

# Congresswoman Gabbard tours Red Hill facility



Congresswoman Tulsi Gabbard (HI-02) visited the Navy's Red Hill Fuel Storage Facility on Aug. 25. Sen. Mazie Hirono also visited the facility June 30. Sen. Brian Schatz and Congressman Mark Takai toured the Red Hill facility Aug. 26.

Photos by Erika Tsuji

### Navy Region Hawaii Public Affairs

Rear Adm. John Fuller, commander, Navy Region Hawaii, and Capt. Ken Epps, commanding officer of Fleet Logistics Command

Pearl Harbor, hosted U.S. Congresswoman Tulsi Gabbard Aug. 25 for a familiarization visit to the Red Hill Bulk Fuel Storage Facility. Gabbard's office released photos to the media Aug. 26.

According to information

provided to the media from Gabbard's office: "Congresswoman Tulsi Gabbard (HI-02) visited the Navy's Red Hill Bulk Fuel Storage Facility this morning where she received a briefing, observed the control center, and

toured the tunnels and storage tank facilities. The purpose of the visit was to evaluate the storage tanks, the structure and the control systems, examining the integrity of the tanks and what actions are required to

ensure the protection of Oahu's water supply."

According to Fuller, in a recent OpEd piece: "Red Hill Bulk Fuel Storage Facility is a safe, reliable and modernized facility; the Navy is absolutely committed to

keeping our drinking water safe.

"Our Navy is fully committed to environmental stewardship. And our non-negotiable priority remains keeping our drinking water safe."

# Pacific Fleet master chief visits waterfront

Story and photo by MC2 Laurie Dexter

Navy Public Affairs Support Element Detachment Hawaii

U.S. Pacific Fleet Master Chief Susan Whitman paid a visit to the Sailors aboard the guided-missile destroyers USS Hopper (DDG 70) and USS Michael Murphy (DDG112), Aug. 19 and 20, respectively.

Whitman, who assumed the duties as the 17th fleet master chief for the U.S. Pacific Fleet, Aug 13, greeted Sailors individually as she encountered them throughout the ships and gave them an opportunity to voice any concerns they have about the Navy.

"Any time I visit a command, I want to show that I care about the Sailors and their health and welfare," said Whitman. "Today, the Sailors were happy; they're motivated."

Throughout her visits, she asked Sailors the question, "If there was one thing you could change—if you were in charge—what would it be?"

"Some did not like the PFA standards; some wanted different working hours," said Whitman. "At the end of the day, at least the Sailors are able to tell leadership what's on their



minds, and we can take it back and fight the good fight for them."

Master Chief Adrian McCown, command master chief of Michael Murphy, said it was a great opportunity to welcome a fleet master chief on the ship to speak with the Sailors.

"The younger folks seeing the enlisted senior leadership—especially the force and fleet level who come down, take an interest in them and ask them questions to take back suggestions—is something that keeps them motivated," said McCown.

"It also helps keep us old folks, who have been institutionalized, thinking of different ways to improve ourselves and the ship."

Culinary Specialist 3rd Class Chance Boyer, assigned to Hopper, said he was appreciative of the visit.

"It makes me feel good," said Boyer. "It lets us know she can talk one-on-one with us at the deck plates. It shows she wants to get to know her Sailors."

U.S. Pacific Fleet Master Chief Susan Whitman (second from left), meets with Sailors aboard the guided-missile destroyer USS Hopper (DDG 70) during a tour of the ship at JBPHH



Pearl Harbor chief selectees put damage control skills to test  
See pages A-2



Pearl Harbor Naval Shipyard graduates 92 apprentices  
See page A-2



Team PAX named 'Top Dawgs' in first JBPHH Port Dawg Rodeo  
See page A-4



POW/MIA Memorial Week events set for Sept. 14-18  
See page A-7



Wounded Warrior Regatta kicks off OceanFest  
See page B-1



Event to honor fallen service members  
See page B-6



# Pearl Harbor chief selectees put damage control skills to test

Story and photo by  
MC1 Jason Swink

Submarine Force Pacific  
Fleet Public Affairs

Chief petty officer (CPO) selectees competed in a Damage Control (DC) Challenge on the Pearl Harbor waterfront Aug. 20. The challenge was sponsored by the Commander, Submarine Force, U.S. Pacific Fleet (COMSUBPAC) Chief Petty Officers Association.

The competition gave CPO selectees from local commands a chance to train and test their knowledge and practical skills in a friendly competition.

"This event was set up for the newly selected chief petty officers to inspire teamwork through casualty procedures and make sure everyone is working together properly," said Chief Machinist's Mate Corey Murphy from the Virginia-class fast attack submarine USS North Carolina (SSN 777).

Murphy judged the teams participating in pipe patching drills. Much of the focus was on safety procedures, proficiency with different types of



Chief (selectee) Sonar Technician Chris Haws (left) from Commander Submarine Force U.S. Pacific Fleet (COMSUBPAC) staff and Chief (selectee) Logistics Specialist Mike Traczynski, assigned to the Virginia-class fast attack submarine USS North Carolina (SSN 777), apply a patch to a simulated ruptured pipe during a damage control challenge hosted by COMSUBPAC's Chief Petty Officers Association at Joint Base Pearl Harbor-Hickam. (Additional photo on page A-5.)

pipe patching equipment, and, most importantly, the ability to communicate as a team, according to Murphy.

"They need to be able to work as a team," Murphy said. "If they can't work as a team, there is no task they can complete effectively."

Competition involved events such as emergency medical assist teams, safety and rescue-carrying a 175-pound training

mannequin, pipe-patching of ruptured pipes with pressurized water spraying out, setting up and running an electrical sub-

mersible pump for dewatering, and numerous other firefighting simulations with real equipment.

