohi Elementary, the



U.S. Marine Corps photo by Sgt. James Gulliver

Pacific Partnership leadership and local Federated States of Micronesia government officials cut a ribbon officially reopening up Lukop Elementary School after completion of the renovation project July 3.

Seabees and Marine painted the exterior, replaced security screens, installed a water catchment tank and concrete pad, repaired gutters, replaced the roof, and installed two toilets and new doors.

At Lukop Elementary, the team painted the exterior, replaced the roof, installed security screens, replaced

four toilets and did minor plumbing work.

The renovations will provide a more comfortable learning environment for the 400 students who attend the Rohi and Lukop schools.

U.S. ambassador to the Federated States of Micronesia Doria Rosen spoke of the value added by the renovations.

“When Millinocket departs in a couple of days, Lukop and Rohi will be the souvenirs that will be left behind,” said Rosen.

“The improvements we are celebrating here today will help ensure the children of this community have the facilities in working order that they need to learn effectively.

“It shows the importance that you all place on education and youth,” she added. “The skills and knowledge that they cultivate here are going to form the foundation for the entire future for them and their country. These schools are an instrument of the community to build to the future. They are more than just buildings. What is most important is what is happening in those buildings.”

According to Acting Secretary of Foreign Affairs Samson Pretrick, the repairs are symbolic of the relationship between the U.S. and FSM.

“Today we gather together to rejoice the successful completion of renovations and repairs,” said Pretrick. “As we rejoice, we must be thankful, thankful for the kind assistance we have received as a result of our cherished and solid partnership that we have with the United States of America and its people.”

He also spoke about the value that the government

of FSM places on education.

“The assistance completions and supports our government’s ongoing effort to provide better educational conditions for our communities and our children,” said Pretrick.

“This ongoing effort will always be a priority for our government because education is fundamental to creating a knowledgeable population to progress and carry our country forward into the generation to come.”

Millinocket and embarked Task Force Forager are currently serving as the secondary platform for Pacific Partnership 2015. The primary platform for the mission is the Military Sealift Command hospital ship USNS Mercy (T-AH 19).

Now in its 10th iteration, Pacific Partnership is the largest annual multilateral humanitarian assistance and disaster relief preparedness mission conducted in the Indo-Asia-Pacific Region.

## Pacific Partnership 2015



U.S. Navy photo by MC3 William McCann

The Pacific Fleet Band performs a music ensemble at a community engagement event at Rorovana Elementary School in Papua New Guinea, July 2, during Pacific Partnership 2015.



U.S. Marine Corps photo by Sgt. James Gulliver

Army Capt. Andy Vu teaches local children how to brush their teeth during a medical outreach event at Nanpei Memorial High School in Pohnpei. The July 2 event was designed to provide medical, dental and optometry care and was spearheaded by medics aboard the Military Sealift Command joint high speed vessel USNS Millinocket (JHSV 3).



U.S. Navy photo by Hospital Corpsman David Sarsozo

Construction Electrician 1st Class Amdra Dangerfield, project supervisor, and Armed Forces of the Philippines engineers review designs for a future construction project during Pacific Partnership 2015. Seabees from Naval Mobile Construction Battalion Five are planning to build a two-room classroom as part of a project at the Roxas School for Philippine Craftsmen.



U.S. Air Force photo by Senior Airman Peter Reft

Lt. Jenna Redgate prepares to extract teeth from a patient during a community health engagement at the Arawa Medical Clinic as part of Pacific Partnership 2015.





Commentary

# Service, summits show commitment to our people

Rear Adm. John Fuller

Commander, Navy Region Hawaii and Naval Surface Group Middle Pacific

People are the key to success for any organization. Not money or machines. People.

The Secretary of the Navy announced last week that the U.S. Navy will triple maternity leave from six to 18 weeks. This helps Navy families, and we believe it will also help improve retention of female Sailors.

News outlets reported the story, and at least one noted



Rear Adm. John V. Fuller

how the military is on the cutting edge of quality-of-life improvements for its people, citing outstanding

child development centers as an example.

Like many of you, I have seen leadership's commitments turn into tangible improvements in our Sailors' quality of life aboard ships, in barracks, in family housing, in the exchanges, and in educational opportunities.

This week's transition summit demonstrated the strong commitment by the president and Congress to improve services to our veterans.

Secretary of Veterans Affairs Robert McDonald and Secretary of Labor Tom Perez held meetings with Air Force/Navy teams at

Joint Base and with other services this week—roundtable discussions, working lunches and keynote events with employers and leaders in government and the community.

Transition summits here in Hawaii are important when we consider our relative remoteness from prospective employers on the mainland.

Our business partners recognize that our military team has a special set of skills, talents and abilities.

Men and women in uniform are disciplined, diversified and digitally oriented, with an international focus.

They are experienced in STEM—science, technology, engineering and math. Unfazed by hard work and difficult demands, they are skilled at networking, being innovative and remaining flexible.

And by the way—make no doubt—so are our families!

We are grateful to Secretary Perez and Secretary McDonald and their teams, along with the U.S. Chamber of Commerce and the many prospective employers who offered assistance to our veterans and those in transition.

Thank you to everyone

who coordinated and participated in the transition events in Hawaii. And, thank you to everyone who works at our installations and leans forward to serve our people. Our Sailors, civilians and families are the critical enablers and our greatest advantage to achieve our mission if we prepare them.

For anyone who missed the opportunity to attend the transition summits and who qualifies for assistance, I urge you to work with your career counselors, command ombudsmen and the Military and Family Support Center.

## Consumer protection fair to be held July 15 at NEX

In honor of Military Consumer Protection Day (MCPD), the state Department of Commerce and Consumer Affairs (DCCA) is partnering with the Pearl Harbor Navy Exchange (NEX) to host a consumer protection fair from 10 a.m. to 1 p.m. July 15.

The event is free and open to the public, and will take place at the NEX, which is located at 4725 Bougainville Drive.

Representatives from more than two dozen government and nonprofit agencies will be available to answer questions.

In addition, free document shredding will be provided from 10 a.m. to 12:30 p.m. Consumers can bring their unwanted confidential documents to shred, with a limit of two boxes per household or organization.

The first 100 visitors to the DCCA Consumer Edu-

cation Program table will receive a free misting fan.

MCPD is a joint initiative with the Department of Defense, Federal Trade Commission and the Consumer Financial Protection

Bureau to empower active and retired service members, military families, veterans and civilians in the community.

"We are pleased to work with our partners to help

consumers learn to better protect themselves," said Catherine Awakuni Colón, DCCA director. "Consumer education is a top priority at DCCA, and we offer a wide variety of education

materials that cover many areas from financial literacy to information on identity theft and scams."

For more information, visit [www.military.ncpw.gov](http://www.military.ncpw.gov).

## EES/WAPS briefing team visits JBPHH

Air Force Personnel Center

Personnel from Headquarters Air Force and the Air Force Personnel Center (AFPC) will visit Joint Base today to share information about Enlisted Evaluation System (EES) and Weighted Airman Promotion System (WAPS) changes.