"This is about teamwork," said Chief-select Electrician's Mate Greg Rosenthal, stationed aboard the Los Angeles-class fast attack submarine USS Olympia (SSN 717).

"We all have different levels of experience and different backgrounds," he said. "We all have to come together and share our experiences and come out on top."

Sailors were outfitted with firefighting gear and donned air bottles in the 90-degree heat to complete more than half of the challenges.

"My favorite part is getting sprayed with the hose because it's really hot out," said Chief-select Culinary Specialist Joe Nicholson, who serves on the COMSUBPAC staff. "I would rather do chief induction season in the winter."

Despite the high temperatures, the DC Challenge provided Sailors with valuable training designed to enhance their skills and abilities in performing their missions at sea and ashore.

# 10 new local vendors gain selling rights in commissary

Story and photo by  
Randy Dela Cruz

Staff Writer, Ho'okele

The recent 18th Annual American Logistics Association (ALA) Hawaii Food Show created quite a stir among local merchants and vendors hoping to sell their products in the lucrative commissary marketplace.

A total of 68 companies, 18 first-timers, pitched their products at the event, which was held at the Waikiki Prince Hotel on Aug. 18.

After the show closed, vendors eagerly crossed their fingers and waited patiently for the announcement that could change their lives forever.

While some were disappointed at not making the cut, the event selected enough items to appear on the commissary shelves

that would make this year's food show a big success.

Of the 18 new vendors, a total of 10 vendors were chosen to sell their products in the local commissary system for the very first time.

Among the companies that military shoppers can look for soon are: Tiki Candy Company, Punalu'u Bake Shop, Big Island sweet breads and candy goods, Maui chocolate bar and Imuraya mochi coconut frozen dessert.

Like many of the new products selected for sale in the commissary, Imuraya mochi is a creation that is not only delicious, but also suitable for health-conscious families and diets.

According to company representatives, the frozen dessert not only tastes great, but is also gluten-free, dairy-free and vegetarian friendly, while being



Punalu'u Bake Shop, a bakery from the Big Island, passed the taste test at the ALA Food Show and has been given a go to sell its products in the local commissaries for the very first time.

made in the USA.

"This is a great opportunity for us," said Ryan Ya-

mamoto, Imuraya marketing specialist. "I love the chance to work with the

commissaries. We have what it takes to keep up (production)."

Although healthy is a key selling point, Yamamoto said that the product's flavor sells itself.

"Taste first and foremost," Yamamoto said. "If it doesn't taste good, people aren't going to buy it."

Besides the 10 new vendors, Defense Commissary Agency (DeCa) buyers at the ALA Hawaii Show selected a total of 153 new items to appear on local commissary shelves soon.

Over the 18 years of its existence, the food show has become a major gateway for local vendors to gain access to the commissary and their customers.

From humble beginnings with only a dozen vendors attending the first show, the event has grown to generate nearly \$8 million from local-based brands and another \$6.5 million in locally grown fruits and vegetables last year.

# Pearl Harbor Naval Shipyard graduates 92 apprentices

Pearl Harbor Naval Shipyard

Pearl Harbor Naval Shipyard and Intermediate Maintenance Facility (PHNSY&IMF) graduated the 92 members of the 2015 apprentice class Aug. 26 at the Historic Hickam Officer's Club at Joint Base Pearl Harbor-Hickam.

Keynote speaker at the graduation was Gregory "Kaipo" Crowell, the shipyard's nuclear engineering and planning manager. Born and raised on Oahu, Crowell is a

Kamehameha Schools graduate who earned a degree in mechanical engineering from the University of Portland, then was hired by Pearl Harbor Naval Shipyard to train as a nuclear engineer.

He has held significant positions of leadership at the shipyard over his 32-year career. When he was selected in April to be a member of the Senior Executive Service, he became the shipyard's most senior civilian.

(See next week's Ho'okele for complete coverage of the graduation.)

# 2015 Feds Feed Families food drive continues at Joint Base

Brandon Bosworth

Assistant Editor, Ho'okele

The Feds Feed Families program is in full swing at Joint Base Pearl Harbor-Hickam.

Feds Feed Families is a charitable campaign led by the United States Department of Agriculture that collects canned goods and non-perishable food items for those in need.

The campaign has been held annually since its launch in 2009. Since then, service members and federal workers have do-

nated and collected nearly 39 million pounds of food and other non-perishable items to support families across America. Last year alone, more than 14.8 million pounds were donated and provided to food banks and pantries.

The 2015 campaign began in July and runs through Oct. 30.

"After food is collected in the Navy Region Hawaii area of responsibility, it is donated to local food banks in Oahu and Kauai," said Chief Religious Programs Specialist Kimberly Bell, campaign organizer.

Collection boxes for canned goods and non-perishable food items have been placed at several locations around JBPHH, including Hickam Chapel and Joint Base Pearl Harbor-Hickam Library as well as the administration buildings for Naval Surface Group Middle Pacific, U.S. Pacific Fleet and U.S. Pacific Command.

(For more information or to find a collection spot, call Bell at 473-4512. For more information about the Feds Feed Families program, visit [www.usda.gov/fedsfeedfamilies](http://www.usda.gov/fedsfeedfamilies).)

To report...

## Fraud, Waste or Abuse

CONTACT COMMANDER, NAVY REGION HAWAII INSPECTOR GENERAL

- WE ARE HERE TO HELP
- YOU CAN REMAIN ANONYMOUS
- REMEMBER TO USE YOUR CHAIN OF COMMAND FIRST

HOTLINE: 808-471-1949

EMAIL: PRLH-CNRHIG@NAVY.MIL

# Ho'okele to end newspaper survey Sept. 4

Ho'okele Staff

Ho'okele readers have an opportunity to participate in a survey and also have a chance to win some great prizes.

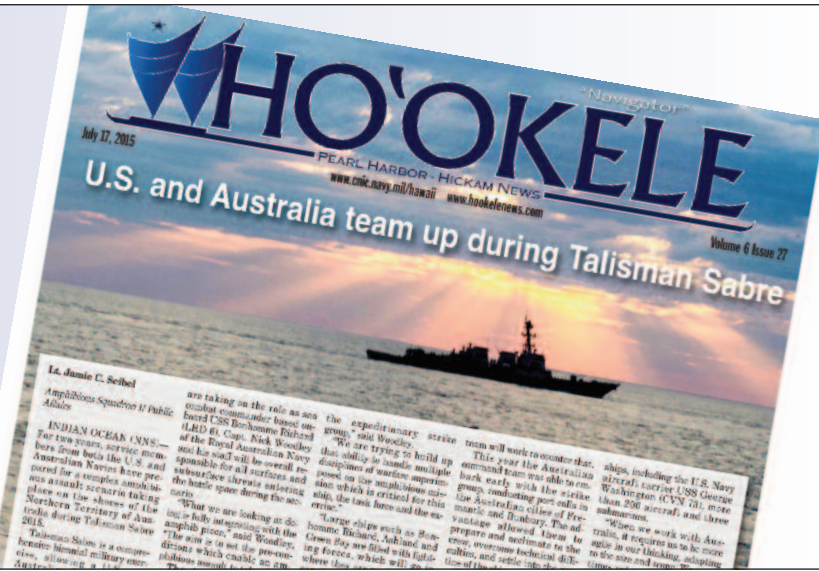
The eight questions on the survey provide some helpful feedback to the staff of Ho'okele and give us some ideas to help improve the newspaper. We would like to hear from you. What is your favorite section of the newspaper? What is your least favorite section? What do you think we could do better?

We appreciate your taking the time to par-

ticipate in the survey and give us some valuable feedback. Visit [www.hookelenews.com](http://www.hookelenews.com) to complete the survey. Only one survey should be completed per person.

Prizes have been provided by our publisher, Oahu Publications Inc., and by the Pearl Harbor Navy Exchange. These include a \$200 NEX gift card offered by our publisher and a gift basket filled with goodies from the Pearl Harbor NEX.

The survey will continue through Sept. 4. So please take a few minutes to answer the survey. We would love to hear from you. Mahalo nui loa!





# Window on Joint Base Pearl Harbor-Hickam



karen.spangler@navy.mil

## Women's Equality Day

Karen S. Spangler

Managing Editor, Ho'okele

An observance of Women's Equality Day was held Wednesday at Joint Base to celebrate the accomplishments and the importance of women being given a voice, a vote and equality—in the workplace, in society, in the political arena.

The official observance of Women's Equality Day began in 1971, thanks to an effort spearheaded by Rep. Bella Abzug (D-N.Y.), and Aug. 26 was set as the date. The selection of that date was significant—commemorating the 1920 passage of the 19th Amendment which gave women the right to vote.

There are many women we have to thank for bringing women's equality to the place where it is today. Where would we be without pioneers, such as Susan B. Anthony and Elizabeth Cady Stanton, who led the crusade for women's rights, including the right to vote? They started the ball rolling and paved the way for equal opportunities for women.

When you think about the many women who have made contributions to our military, our country and our world, where do you even begin?

Here in Hawaii, Gen. Lori Robinson heads Pacific Air Forces. U.S. Pacific Fleet has recently welcomed its new fleet master chief, Fleet Master Chief Susan Whitman. Some of the ships here at

Pearl Harbor are commanded by women. Cmdr. Gina McCain is the commanding officer of USS O'Kane. Cmdr. Linda Seymour recently commanded the USS Halsey, turning over command of the ship Aug. 3 in San Diego.

Vice Adm. Nora Tyson became the first female to lead a U.S. Navy ship fleet when she took command of U.S. 3rd Fleet on July 24.

Secretary of the Air Force Deborah James, the 23rd Secretary of the Air Force, is only the second woman in that position, preceded by Sheila Widnall (1993-1997).

Women serve in Congress, and two members of our Congressional delegation from Hawaii, Sen. Mazie Hirono and Rep. Tulsi Gabbard, are women.

Throughout the country, women are active in politics and some have made bids for the highest office in the land—as president and commander-in-chief.

Women have been pioneers in the air and in space. Capt. Sunita Williams, a naval aviator and NASA astronaut, conquered space in 2007 when she set the record for the longest uninterrupted space flight by a female astronaut.

Maj. Gen. Jeanne Holm, at one time director of the Women in the Air Force (WAF), was the first female one-star general in the Air Force and the first two-star female general in the armed forces.

Who can forget Amelia Earhart, way ahead of her

time, who was a pioneer for women and aviation and whose disappearance in July 1937 remains a mystery to this day.

During World War II, a group of young women became pioneers in the aviation industry by forming what was known as the Women Airforce Service Pilots or WASPs. Those women are now looked upon by many people as heroes and role models because they were the first women in history trained to fly American military aircraft.

Female Sailors were first assigned to some non-combatant ships in 1978 and in

1994, their service was expanded to include combatant ships. In 2010, the Navy announced a policy change that would allow women to serve on submarines and in June 2015, the Navy announced the names of the first group of enlisted female Sailors who were selected to serve on submarines.

These are only a few of the women who have made outstanding contributions and continue to play significant roles in their communities, in their careers, in our country and throughout the world.

The days are long gone when women are limited to

only a few careers, typically teachers or nurses.

But this evolution didn't happen overnight, and it wouldn't have happened without those early suffragettes who fought for equality for women. Through the decades, women have marched across the pages of history, making contributions in politics, the arts, education and medicine that have changed the world in which we live.

Women today can do just about anything they set their minds to do—the glass ceiling has been shattered.

Back in 1920 as the women's equality movement

was gaining momentum, I doubt if those early suffragettes had any idea that one day women would be generals and astronauts, ship commanding officers and airplane pilots.