Base briefings will be held at 1 p.m. and 3:30 p.m. at the Hickam Memorial Theater.

During the briefing, EES/WAPS

subject matter experts will speak about changes that have already been implemented, those slated for implementation in the months ahead, and the reasons and philosophy behind the changes.

"This is one of the most significant changes to the enlisted evaluation and promotion system in a generation. So we feel it's important to bring this information directly to commanders and Airmen and allow them to ask questions and get immediate answers from

the experts," said Maj. Gen. Peggy Poore, AFPC commander.

For more information about EES/WAPS changes, go to the myPers website at <https://mypers.af.mil>, select "enlisted" under the active duty, Guard or Reserve drop down menus, and then select "evaluations" in the left hand column.

For more information about the briefing, contact Capt. Lon Hopkins, Military Personnel Flight commander, at 448-0685.

## Makalapa Gate right turn exit lane closure announced

Honolulu Authority for Rapid Transit (HART) contractor Nan, Inc. is working on a water line on Kamehameha Highway just outside Makalapa Gate.

As a result, the right turn exit lane from Makalapa

Gate onto Kamehameha Highway eastbound is closed between 8:30 a.m. and 3:30 p.m. from now through July 24.

Honolulu police will permit right turns onto Kamehameha Highway from the straight-through lane.

### Diverse Views



#### How has being in the military changed you as a person?



Intelligence Specialist 3rd Class Chelsea Rosales JBPHH

"The military has given me purpose. It helped me be able to stand on my own two feet, and it also introduced me to my husband."

Senior Airman Melissa Sheritt 8th Intelligence Squadron



"Being in the Air Force has given me a driven and goal-oriented personality. It has allowed me to see numerous missions accomplished and given me a sense of worth I wouldn't have experienced without it."



Sonar Technician Geographical 2nd Class Matthew Paiva USS Chosin (CG 65)

"The military has improved my time management skills, and I would say it has made me a more well-rounded person. Since being in the military, I now know what true sacrifice really is, and I am appreciative of everyone who decides to serve."

Tech. Sgt. Keith Roscoe 15th Operations Support Squadron



"Lost some hair, a few inches shorter, and I learned a lot of acronyms. But it also has changed my perspective on the world and has broadened my sense of place."



Cryptologic Technician Network 2nd Class Kyle McCreery NIOC Hawaii

"The military has made me a smarter person. The technical training I attended provided me with the knowledge I need to perform in my job. Without the military, I wouldn't almost be as close to completing my associate's degree as I am now."

Senior Airman Michael Smith 647th Force Support Squadron



"Being in the military made me more mature, more responsible. I met my amazing wife, who is also in the Air Force. The military has changed my life for the better."



Staff Sgt. Kristianna Arline 647th Force Support Squadron

"Being in the military has made me be not only a better leader but also a better follower. It has also made me more disciplined. But without the military, I would not have met my husband and great friends."

Provided by Senior Airman Christopher Stoltz and David D. Underwood Jr.

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

Drop us a line at [editor@hookelenews.com](mailto:editor@hookelenews.com) or [karen.spangler@navy.mil](mailto:karen.spangler@navy.mil)

## John Paul Jones known as 'Father of the U.S. Navy'

John Paul Jones was born on July 6, 1747, 268 years ago this week. Often called the "Father of the United States Navy," he was the only naval officer to receive a Congressional Gold Medal during the American Revolutionary War. During the Battle of Flamborough Head he uttered the famous quote "I have not yet begun to fight!" The John Paul Jones Memorial shown in this photo is a monument in West Potomac Park in Washington, D.C.

Public domain photo



## HO'OKELE

PEARL HARBOR - HICKAM NEWS

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# Sailors honor late Pearl Harbor survivor EMC Haag

Story and photos by  
MC2 Laurie Dexter

*Navy Public Affairs  
Support Element  
Detachment Hawaii*

Sailors from Joint Base Pearl Harbor-Hickam (JBPHH) honored the late Pearl Harbor survivor Chief Electrician's Mate Leo Haag by scattering his ashes in the waters near the USS Utah Memorial on Ford Island, JBPHH during a ceremony July 2.

Among those in attendance were Haag's daughters, Cheryl Yocum and Nancy Haag, and other family members. Jim Taylor, Pearl Harbor survivor liaison, provided remarks during the ceremony.

"It was Leo's wish to return to Pearl Harbor on his final voyage after he died, so he could be with his shipmates, his brothers, who were killed that fateful morning in December of 1941," said Taylor.

"Thanks to his loving daughters, Cheryl and Nancy, along with these wonderful family members and friends, his wish will come true."

Military honors included a gun salute and the presentation of colors to the family by the Joint Base Pearl Harbor-Hickam Honors and Ceremonial Guard.

"It's a very deep, emotional feeling because he loved the Navy so much and Pearl Harbor was very dear to him. The whole experience helped shape his life," said Yocum.

According to Haag, on the morning of Dec. 7, her father mistook the alarms for training.

Haag said, "He was ly-



ing in his bunk, and he thought, 'What the heck are they doing out there?'"

"He didn't even get his cup of coffee," added Yocum.

Leo Haag was born Nov. 17, 1913 in Twin Bridges,

Mont. He joined the Navy in the early 1930s and was assigned to the USS Argonne during the attack. Two months after the attack, Haag was transferred to the battleship USS Indiana (BB-58)

where he served for most of the remaining years of the war.

After fulfilling his service in the Navy, Haag joined the Army and retired in 1956. During his time in the Army, he was

stationed in Alaska where he was able to enjoy the outdoors. He enjoyed fishing, prospecting for gold, and growing hothouse tomatoes.

"When I think back on my father, I think about a

man who lived an incredible life, and there was never a down moment for him. He was always busy, he was always active, and he was an incredible father," said Yocum.



# Pearl Harbor-Hickam*Highlights*



Capt. Stan Keeve, commander Joint Base Pearl Harbor Hickam, (left) talks with members of the rock band O.A.R. at the Joint Base Pearl Harbor-Hickam Fourth of July celebration at Ward Field. O.A.R. performed at the celebration.

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



U.S. Navy photo by MC2 Gabrielle Joyner  
U.S. Army Specialists Kevin Brown and Henry Arias, assigned to Alpha Company 225th Brigade Support Battalion, take an oath of re-enlistment during a re-enlistment ceremony at the USS Arizona Memorial at Joint Base Pearl Harbor-Hickam. During the June 26 event, Sailors and Soldiers from several commands participated in re-enlistments at the Arizona Memorial.



U.S. Navy photo by MC2 Gabrielle Joyner  
Electrician's Mate 2nd Class Michael Anderson, assigned to the guided-missile destroyer USS Hopper (DDG 70), takes an oath of re-enlistment June 26 during a re-enlistment ceremony at the USS Arizona Memorial at Joint Base Pearl Harbor-Hickam.