Let's give a big thanks to Susan B. Anthony and Elizabeth Cady Stanton and others like them for their determination and for their foresight in recognizing the abilities of women and what they could accomplish—and fighting for women's rights.

Sometime in our lifetime, we may be able to add "Madame President" to that list.



Capt. Stanley Keeve Jr., commander of Joint Base Pearl Harbor-Hickam, delivered the opening remarks at a Women's Equality Day event held Aug. 26 at Makai Recreation Center, Joint Base Pearl Harbor-Hickam.

## Joint Base celebrates Women's Equality Day

Story and photo by Brandon Bosworth

Assistant Editor, Ho'okele

A Women's Equality Day event was held Aug. 26 at Makai Recreation Center, Joint Base Pearl Harbor-Hickam.

Congress designated Aug. 26 Women's Equality Day in 1971. The annual event began as a commemoration of the passage of the 19th amendment to the U.S. Constitution in 1920. Sometimes referred to as the Susan B. Anthony Amendment, the amendment granted women the right to vote, stating "The right of citizens of the United States to vote shall not be denied or

abridged by the United States or by any state on account of sex."

Women's Equality Day has since evolved to a broader recognition of women's equality in society and the workplace.

Capt. Stanley Keeve Jr., commander of Joint Base Pearl Harbor-Hickam, delivered the opening remarks. He discussed famous American women in history, such as the first woman to receive a medical degree in the United States, Elizabeth Blackwell, as well as civil rights advocates Susan B. Anthony and Elizabeth Cady Stanton. Keeve noted that all of these women had one thing in common: none of them had the right to vote.

"We should pay homage to the past and look to the future," said Keeve. "There are many daughters who need to be shown the way as citizens of this great country."

The Aug. 26 event also featured a presentation about the history of women in the U.S., with a special emphasis on women and the military. There was a reading of Maya Angelou's poem "Phenomenal Woman," as well as games and an opportunity for attendees to learn how to register to vote and cast a ballot.

Various universities, SAPR and the JBPHH Library had information booths with exhibits tied to women's history.

## Diverse Views



What's your favorite comedy movie of all time?



Capt. Brandon Tovado  
613th Air and Space Operations Center

"'The Terminal' with Tom Hanks. It's simple, fun and can be watched over and over."

Master Sgt. Tosha Weaver  
HQ PACAF

"Adam Sandler's 'Eight Crazy Nights.' It's funny, and I just love any movie that has Adam Sandler in it. I think he is hilarious."



Tech. Sgt. Amanda Dick  
HQ PACAF

"'While You Were Sleeping.' I love anything with Sandra Bullock in it. The whole cast makes it a fun movie to watch."

Staff Sgt. Eduardo Lopez  
56th Air Communications Squadron

"My favorite comedy movie would have to be 'Life' with Eddie Murphy and Martin Lawrence. It is quite funny but also gives you a look into the times of racial segregation and changes in society."



Provided by David D. Underwood Jr.

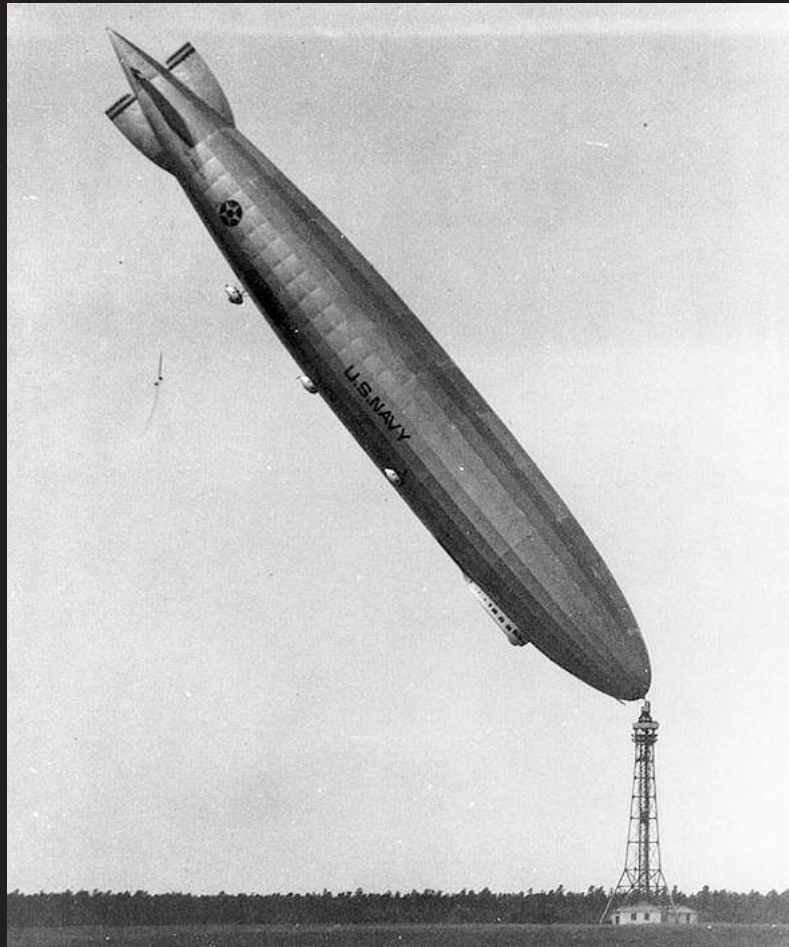
Want to see your command featured in Diverse Views?  
Got opinions to share?

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

## USS Los Angeles rises to near-vertical position

USS Los Angeles (ZR-3) rises out-of-control to a near-vertical position, while moored at the high mast at Naval Air Station Lakehurst, N.J., shortly after 1:30 p.m. Aug. 25, 1927. This incident resulted from the sudden arrival of a cold air front that lifted the airship's tail, causing it to rise before it could swing around the mast parallel to the new wind direction. Los Angeles suffered only minor damage, but the affair demonstrated the risks involved with high mooring masts.

U.S. Naval History and Heritage Command photograph



## HO'OKELE

PEARL HARBOR - HICKAM NEWS

Commander,  
Navy Region Hawaii  
**Rear Adm. John V. Fuller**

Chief of Staff  
**Capt. Mark Manfredi**

Commander, Joint Base  
Pearl Harbor-Hickam  
**Capt. Stanley Keeve Jr.**

Deputy Commander  
**Col. Richard Smith**

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  
**Brandon Bosworth**

Sports Editor  
**Randy Dela Cruz**

Sr. Graphic Artist  
**Antonio Verceluz**

Graphic Artist  
**Michelle Poppler**

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.



# Team PAX named ‘Top Dawgs’ in first JBPHH Port Dawg Rodeo

Story and photo by  
Tech. Sgt. Terri Paden

15th Wing Public Affairs

Port Dawgs at Joint Base Pearl Harbor-Hickam (JBPHH) rallied Aug. 20 to participate in a rodeo style competition to find the “Top Dawg” on base.

The Port Dawg Rodeo, which is the first of its kind at JBPHH, was hosted by the 735th Air Mobility Squadron (AMS) and provides a way for aerial port Airmen to test and improve their tactics in a fun and competitive environment.

Seven teams of Airmen competed in four events including a combat fitness challenge, 10K forklift driving course, a loader driving course, and a pallet build-up competition. The teams of four were judged on proficiency and ability to adhere to safety standards throughout all of the events. The team with the highest score was ultimately named the “Top Dawg,” with the honors going to Team PAX.

Given the huge responsibility of their mission, it’s critical that Port Dawgs, as they are affectionately called, remain at the top of their game. Aerial port Airmen are charged with providing global reach to war fighting forces, component and combatant commanders and supporting national humanitarian relief assistance agencies.



Members of Team CPAK attempt to use a 10K forklift to move a sawhorse without spilling a jug of water as part of part of the inaugural Port Dawg Rodeo 10K forklift driving course held Aug. 20 at Joint Base Pearl Harbor-Hickam. (Additional photos on page A-5.)

They are responsible for enabling critical airlift of personnel and cargo, in addition to checking in passengers and loading palettes onto aircraft, cleaning and servicing aircraft, passenger services, air freight, and operating the air terminal operations center and the air mobility control center.

Lt. Col. Maria McLendon-Moore, 735th AMS commander, said the rodeo offers an opportunity for Port Dawgs to demonstrate their capabilities, improve their procedures, compare notes, and enhance standardization for

global mobility operations.

McLendon-Moore said after the annual Air Force Port Dawg Rodeo was cancelled this year, the squadron saw an opportunity to host a local competition that would help enhance Airmen’s core skills while focusing on training and building partnership—a high priority in the Pacific Air Forces command.

Senior Master Sgt. Jessica Mallett, 735th AMS aerial port superintendent and Port Dawg Rodeo coordinator, said the rodeo tests how well aerial port

Airmen are trained.

“The primary focus of this event is training,” she said. “This is a chance for us to see how well everybody is trained, how well they are able to perform their core task and have fun while doing it. Computer-based training and CDCs [career development course] can get a bit dull, but having a goal to focus on, the competition, makes it more interesting.”

Though the honor of being named “Top Dawg” was on the line, Mallett said speed was only a sec-

ondary requirement for competitors.

“This competition is not just about how fast the Airmen can get it done, it’s about the safety and proficiency of completing the task more importantly than the speed,” she said. “But when you’re looking at completing an event with efficiency and quickness, how well they are trained does come into play.”

Mallett said the competition also helped build esprit de corps, camaraderie and teamwork.

“Our teams consisted of

Airmen from three different units from three different MAJCOMS [major commands], and I think it’s important to highlight how this brought together everyone in our career field,” she said. “This shows that even though we may have different day-to-day missions, we ultimately all have the same career and the same core tasks.”

The winners of the inaugural JBPHH Port Dawg Rodeo were first place, Team PAX; second place, Team CMF; third place, Team Freight.

## Using water efficiently can save money, resources

Compiled by  
Karen S. Spangler

Managing Editor, Ho’okele

While on base or in military housing neighborhoods, have you seen water being wasted because of broken sprinkler heads? You should report any water waste you see to your workplace building manager.

Dripping sink at work wasting water? You can report any water waste you see to your workplace building manager.

These are just a couple ways that individuals can help to conserve water. Everyone can also take charge of their own water consumption at home and implement ways to save water.

“Conserving water doesn’t mean you have to change your entire lifestyle. By being mindful of what you do around the house, you can save both water



Photo illustration

and money,” said the Honolulu Board of Water Supply on their website.

They offer the following tips:  
**In the kitchen**

- When purchasing a dishwasher, consider a water-efficient model. Scrape, don’t rinse, your dishes before loading in the dishwasher. Wait until you have a full load before using your automatic dishwasher.
  - Steam, rather than boil, your vegetables whenever possible. Use a tight lid on the pot and as little water as possible.
  - Check faucets and pipes for leaks (including automatic ice makers and dishwasher hoses).
  - Use your garbage disposal sparingly and start composting your kitchen waste. Don’t overuse garbage disposals. Use the disposal only at the end of cooking or cleanup periods or when full.
  - Thaw frozen food in the refrigerator or microwave, not under running water.
- In the laundry**

- For washers with variable settings for water volume, select the minimum amount required per load.
  - If load size cannot be set, operate the washer with full loads only.
  - Use the shortest wash cycle for lightly soiled loads. For normal and permanent press wash cycles, use more water.
  - Pretreat stains to avoid re-washing laundry.
  - Check hoses regularly for leaks.
- In the bathroom**
- The toilet is the biggest water user in the house. Older toilet models use up to five gallons of water with every flush. Don’t use the toilet as an ashtray or wastebasket.
  - Put a plastic container or toilet dam in your tank to reduce flush water. This displaces some of the space normally taken by water, yet still allows normal flushing.