Members of the 747th Communications Squadron stand at attention prior to a Reveille ceremony at Joint Base Pearl Harbor-Hickam July 2. The ceremony was performed in honor of Independence Day. The reveille ceremony is performed to honor the flag of the United States of America and signify the beginning of the duty day.

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



Aviation Machinist's Mate Airman Alex Cowen, left, and Aviation Machinist's Mate 2nd Class Tamatha Shulmerich, right, assigned to the 'Golden Eagles' of Patrol Squadron (VP) 9, troubleshoot engine four on a P-3C Orion maritime patrol aircraft after a faulty start July 9 at Marine Corps Base Hawaii, Kaneohe. Aviation machinist's mates conduct daily maintenance, as well as emergency troubleshooting, to ensure mission readiness.

U.S. Navy photo by MC3 Amber Porter





Commentary

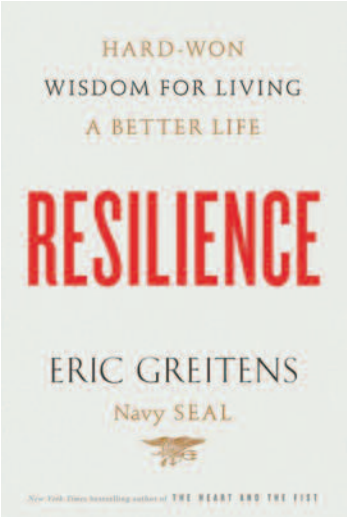
# Time for resilience/Navy SEAL's 'Hard-won wisdom for living a better life'

Bill Doughty

There can be happiness in struggle as long as fear doesn't cripple us from making good choices and taking positive action.

That's the conclusion of Navy SEAL Lt. Cmdr. Eric Greitens, author of "Resilience: Hard-Won Wisdom for Living a Better Life" (Houghton Mifflin Harcourt, 2015). This book is filled with philosophy and insights from the Greeks, Romans, enlightenment thinkers and BUD/S training – all geared to understanding and promoting resilience.

"Resilience is the virtue that enables people to move through hardship and become better. No one escapes pain, fear and suffering. Yet from pain can come wisdom, from fear can come courage, from suffering can come strength –if you have the virtue of resilience. People have known this for thousands of years. But today a lot of this ancient wisdom goes unheeded. In my work with other veterans who have overcome in-



juries and loss—the loss of limbs, the loss of comrades, the loss of purpose—I have heard one thing over and over again: their moments of darkness often led, in time, to their days of greatest growth."

Greitens's book is structured as a series of letters to a fellow SEAL suffering post-traumatic

stress disorder. The author offers practical advice based on esoteric lessons of life through history.

Whether in war, in business or at home, "Resilience is the key to a well-lived life ...You need resilience because you can't have happiness, success, or anything else worth having without meeting hardship along the way."

In a thoughtful piece in "Time" magazine early last month, Mandy Oaklander reported that the study of resilience started after World War II by Ann Masten, examining the effects of war on displaced and traumatized men, women and children. Why did some bounce back despite the hardships they had endured?

Another researcher, Emmy E. Werner of the University of California, Berkeley and author of several publications related to her work, began a 40-year study in 1955. She followed "nearly 700 children in Kauai, Hawaii, many of whom had alcoholic parents," and finding that one-third of the most at-risk children fared exceptionally well over time

due to three factors:

- A tight-knit community,
- A stable role model and
- A strong belief in their ability to solve problems.

You can see how that applies in Greitens's world: The SEALs provide the tight-knit community; good leaders, instructors and shipmates provide stable role models; and a culture of honor, courage and commitment provides the belief in self. Other groups have their own systems of support.

Studies of resilience were conducted with U.S. prisoners of war from Vietnam in the '70s. They used their only "two resources—free time and their minds" to creatively and imaginatively escape inward and retain hope in the face of stress and fear.

The military is at the forefront of studying resilience.

Not surprisingly, SEALs demonstrate exceptional abilities in mindfulness and controlling fear. Scientists are proving the importance of the link between exercising the body and exercis-

ing the mind in building neurological strength and resilience.

With humility and a caring attitude, Greitens gives advice and "practical wisdom" gained through the ages in order to "focus your mind, control your stress and excel under pressure."

"Pain can break us or make us wiser. Suffering can destroy us or make us stronger. Fear can cripple us, or it can make us more courageous. It is resilience that makes the difference."

"Resilience" is a good companion to help understand the pain, fear and suffering endured by the Sailors and civilians who go north in Hampton Sides's "In the Kingdom of Ice," recommended by former Adm. James Stavridis and recently reviewed on Navy Reads.

*(Editor's note: A version of this review appeared on Doughty's Navy Reads blog: <http://navyreads.blogspot.com>. Recent posts include Mark Twain's Thug Life, a review of "Dead Wake," and Monty Python and Magna Carta.)*

## Hawaii's history and military legacy perpetuated at regatta

Story and photo by  
Jim Neuman

Navy Region Hawaii  
Historian

Hundreds of Waikiki visitors and local residents were on hand to cheer on dozens of canoe paddlers in the oldest canoe race in the world, the Walter J. Macfarlane Memorial Canoe Regatta, held July 4 and sponsored by the Outrigger Canoe Club (OCC).

The annual Independence Day regatta, which started in 1943, is named after Walter J. Macfarlane, a part-Hawaiian territorial legislator, avid waterman, businessman and former president of the Outrigger Canoe Club.

In 2010 the club added the Military Invitational Race to honor the nation's

military. Service members from the Army, Navy, Air Force, Marines and Coast Guard were invited to compete against each other on a half-mile course for the bragging rights and the satisfaction of proudly representing the nation's armed forces. Winning entries from the past five years included teams from the U.S. Navy, U.S. Marines, U.S. Coast Guard and the Navy SEALs.

This year's race added another incentive; the winning team would now have the honor of having their names enshrined on the inaugural USS Arizona Award.

Following the construction of the USS Arizona Memorial in 1961, a section of the iconic ship's superstructure was placed in



Canoe paddlers participate in the Walter J. Macfarlane Memorial Canoe Reggata held July 4 in Waikiki.

a remote area of Pearl Harbor to be kept in storage. Since 1996, Navy Region Hawaii has been designated by the Naval History and Heritage Command as their agent to provide pieces of the superstructure, known as Arizona Relics, to qualified veterans groups, educa-

tional and historical organizations to be used for display where members of the public may see it.

To date, more than 90 pieces of the relics have been sent to museums and educational sites around the United States. In February of this year, the Outrigger Canoe Club re-

quested and was presented with a piece for use in the perpetual trophy.

"Outrigger Canoe Club and the paddlers of the Oahu Hawaiian Canoe Racing Association are appreciative of all that the military does to keep our island home safe," said Jon Whittington, OCC president.

"It is a privilege for us to host the Military Invitational Race at the Walter J. Macfarlane Regatta on the Fourth of July and to share this special day with our troops. We thank the Navy for entrusting us with a relic from the USS Arizona to use as a perpetual trophy for the race," he said.