- Check bathroom faucets and pipes for leaks. Replace leaky drain plugs in sinks and bathtubs
  - Install instant water heaters in bathrooms and in the kitchen so you don’t have to let the water run while it heats up.
  - Keep tub baths to a minimum. Bathe in a partially-filled tub (minimal water level at 12 gallons).
  - Install water-saving showerheads or flow restrictors. Inexpensive showerheads and flow restrictors are available at the hardware store and are easy to install.
  - Take shorter showers. Limit your showers to the time it takes to wet yourself and rinse off.
  - Avoid using hot water when cold water will do.
- (Information provided by Naval Facilities Engineering Command and Honolulu Board of Water Supply.)

**GOT SPORTS**  
Phone: 473-2890  
editor@hookelenews.com

Be alert...  
**Fraud, Waste or Abuse**  
Control Command, Navy Region Hawaii's biggest goal!  
We are here to help  
You can remain anonymous  
Remember to use your chain of command first

PHONE: 808-471-1949    EMAIL: prli-cnrh@navy.mil



# Pearl Harbor-Hickam*Highlights*



U.S. Navy photo by MC1 Meranda Keller  
USS Missouri CPO Legacy Academy Class 013 chief petty officers (CPO) and chief petty officer selectees assigned to various units throughout the Pacific march in formation on Aug. 25 at Ford Island at Joint Base Pearl Harbor-Hickam.



(Left) Members of Team Ramrod push pallets onto a simulated aircraft as part of the inaugural Port Dawg Rodeo Halvorsen loader driving course on Aug. 20 at JBPHH. (Below) Members of Team Ramrod guide a Halvorsen loader.

U.S. Air Force photos by Tech. Sgt. Terri Paden



(Right and below) Chief petty officer selectees demonstrate fire fighting capabilities during a damage control challenge hosted by Commander Submarine Force U.S. Pacific Fleet Chief Petty Officers Association on Aug. 20 at JBPHH.

U.S. Navy photos by MC1 Jason Swink





# Radford Transition Center helps students adjust

Story and photo by  
**Don Robbins**

Editor, *Ho'okele*

Radford High School senior Jesse McElhaney knows first-hand how tough it is to frequently move to different states and schools. He explained that as a Navy family member, he has had to attend seven different schools so far.

McElhaney's father James is a Navy hull maintenance technician first class at Training Support Detachment at Joint Base Pearl Harbor-Hickam, and the family's last duty station was at Naval Weapons Station Charleston at Goose Creek, S.C.

Although the frequent moves could be stressful, McElhaney and other students at Radford High School said they appreciate having the effective Radford Transition Center program at a school with a highly mobile military population as they are faced with having to move as their parents change duty stations.

Radford is located near Joint Base Pearl Harbor-Hickam (JBPHH) and serves many families from the base. JBPHH is also one of 14 bases involved in Operation Live Well's Healthy Base Initiative, and students explained that the transition center helps provide them with a healthy emotional environment.

The Radford Transition Center is a four-part program partially taught by student "facilitators" to encourage peer-to-peer interaction.

McElhaney, age 16,



Radford High School students Bailey Wells, Jacqueline Caicedo, Fallon Villarreal and Jesse McElhaney gather in front of the Radford Transition Center.

serves as one of the student peer facilitators helping new students adjust to the school and Hawaii.

"Everyone is really nervous at the beginning. We make them feel like they are welcome here," said McElhaney. Activities designed to make the new students feel welcome include tours of the campus, games and other anxiety-relieving events.

"We want to make them feel like this is a happy place," said McElhaney, who plans to attend college and major in either astronomy or astrophysics.

The components of the Radford Transition Center program include looking at Radford High's rules and activities, coping with stress, exploring the cul-

tural diversity/uniqueness of Hawaii, and developing a student's academic plan.

The experienced student facilitators also volunteer to serve as "lunch buddies," sitting and talking with new students during break times to ease their concerns about school.

Being a student facilitator is not a class or credit. It is a volunteer effort by students who give up their school break times to help newcomers. The student-to-student interaction is a vital component of the program, McElhaney emphasized.

The Radford High School Transition Center program serves the needs of all new students, military and civilian, who enroll at Radford High School and assists

them throughout the school year. It also provides preparation and a safety net by offering new students the resources, information and support to ensure academic achievement.

About 65 percent of the Radford students are military family members, predominantly Air Force, Navy and Army, said James Sunday, principal of Radford High School. About one-third of the student population at the school rotates out at the end of each school year, he emphasized.

Sunday is himself a Radford graduate who grew up at the former Hickam Air Force Base, and his father served in the Air Force for 30 years.

The Radford Transition Center has been serving

students from all walks of life for 11 years now, Sunday explained. It was designed by a team of Radford administration, staff and students in partnership with local military supporters under the umbrella of the Joint Venture Education Forum.

Because Hawaii is so geographically isolated, it's important to have a place for students to make their transition here less difficult, Sunday added. In the Hawaiian language, the center's motto is "*Malama I Na Haumana*," or "Caring for the Students," and the students and administrators there say that's exactly what it accomplishes.

"The Transition Center is giving kids a sense of belonging when they come here," Sunday said. Besides belonging, the transition center program also provides personal development for student facilitators, as 17-year-old 12th grader Bailey Wells has discovered. Serving as a facilitator has been beneficially to him personally, Wells explained.

"It helps me with my speaking skills. When you are speaking to a room full of people, you need to do it loudly and clearly," said Wells, whose career goals are to either become a software engineer, screenwriter or video game designer.

Wells is the son of Air Force Chief Master Sgt. Rick Wells of Pacific Air Forces Headquarters.

"This program is great. More schools should have it," said 17-year-old senior Jacqueline Caicedo, the daughter of Navy Lt. John Caicedo, deputy security offi-

cer at Joint Base Pearl Harbor-Hickam. Jacqueline said her dream is to attend college and major in social work so she can help other people.

Another student, Texas-born 16-year-old junior Fallon Villarreal, said that Radford is her fifth school in Hawaii and seventh throughout her life. Villarreal plans to participate in Navy ROTC and become a Navy officer specializing in cyber warfare and intelligence.

"I'm grateful for Radford, because it's so open and we have a lot to do," said Villarreal, the child of Senior Chief Electronics Technician Danny Villarreal of Commander, Submarine Force U.S. Pacific Fleet.

David Tom, school liaison officer for Navy Region Hawaii, cited the challenges that military students face, always having to move to a new location and school with their parents as part of the permanent change of station (PCS) process.

"School is such a vital part of their lives," said Tom, a retired member of the Air Force.

He said that besides making new friends and learning the ropes of the school campus, the transition center program helps students to succeed better academically, socially, personally and emotionally.

Student facilitators in the transition center program also receive supervision from part-time teachers.

The program has been recognized by the Department of Defense and earned recognition from former First Lady Laura Bush in May 2007.



PEARL HARBOR - HICKAM NEWS

# Who'OKELE Online

<http://www.hookelenews.com/> or visit  
<https://www.cnmc.navy.mil/Hawaii>





# USS Columbus returns from southern command deployment

MC1 Steven Khor

Submarine Force Pacific  
Fleet Public Affairs

The Los Angeles-class fast attack submarine USS Columbus (SSN 762) recently returned to Joint Base Pearl Harbor-Hickam following a unique deployment to the south.

Columbus returned Aug. 11 to the submarine piers that were lined with families and friends bidding a warm aloha welcome as it returned from a deployment to the U.S. Naval Forces Southern Command (SOUTHCOM) 4th Fleet area of responsibility.

The crowd cheered and waved signs, banners and lei as the submarine came into view in the harbor.

Columbus completed two safe and efficient transits of the Panama Canal and made the first-ever Los Angeles-class submarine visit to Guantanamo Bay, Cuba, according to the submarine’s commanding officer, Cmdr. Albert Alarcon. He said the crew was outstanding and productive throughout the deployment.

“I’m very proud of my shipmates,” said Alarcon. “It has been a pleasure to watch each of my Sailors grow personally and professionally as they continuously postured the



U.S. Navy photo by MC1 Jason Swink

The Los Angeles-class fast attack submarine USS Columbus (SSN 762) moors pier Aug. 11 as it returns to Joint Base Pearl Harbor-Hickam following a deployment to the U.S. Naval Forces Southern Command (SOUTHCOM) 4th Fleet area of responsibility.

Columbus team to reach a higher level of performance.”

Lt. Cmdr. Ryan Mewett, Columbus’ executive officer, said the crew was outstanding, maintaining a 96 percent operations tempo over the deployment and successfully completing both national

and theater commander tasking.

According to Mewett, submarines bring unmatched covert combat power to the theater commander and are ready to execute a broad set of missions, including intelligence, surveillance and reconnaissance; anti-sur-

face warfare; anti-submarine warfare; strike warfare and naval special warfare operations.

“Most Pacific Fleet submarines have extensive experience operating in the western Pacific,” said Mewett, noting that Pacific Submarine Force units have not frequented

SOUTHCOM to nearly the same levels.

“We had more to learn and familiarize ourselves as we operated in an unfamiliar area. Also, we deployed for just three months rather than the typical six months of a western Pacific (WEST-PAC) deployment.”

In addition to gaining the experience of operating at sea, the deployment afforded Sailors the opportunity to work on qualifications.

Over the course of the deployment, 19 enlisted Sailors and one officer on the crew became submarine qualified and are now able to wear their respective submarine warfare insignia, also known as “dolphins.”

Twenty-two Sailors also qualified on new supervisory watch station positions.

“Our junior crew members performed well, aggressively pursuing submarine and watch station qualifications and taking advantage of the opportunity to gain operational experience,” said Mewett.

Many Columbus Sailors had favorite moments during the deployment. Some were genuine favorites while others were funny memories.

“Preparing the charts for the first submarine visit to Guantanamo Bay in 21 years,” said Electronics Technician 2nd Class Reese Hand about his experiences.

Electronics Technician 3rd Class Brandon Heglie said his favorite experience was seeing various crew members earn their dolphins.

## POW/MIA Memorial Week events set for Sept. 14-18

Joint Base Pearl Harbor-Hickam Public Affairs

The Air Force Sergeant’s Association will host POW/MIA Memorial Week commemorations from Sept. 14 to 18 at Joint Base Pearl Harbor-Hickam.

- A reveille will begin at 8 a.m. Sept. 14 at Atterbury Circle.

- A monument beautification will begin at 9 a.m. Sept. 15 at the POW/MIA monument.

- A name reading will be held from 6 a.m. to 6 p.m. at the POW/MIA monument Sept.

14, Missing Man Formation Sept. 15, the Courtyard of Heroes Sept. 16, Earhart Track Sept. 17, and 15th Wing building Sept. 18.

- A sentinel post will be held from 7:30 a.m. to 4:30 p.m. Sept. 15 at the Missing Man Formation.

- A remembrance run will be held from 6 a.m. Sept. 17 to 6 a.m. Sept. 18 at Earhart track.

- A remembrance ceremony will be held from 7 to 8 a.m. Sept. 18 at the Missing Man Formation.

This is a time of remembrance for those who were held

prisoner and those who have yet to come home. Members of the JBPHH community are welcome to participate, including as volunteers.