Saturday's 73rd annual race consisted of seven military teams. Three teams from the U.S. Navy

and one each from the U.S. Army, U.S. Marines, U.S. Coast Guard and U.S. Air Force. In the end, it was the canoe from the USS Port Royal that prevailed, winning first place and becoming the first team to be named on the trophy.

Whittington said that the USS Arizona Award was on display at the regatta in Waikiki on the 4th of July and will reside permanently in the trophy display case in the lobby of the Outrigger Canoe Club.

"The names of this year's winners from the USS Port Royal will be engraved on the trophy, as well as the winners from past and future races. We look forward to hosting troops from all branches of the military at our 74th Annual Regatta next July 4," he said.



# NCTAMS PAC flies information dominance warfare pennants

**Ensign  
Denise Baumeister**

*Naval Computer and  
Telecommunications Area  
Master Station Pacific  
Public Affairs*

Naval Computer and Telecommunications Area Master Station Pacific (NCTAMS PAC) in Wahiawa recently held a ceremony in honor of earning the right to fly both the enlisted and officer information dominance warfare pennants.

Due to the significance of this event, Capt. William A. Dodge Jr., NCTAMS PAC commanding officer, invited Rear Adm. Kathleen Creighton, United States Pacific Command (PACOM) J6 and director for command, control, communications and cyber, to speak at the occasion.

Dodge opened the ceremony and commented on the occasion. “Five short years ago, the Navy established a new warfare specialty: information dominance. It was recognition by the Navy as a whole that what we do in the information and cyber domains is no longer support, but a warfare area on par



U.S. Navy photo  
Lt. Alejandro Musquiz and IT1 (IDW/SW) Kris Caguioa raise the officer and enlisted IDW pennants for the first time over NCTAMS PAC.

with air, surface and subsurface.

“It combines the complementary capabilities of information technology, cryptology, meteorology and intelligence. This recognition has effectively made our operations center, the Dan Healy Communication Center, and Wahiawa SATCOM our weapons systems,” Dodge said.

Before raising the pennants, Cmdr. James B. Gateau NCTAMS PAC chief staff officer, presented eight Sailors, who recently completed the enlisted information dominance warfare specialist (EIDWS) qualification, for pinning. Creighton, along with the Sailors’ mentors, pinned the EIDWS breast insignia and presented the Sailors with their designation certificates.

“During the preceding five years, we have worked hard to establish a robust IDW [information dominance warfare] program here at NCTAMS PAC for both officer and enlisted qualification and to qualify our entire workforce in that program.

Today we are here to celebrate the hard work that has resulted in 100 percent

workforce qualification or enrolled on-track with zero delinquencies for the first time in our program’s history,” said Dodge, alluding to the requirements set forth by Navy Information Dominance Forces that dictate a command’s ability to fly the warfare pennants.

Creighton offered comments in recognition of NCTAMS PAC’s achievement. “We can’t do anything without assured command and control (C2), and the work done at NCTAMS PAC ensures reliable communications that provide C2 to our joint forces in the Pacific, so I salute you. NCTAMS PAC has an amazing reputation and the fleet and joint warfighters appreciate what you do,” she said.

“In regards to the IDWS program, you should be proud of this honor and being able to fly the pennant. It is really hard to get all your personnel qualified or on track with the program. Keep up that hard work and perseverance, and congratulations to the shipmates who got pinned today,” Creighton added.

She also announced the recently selected NCTAMS

PAC Senior Sailor of the Quarter, Information Systems Technician 1st Class (IT1) (IDW/SW/AW) Mark Malinowski; Junior Sailor of the Quarter, IT2 (SW) Jan-romnick Escano; and Blue Jacket of the Quarter, IT3 (IDW) Joshua Hall.

Following the ceremony, Dodge gave Creighton a tour of Wahiawa Annex and a command brief covering the history of NCTAMS PAC and its mark on the island of Oahu, the command’s mission and its outlying sites. Creighton was provided with a tour of the Dan Healy Communications Center where she met with several NCTAMS PAC Sailors standing the watch.

The Dan Healy Communications Center, NCTAMS PAC’s operations center, is named after Information Technician Senior Chief (ITCS) and Navy SEAL Daniel Healy who died attempting to rescue his team mates, including Lt. Michael Murphy in Afghanistan during Operation Red Wings on June 28, 2005. Healy’s wife and daughter attended the dedication, and the center became operational in January 2012.

## Security official offers precautions to residents to prevent crime

**Continued from A-1**

garage door openers inside vehicles. Lastly, if you notice something suspicious (i.e., unknown vehicles driving in your neighborhoods scanning the area, unfamiliar personnel walking behind your house), report it to proper authorities,” Caicedo emphasized.

Heren echoed Caicedo’s advice. “Help us help you by securing your property,” she said.

Hickam Communities has also been proactive in distributing safety messages to military residents and through other efforts to deter illegal activity.

“The safety of our residents is important, and our base security has always done a tremendous job keeping us informed about activities we and our fami-

lies should be aware of. We work closely with security forces to get essential information out to our residents in a timely manner, whether it’s alerting families about suspicious activities or just sending out friendly reminders,” said Stephen Quinn, director of property management for Hickam Communities.

“Within our own footprint, we recently initiated an aggressive street light repair and maintenance program that can enhance safety and, hopefully, deter unlawful activity,” Quinn said.

Anyone who observes a violation of regulations or laws is encouraged to immediately report it to the base police via the regional dispatch center (RDC) at 474-2222 or 471-1550. Off-installation residents should call Honolulu Police Department by dialing 911.

### Keep your stuff safe

Joint Base Pearl Harbor-Hickam Security Department reminds service members and their families to stay vigilant and be proactive in safeguarding their belongings.

- Keep vehicles locked at all times.
- Do not leave valuables inside vehicles.
- Keep garage doors closed.
- Secure bicycles.

Anyone who observes a violation of regulations or laws is encouraged to immediately report it to the base police via the regional dispatch center (RDC) at 474-2222 or 471-1550. Off-installation residents should call Honolulu Police Department by dialing 911.



HO'OKELE

# Life & Leisure

JBPHH CELEBRATES  
JULY  
FOURTH!

Photo Illustration

Colorful fireworks light up the sky at the Fourth of July celebration.

**Story and photos by  
MC2 Jeffrey Troutman**

Joint Base Pearl Harbor Hickam's (JBPHH) Morale, Welfare and Recreation hosted a Fourth of July celebration event in honor of Independence Day on July 4 at Ward Field. The celebration featured a free concert by musical acts O.A.R. and Dishwalla, in addition to a variety of other activities. These included a fireworks display, an automobile show and a special performance by professional street bike stunt rider Aaron Colton.

Capt. Stan Keeve, commander of JBPHH, met with the members of O.A.R. during the band's meet-and-greet fan session prior to their performance and thanked the band for their participation at the celebration.

"We appreciate you gentlemen taking the time to celebrate our nation's Independence Day with us,"

Keeve told the band members. "I know it means a lot to the men and women who serve and support our country that you came here to perform for us and celebrate the holiday together."

Colton performed two separate demonstrations at the event, dazzling spectators with an array of street bike stunts and tricks he learned over his nine-year career.

"It's great to be here," Colton said. "I wanted to come out and show my appreciation for the military members who defend our freedom and make what I do possible. It's an honor that so many people wanted to watch my performances."

Prior to O.A.R. taking the stage, Musician 2nd Class Rick Baty, a member of the Pacific Fleet Band, performed evening colors on his bugle to an outpouring of support and applause.

"Being able to perform evening colors for so many people on the Fourth of July is right up there with playing Taps on the USS Arizona or the USS Missouri," Baty said. "To be able to serve my country in this capacity, on this day, is such an honor for me."

Thousands of service members and their families attended the day's activities, enjoying a kid's theme park setup, batting cages and a petting zoo in between the performances.

"This is my family's first time attending a Fourth of July event on a military base, and it's been a lot of fun," said Natalie Humphrey, a military spouse. "My kids have been asking me all week if it was time to celebrate Independence Day, and I'm just thankful the weather was so beautiful and conducive to being outdoors."

(Left) Aaron Colton, professional street bike stunt rider, performs for spectators.

Musician 2nd Class Rick Baty performs evening colors on a bugle during the Fourth of July celebration.

(Above) Military service members and their families watch the fireworks display.  
(Right) Alternative rock band O.A.R. performs.



# Disaster preparedness: How to prepare your pets

## Forest City Residential Management

If you are like millions of animal owners nationwide, your pet is an important member of your household. Unfortunately, animals are also affected by disaster. The likelihood that you and your animals will survive an emergency such as a fire or flood depends largely on emergency planning done today.

Here are five ways to prepare your pet for an emergency:

• **Pack a pet kit**

Take pet food, bottled water, medications, veterinary records, cat litter/pan, manual can opener, food dishes, first aid kit and other supplies with you in case they're not available later. Each pet is unique, but each pet needs the basics in case of an emergency. For information, visit: [www.aspc.org/petcare/disaster-preparedness](http://www.aspc.org/petcare/disaster-preparedness).

[www.ready.navy.mil/](http://www.ready.navy.mil/).  
[www.beready.af.mil/](http://www.beready.af.mil/).

• **Update your pet's ID**

Make sure identification tags are up-to-date and securely fastened to your pet's collar. If possible, attach the address and/or phone number of your evacuation site. If your pet gets lost, his tag is his ticket home. Here in Hawaii your pet must have

an ID chip. Ensure this is done to increase the chance of reunification with your pet if you're separated. For information, visit:

[www.ready.gov/caring-animals](http://www.ready.gov/caring-animals).  
[www.oahusocietyforthe-preventionofcrueltytoanimals.com/](http://www.oahusocietyforthe-preventionofcrueltytoanimals.com/).  
[www.ready.navy.mil/](http://www.ready.navy.mil/).  
[www.beready.af.mil/](http://www.beready.af.mil/).

• **Protect your pet during a disaster**

Animals have instincts about severe weather changes and will often isolate themselves if they are afraid. Bringing them inside early can stop them from running away. Even if your dogs and cats normally get along, the anxiety of an emergency situation can cause pets to act irrationally. Understanding what to expect during a disaster is crucial. For information, visit: <http://www.ready.gov/caring-animals>.

• **Identify a shelter**

The JBPHH Pet Safe Haven is for JBPHH families living on the installation who may be displaced during a disaster. When you come for Safe Haven Registration, bring your pet with a cage/crate with food and water.

If you are off base, before disaster hits review the state of Hawaii or County Department of Emergency Management



Courtesy photo

website for shelter information on the shelters that will take people and their pets in your area. For information, visit: [www.scd.hawaii.gov/](http://www.scd.hawaii.gov/).  
[www.honolulu.gov/demevacuate.html](http://www.honolulu.gov/demevacuate.html).

And just to be safe, track down a pet-friendly safe place for your family and pets. Most boarding kennels, veterinarians

and animal shelters will need your pet's medical records to make sure all vaccinations are current.

• **Keep an eye on your pet after an emergency**

The behavior of your pets may change after an emergency. Normally quiet and friendly pets may become aggressive or defensive. Watch animals closely. Leash dogs and place

them in a fenced yard with access to shelter and water. Familiar scents and landmarks may be altered, and your pet may become confused and lost. Remember to keep taking care of them even after the disaster. For information, visit: [www.humanesociety.org/issues/animalrescue/tips/pets-disaster.html](http://www.humanesociety.org/issues/animalrescue/tips/pets-disaster.html).

# Pacific Aviation Museum to offer series of events

## Pacific Aviation Museum Pearl Harbor

Pacific Aviation Museum Pearl Harbor has announced a series of events this summer including exhibits, demonstrations and shows.

The Chinese "National Memories" exhibit is being held now through July 31 in hangar 79 at the museum.

It is the first stop of the "National Memories" 2015 United States tour.

The exhibit, which first went on display in the southern Chinese city of Shenzhen in 2010, has toured China and Taiwan. Through the use of imagery and more than 100 historic photos taken by the 164th U.S. Signal Photo Company in the China Burma India Theater, "National Memories" brings to life the camaraderie that existed between Chinese and U.S. Soldiers during World War II.

The museum's permanent "Flying Tigers Exhibit," featuring a WWII-era P-40 aircraft, anchors the photographic display.

Visitors to the museum are also invited to celebrate Amelia Earhart's 118th birthday on July 24. An Amelia look-alike contest with first, second and third place prizes will take place at 1 p.m. There will be free admission to families with at least one person dressed in Amelia or historic aviation attire.

The event will also include cake, juice and an "Amelia Earhart in Hawaii" photo exhibit.

Visitors can board a free Ford Island shuttle at the Pearl Harbor Visitor Center.

The museum is in front of Luke Field and Ford Island Runway, where Earhart ground looped her Lockheed Electra on takeoff March 20, 1937, while attempting her around-the-world flight.

The Biggest Little Airshow in Hawaii, featuring remote controlled aircraft, will be held from 10 a.m. to 4 p.m. Aug. 15 and 16 at the museum.

Visitors will be able to experience more than 100 remote control scale warbirds, jets and helicopters performing aerial combat, stunts and aerobatics.

The event will also include aircraft flyovers, military flyins, aircraft static displays, hangar tours and prize drawings.

Food, beverages, retail and entertainment booths, exhibits and a ride and games kids zone



U.S. Navy file photo

Sarah Hudgins, in character as Amelia Earhart, speaks to visitors in front of a Boeing N2S-3 Stearman last year at the Pacific Aviation Museum Pearl Harbor on Ford Island, Joint Base Pearl Harbor-Hickam. An event to celebrate Earhart's birthday will be held July 24 at the museum.

will also be featured.

A Smithsonian Magazine museum day live event will be held Sept. 26. The event will feature free admission to the museum for anyone presenting a museum day live ticket. Visitors can download free tickets at [www.smithsonianmag.com/museumday/](http://www.smithsonianmag.com/museumday/). This is an annual national celebration of culture and learning between the two museums.

In addition, an open cockpit day will be held from 10:30 a.m. to 3 p.m. Oct. 3 in the museum's hangar 79. Visitors can climb into the cockpit of one of several historic aircraft and talk story with pilots.

For more information on the museum, call 441-1000 or visit [www.pacificaviationmuseum.org](http://www.pacificaviationmuseum.org).

## Upcoming blood drives

• July 14, 9 a.m. to 1 p.m., U.S. PACOM Joint Intelligence Operations Center, Volcano Room, Joint Base Pearl Harbor-Hickam.

• July 17, 9 a.m. to 1 p.m., Pearl Harbor Naval Shipyard, building 2, Joint Base Pearl Harbor-Hickam.

For more information, call 433-6699 or 433-6148 or email [michelle.lele@amedd.army.mil](mailto:michelle.lele@amedd.army.mil).

# MFSC to hold family events

Joint Base Pearl Harbor-Hickam Military and Family Support Center (MFSC) is planning several upcoming events focused on children and families.

The Raising Financially Fit Kids class will be held from 10 a.m. to noon July 21 at MFSC Pearl Harbor. The class includes discussion of the pros and cons of giving an allowance, when and how to begin regular savings, and providing debit cards to kids.

An Exceptional Family Member Program (EFMP) meet and greet event will be held from 10 a.m. to noon July 23 at MFSC Pearl Harbor. Joint Base EFMP liaisons and re-

sources will be available. The event is open to current enrollees and military community members who would like to learn more.

Operation Hele On will be held from 7:30 a.m. to 3:30 p.m. Aug. 21 at Club Pearl, Joint Base Pearl Harbor-Hickam. Operation Hele On is a mock deployment event for children ages 8-14. The purpose of the day is to increase the children's understanding about deployments and the pre-deployment process.

The deadline to apply is July 24.

(For more information, call 474-1999 or visit [www.greatlifehawaii.com](http://www.greatlifehawaii.com).)

## My Favorite Photo...



John Burns, administrative support assistant at Navy Region Hawaii, recently took this photo of a rainbow on Oahu.

How to submit:  
Send your non-posed photo to [editor@hookelenews.com](mailto:editor@hookelenews.com).

## STORY IDEAS?

Contact the Ho'okele editor for guidelines and story/photo submission requirements

Phone: (808) 473-2890/2895

Email: [editor@hookelenews.com](mailto:editor@hookelenews.com)





# Fitness instructor takes PT to another level

**Lt. Damall Martin and  
MCC John Hageman**

*Navy Region Hawaii Public Affairs*

With speakers blasting the latest hip tunes in the early morning June 26 at Joint Base Pearl Harbor-Hickam, one certified fitness instructor is taking Navy physical training (PT) to another level. But this is no ordinary fitness instructor.

He is also the senior enlisted leader at National Security Agency/Central Security Service (NSA/CSS) Hawaii and his name is Master Chief Kyuucca-Ali Simpson.

"I need those knees waist high," Simpson yelled out to the crowd of more than 300 enthusiastic Sailors as sweat poured down their faces, keeping up with his every command.

Staying motivated and engaged for command PT sessions can be difficult at the best of times and a true chore many days. Simpson noticed this and started a program that has not only been popular but also has shown results.

Simpson runs his "total body fit" session at 6 a.m. every Friday. The location alternates every other Friday between Ward

Field and the Kunia softball field.

"Getting young people to PT and enjoy it can be a challenge, so you have to engage them with what they relate to, and a big part of that is the music and providing them a program that is fun," said Simpson.

Simpson started his total body fit program five years ago while aboard the USS Washington (CVN 73). With the departure of the FIT Boss, he took over the fitness program and his total body fit program was an instant success. The FIT Boss is the physical fitness leader aboard a carrier.

"People were losing between 30 and 40 pounds, getting and staying off of the fitness enhancement program, and that's when I realized I had something that worked," Simpson said.

Since transferring to NSA Hawaii, his total body fit program has been a huge success. The program is highly supported by his chain of command and offers a different approach to standard Navy PT.

He routinely has Sailors from various ships and other commands in attendance. His PT sessions average between 200-350 people, and what makes that number even more astonishing is that the program is

completely voluntarily. Sailors are not required to attend. They are there because they want to be.

Sailors have responded with enthusiasm and a renewed attitude toward fitness.

"The program is great. I wish I could do it every week. I am transferring to become a recruit division commander at boot camp and will be getting with the master chief to provide me a program to take with me," said Cryptologic Technician (Technical) 1st Class Kelly Rixie.

Every service member understands the need and value of working out and staying fit. According to the Sailors involved, total body fit gives them the motivation and the drive to achieve their fitness goals, with new ideas and fresh activities. The unit as a whole has seen the changes in fitness levels, and a renewed attitude toward command physical training, all while building esprit de corps and a sense of camaraderie.

"His program has changed the culture of the command. People are excited and want to come and PT instead of dreading Navy PT," said Senior Chief Cryptologic Technician (Maintenance) Chris Brown.

*(For more information, email Simpson at kyuccaali.simpson.mil@mail.mil.)*



U.S. Navy photo by Lt. Damall Martin  
Master Chief Kyuucca-Ali Simpson leads Sailors in PT.

# 690th COS stretch out to hammer two-set victory

**Story and photo by  
Randy Dela Cruz**

*Sports Editor, Ho'okele*

Led by 6-foot-10-inch Airman 1st Class Theryn Hudson and 6-foot-6-inch Senior Airman Demetrius Harvey, the 690th Cyberspace Operations Squadron (690 COS) dominated the frontcourt en route to a straight-set, 25-20 and 25-18, victory over Headquarters Pacific Air Forces (HQ PACAF) HQ 5-O on July 2 in a Blue Division intramural volleyball game at Joint Base Pearl Harbor-Hickam.

For the 690 COS, the win was the second in a row to start off the new season while HQ 5-0 fell to 0-2.

"A lot of our players are over 6 foot 4 inches, and you can't really compete against that," said Staff Sgt. Steve Frost. "You can't replace that kind of height with special shots or anything. Out there, you can't get past them at all. They're like brick walls."

While the team used Hudson and Harvey intermittently throughout the matchup, their impact was felt immediately each time the duo entered onto the court.

Hudson led a comeback in the first set with a kill that pulled the team to within a point at 12-13.

Senior Airman Timothy Johnson, who took over

service with the NOS down by two, tied the score at 13-13 on a service ace and put his team up by two on another serve for point.

The NOS clung to their two-point advantage late into the first set before Johnson took over service once again.

A missed hit by HQ 5-0 put the NOS up by three before a service ace by Johnson and a kill by Hudson closed out the set.

Johnson, whose serves led two separate rallies for the NOS, said that he was able to keep his composure in pressure situations by keeping things simple.

"The team was a little nervous, so I was just trying to calm them down," he said. "All I had to do was get the service down, get the ball over, and good things was going to happen. Anytime you can get the serve over and in-bounds, that's all we're looking for."

The second set was just as close as the first with NOS staking themselves to a four-point lead before HI 5-0 tied it up and went ahead at 13-11.

A kill by Tech. Sgt. Wayne Fiery made it a one-point game and later, Harvey came through with a huge side-out that finally tied the score at 16-16.

Frost took over service and, like Johnson did in the first set, set off

another rally that put the NOS in charge.

Frost picked up two aces and forced several hitting errors by HQ 5-0 to lead the NOS on a six-point rally for a 22-16 advantage.

"Just don't change anything," Frost said about how he approached each serve. "Keep serving to the same person or same spot. I try to aim for an empty spot, somewhere that they have to move where they are not prepared."

After each squad exchanged points, Hudson scored on a kill before the game ended on a service error by HQ 5-0.

Besides having a vertical advantage against practically every team they will face, Frost also added that this year's squad has other qualities that should contribute to a successful season.

"There's a lot of experience on this team and we got great coaches," Frost pointed out. "I'm just happy to learn from them."

While Johnson said that the team hasn't discussed its future, if they keep it focused on one game at a time, they should go far.

"We haven't talked about long-term goals," he admitted. "We're just looking to win as many games as possible and make the playoffs in a good spot."



Airman 1st Class Theryn Hudson taps the ball to a clear spot for a kill. At 6 feet 10 inches tall, Hudson sees the court well from his vantage point.

To report...

## Fraud, Waste or Abuse

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## Appease your appetite with garlic balsamic chickpeas



I love chickpeas. They are one of my favorite foods. I'm not alone. People have been eating and cultivating chickpeas for at least 7,500 years. Besides being delicious, chickpeas are also very nutritious. They are rich in protein, minerals, fiber and essential amino acids.

Chickpeas also have a starring role in one of my go-to quick meals: Garlic balsamic chickpeas. The recipe is a variation on one that originally appeared in the excellent cookbook "Happy Herbivore Abroad" by Lindsay S. Nixon.

**Garlic Balsamic Chickpeas**  
Serves 2  
2 tablespoons olive oil  
1 15 oz. can of chickpeas, rinsed and drained  
2-3 garlic cloves, minced  
1/4 cup balsamic vinegar  
1-tablespoon ketchup  
Put the oil in a nonstick pan on low-medium heat. Once the oil is



Photo by Brandon Bosworth

heated, add the garlic, stirring constantly.

Just as the garlic starts to brown, add the chickpeas, balsamic vinegar and ketchup.

Continue stirring, making sure all the chickpeas are coated. Reduce the heat to low and continue cooking, stirring occasionally for about 10 minutes. When it looks like the vinegar has pretty much thickened, remove the pan from the heat. The chickpeas are ready to eat but will taste better if you let them sit for another 10 minutes.

There. Done. Pretty simple,

no? This is one of those recipes that's perfect for when you want something fresh and tasty but don't really feel up to cooking something more complicated.

Garlic balsamic chickpeas taste great on salads or stuffed into pitas. I like to have them on top of rice or couscous with a side order of steamed kale tossed with lemon juice and olive oil.

Ho'okele Assistant Editor Brandon Bosworth blogs about food, fitness, philosophy, martial arts and other topics at [www.agentintraining.com](http://www.agentintraining.com).

## Know Graphic Design?



Have some time and want to contribute your ideas?

If interested, please call the Ho'okele editor at 473-2890 or email [Karen.spangler@navy.mil](mailto:Karen.spangler@navy.mil).

## GOT SPORTS

Phone: 473-2890

[editor@hookelenews.com](mailto:editor@hookelenews.com)

Contact the Ho'okele editor for guidelines and story/photo submission requirements.





# Olympic Day brings sporting fun to CYP kids

Story and photos by  
Olivia Mills

*Joint Base Pear Harbor-Hickam  
Morale, Welfare and Recreation*

Team USA’s Olympic Day program brings communities together on June 23 each year for sports and team-building experiences. This year, the children at Catlin and Hickam School Age Care played multiple games, such as volleyball, basketball, soccer and hockey alongside their teammates during their Olympic Day.

This annual event will include children at Catlin and Hickam next year also, and event directors say they are looking forward to another fulfilling Olympics in 2016.

Stacy Mata, the event coordinator, planned with directors, assistant directors and trainers from child and youth programs (CYP) to establish a schedule of activities for the children. Setting up the event took a lot of effort on the adults’ part, but Mata said the work proved to be worth it.

“The most rewarding part of the event was seeing our kids laughing and encouraging each other,” Mata said. She added that for the kids, the Olympic medal presented to them at the end of the long day was the high-

light of the event.

Because this is the first year the event was held by CYP, there were some hiccups along the way. For example, the bus schedule had cut into the available time, causing the opening and closing sequences of the Olympics to be omitted. The main area coordinators of the event hope to resolve this error for next year.

Overall, Mata said the event was memorable.

“I also want to thank everyone involved with helping us prepare for the event and making it a success. Along with working with our regional director, school age directors, assistant directors, trainers, and CYP support staff, we had additional help from Logistics, who set up staging, and the Liberty Program, who let us use their sound equipment,” Mata said.

“On behalf of Navy Child and Youth Programs, we would also like to extend a big thank you to our volunteers from the Air Force 690th Cyber Operation Squadron of the 690th Cyber Operations Group, Lt. Col. Uhl, who volunteered the support of the squadron and Staff Sgt. Risch who coordinated all volunteers for three full work days, including one Saturday,” Mata added.



Children from Catlin and Hickam School Age Care participate in the first Olympic Day.

## Your Weekly Fun with MWR

Visit [www.greatlifehawaii.com](http://www.greatlifehawaii.com) or subscribe to MWR’s digital magazine Great Life Hawaii.



**Free Golf Clinic** will begin at 1 p.m. Saturday at Mamala Bay Golf Course. FMI: 449-2304.

**“Read to the Rhythm” Summer Reading Program:** Family or Group Rap Recital will be held from 2 to 4 p.m. Saturday at the Joint Base Pearl Harbor-Hickam Library. Patrons can write and perform an original rap, using family-friendly language and hand-made instruments made of recycled materials. FMI: 449-8299.

**Learn to Stand-Up Paddleboard at Hickam Harbor classes** will be held at 9:15 and 10:30 a.m. July 12 at Hickam Harbor. This class will cover the basics of stand-up paddling in a stress-free environment. The cost is \$25 for each

session. The sign-up deadline is July 10. FMI: 449-5215.

**\$1.50 Mondays** will be held from 5 to 9 p.m. July 13 at the bowling center on the Pearl Harbor side of Joint Base. Bowling games, shoe rental and hot dogs are \$1.50 each. FMI: 473-2574.

**One-Fifty Wild Wednesdays** will be held from 4 to 9 p.m. July 15 at the bowling center on the Hickam side of Joint Base. Bowling games, shoe rental and hot dogs are \$1.50 each for patrons with military CAC cards. FMI: 448-9959.

**Mongolian Barbeque** will be offered from 5:30 to 8 p.m. July 16 on the lanai of the Historic

Hickam Officers’ Club. A variety of meats, vegetables and sauces will be available. Rice, noodles, soup, beverages and fortune cookies are included. FMI: 448-4608.

**“Read to the Rhythm” Summer Reading Program:** Final Party will be held from 10 a.m. to noon July 18 at the Joint Base Pearl Harbor-Hickam Library. Magician Glen Bailey will be performing some tricks for the audience, and refreshments will be provided by the Hickam Library Friends. The reading log deadline is July 11. FMI: 449-8299.

**Bottom Fishing** at Hickam Harbor will be held from 2:30 to 5:30 p.m. July 18 at MWR Outdoor

Recreation-Hickam Harbor. The trip includes gear, bait, guides and the boat. Patrons are allowed to bring snacks and drinks. The cost is \$30. The sign-up deadline is July 15. FMI: 449-5215.

**Learn to Spearfish** will begin at 9 a.m. July 18 and July 19 at MWR Outdoor Recreation-Hickam Harbor. On the first day, class will be held at Hickam Pool 1 and will last about three hours. All participants will need a mask, fins and snorkel. Other equipment and transportation are provided. The cost is \$60. The sign-up deadline is July 15. FMI: 449-5215.

**Kayaking Chinaman’s Hat** will begin at 9 a.m. July 18 at the MWR

Outdoor Adventure Center-Fleet Store. Accompanied by the OAC staff, participants can kayak paddle on the windward side of the island leading out to the Chinaman’s Hat. Participants should swim or snorkel upon arrival on the island. Participants should bring sun block, lunch and plenty of water. The cost is \$20, and the sign-up deadline is July 15. FMI: 473-1198.

**Day Hike: Aiea Loop** will begin at 10 a.m. July 19 at the MWR Outdoor Adventure Center-Fleet Store. Participants are encouraged to bring water, sun block and snacks. The cost is \$10. The sign-up deadline is July 15. FMI: 473-1198.



Community Calendar

JULY

**O'MALLEY BOULEVARD CONSTRUCTION NOW THROUGH JULY 30**— From 1:30 to 8 p.m. daily, construction will be ongoing on the left-hand out-bound lane (nearest the guard post) on O’Malley Boulevard, with traffic controls on O’Malley Boulevard. Traffic will be directed away from the guard post. All personnel should plan accordingly and be cautious.

**KARAOKE NIGHT TODAY** — A karaoke night will be held from 6 to 10 p.m. at Turtle Cove, Bellows Air Force Station. The event is open to active duty personnel, military retirees, Reservists, National Guard members, current and retired Department of Defense civilian employees with an authorized ID card and their families. FMI: 253-1508.

**STRESS MANAGEMENT CLASS SATURDAY** — A stress management class will be held from 8 to 11 a.m. at Military and Family Support Center Wahiawa. This class is designed to help participants learn how stress affects personal and professional lives, how stress can be decreased, and how the stress cycle can be interrupted. FMI: www.greatlifehawaii.com or 474-1999.

**TEEN LOCK-IN TODAY, SATURDAY**— A lock-in event will be held from 7 p.m. July 10 to 7 a.m. July 11 at the Joint Base Pearl Harbor-Hickam Teen Center for ages 13 to 18 years old. The cost is \$25 or \$20 with a Food Bank donation. FMI: 448-0418.

**FREE MOVIES, POPCORN 13, 15** — Free movies and popcorn will be offered on Mondays and Wednesdays at 4 p.m. at Turtle Cove, Bellows Air Force Station. The movies include “Strange Magic” (PG) on July 13 and “Jupiter Ascending” (PG-13) on July 15. The events are open to active duty per-

sonnel, military retirees, Reservists, National Guard members, current and retired Department of Defense civilian employees with an authorized ID card and their families. FMI: www.bellowsafs.com.

**PEARL HARBOR COLORS 16** — The Pearl Harbor Colors ceremony from 7:30 to 8:30 a.m. at the Pearl Harbor Visitor Center will have the theme “Navy Youth Outreach programs.” It will recognize military programs such as the U.S. Sea Cadets, JROTC and Drug Education for Youth, demonstrating the Navy’s commitment to youth programs.

**LUAU, SHOW WITH LIBERTY 18** —A luau and show with Liberty will be held at the Polynesian Cultural Center. The cost is \$20. Transportation will leave from Liberty Express at 3 p.m., Beeman Center at 2 p.m., Instant Liberty at 2:15 p.m. and Makai at 2:30 p.m. Dinner starts at 6:30 p.m. and participants will return about 10 p.m. The event is open to single, active-duty military from E1 to E6 only. FMI: 473-2583.

**SAPR TRAINING 21, 22, 28** — Base-wide Sexual Assault Prevention and Response (SAPR) training will be conducted at the Hickam Memorial Theater at 9 a.m. and 2 p.m. July 21 and at 2 p.m. July 22 and 28. All military personnel assigned to Joint Base Pearl Harbor-Hickam are required to attend one of the four training sessions.

**SUPER HERO 10K 25** — The free Super Hero 10K will begin at 8 a.m. at Hickam Fitness Center. This is the final run in preparation for the ninth annual Hickam Half-Marathon next month. Awards will be provided to first-place winners in the following categories: men’s, women’s, youth boys, youth girls, men’s and women’s stroller, and best super hero costume. Participants can sign up on the day of the race. FMI: 448-2214.



JURASSIC WORLD (PG-13)

A new theme park is built on the original site of Jurassic Park. Everything is going well until the park's newest attraction—a genetically modified giant stealth killing machine—escapes containment and goes on a killing spree.

Movie Showtimes

SHARKEY THEATER

**TODAY 7/10**  
7:00 PM Jurassic World 3-D (PG-13)

**SATURDAY 7/11**  
2:30 PM Tomorrowland (PG)  
5:10 PM Jurassic World (PG-13)  
7:40 PM Spy (R)

**SUNDAY 7/12**  
2:30 PM Jurassic World 3-D (PG-13)  
4:50 PM Aloha (PG-13)  
7:10 PM San Andreas (3-D) (PG-13)

**THURSDAY 7/16**  
7:00 PM Insidious Chapter 3 (PG-13)

HICKAM MEMORIAL THEATER

**TODAY 7/10**  
6:00 PM Jurassic World 3-D (PG-13)

**SATURDAY 7/11**  
4:00 PM Jurassic World (PG-13)  
7:30 PM Jurassic World (PG-13)

**SUNDAY 7/12**  
2:00 PM Jurassic World (PG-13)

**THURSDAY 7/16**  
7:00 PM San Andreas (PG-13)