(For more information, call Tech. Sgt Mary Witherow at 448-1428 or Master Sgt. Amy Mendonca at 449-8775.)



HO'OKELE

# Life & Leisure

*Na Koa*

## WOUNDED WARRIOR Regatta *kicks off OceanFest*

Photo courtesy of RJ Kaleidoscope Photography

The Warrior Transition Battalion Female Group paddles hard to the finish line.

### Joint Base Pearl Harbor-Hickam Public Affairs

Injured veterans launched Duke's OceanFest Aug. 22 at the sixth annual Na Koa Wounded Warrior Regatta.

The event featured about 80 teams of canoe paddlers taking part in a series of races at Waikiki Beach at Fort DeRussy. Three of the four divisions of the regatta featured veterans.

The regatta provides Wounded Warriors, active duty military, Reserves and National Guard canoe paddling teams from all services the opportunity to compete in various divisions in the spirit of athletics and camaraderie.

Wounded Warrior Project (WWP) took part in the regatta to encourage engagement and physical health and wellness. Engagement is a key pillar of the WWP mission to honor and empower Wounded Warriors. Injured veterans can build a network of support through shared experiences. Besides helping wounded veterans reduce stress, it also promotes an overall healthy and active lifestyle by encouraging participation in fun, educational activities.

Duke's OceanFest is an annual summer event designed to honor Duke Paoa Kahanamoku, a five-time Olympic medalist in swimming.



Photos courtesy of banzaibetty.com and Jim "Goose" Guziar

Top left, lei are draped on Duke Kahanamoku memorial statue. Left, paddlers racing to finish. Top right, teams launch at the start of the Na Koa Wounded Warrior Canoe Regatta competition. Hawaii Rep. Tulsi Gabbard, pictured above, delivered remarks during the opening ceremony.

A display of a koa canoe that honored Soldiers was showcased at Duke's Oceanfest opening festivities held Aug. 22 at Kapiolani Park.

Photo courtesy banzaibetty.com







Staff Sgt. Chris Yarbrough of Team MXG battles Staff Sgt. Kyle Rachan of PACOM/JIOC at the net.

# PACOM/JIOC closes in on ‘first’ with win over MXG

**Story and photos by  
Randy Della Cruz**  
*Sports Editor, Ho’okele*

Pacific Command/Joint Intelligence Operation Center (PACOM/JIOC) put together their most complete game to date and shocked Team Maintenance Group (MXG) in straight sets, 25-18 and 25-23, in a battle of top teams in the Gold Division on Aug. 19 at Hickam Fitness Center, Joint Base Pearl Harbor-Hickam.

The intramural matchup pitted teams with identical 5-2 records and with the win, PACOM/JIOC maintained their position in the standings in a tie for second place with the 647th Civil Engineer Squadron (647 CES) Bulls.

Both teams are just off the pace of the 613th Air and Space Operation Center (613 AOC), which leads the division with a 5-1 record.

“I think today we were scrappy. That’s the word I like to use,” said military spouse Michelle Farrar, who is the setter for PACOM/JIOC. “We knew that we’re getting into the playoffs, so we wanted this, we fought for this. It’s crunch time now, so we can’t lose another game.”

In the first set, the lead bounced back and forth as the game was tied three times with the final dead-



Players battle at the net during a showdown between PACOM/JIOC and Team MXG.

lock coming at 14-14.

Hitter Yeoman 2nd Class Steven Marsh gave PACOM/JIOC a huge boost by smashing back-to-back kills to give his team a 16-14 lead.

Then with the team clinging to a one-point advantage at 18-17, Marsh blocked a shot for a point

and side-out and followed that up with another kill to put PACOM/JIOC out in front by three.

Farrar picked up service at 23-18 and proceeded to induce a hitting error for a point before closing out the first set with a service ace.

Marsh, whose presence at the net caused huge

problems for the MXG, said that he wasn’t quite sure how he did, but he’s glad that he did.

“Honestly, I’m not sure,” he said about how he played so well at the net. “I’m not really a volleyball player. I’m a basketball player, so I just jump.”

As close as the first set

was, the second set was even tighter, with MXG holding a small lead for most of the game.

PACOM/JIOC finally caught the MXG at 14-14 and took their first lead of the night three plays later to go up 16-15.

The MXG came back to tie the score at 21-21, but a

kill by Staff Sgt. Kyle Rachan put PACOM/JIOC back out in front at 22-21.

The MXG managed to go back out on top by a point at 23-22, but a service error not only tied the score, it also put the ball into the hands of Farrar, whose deadly serves ended set one.

With Farrar serving, Rachan got a big kill to make it 24-23 before Farrar, like she did in the first set, ended it all on an ace.

“I’ve been playing since I was 6 years old, so I’ve faced pressure most of life,” Farrar explained about how she kept her poise in a couple of very clutch situations. “I’m the setter, so I have to be calm.”

With only a couple of games remaining in the regular season, PACOM/JIOC appears to be peaking at the right time.

Farrar said it’s due to the dedication of the players, who have committed themselves to practice.

A win over a strong team like the MXG will do wonders for the team’s confidence, Farrar said, as PACOM/JIOC prepares for the playoffs.

“I, knock on wood, expect us to win the playoffs,” she said. “If we have the right people in there and the right mindset, I think we can do it. We have a lot of talent. We just need to put it where it needs to be.”





Navy Lt. Chuck Wood picks up another kill for Hawaii Air National Guard as the guard rolls on to their eighth-straight victory.

## Depleted HIANG dominates over struggling 67th CW

**Story and photo by  
Randy Dela Cruz**

*Sports Editor, Ho'okele*

Even without any substitutions, the Hawaii Air National Guard (HIANG) didn't miss a beat against a well-stocked 67th Cyberspace Wing (67 CW) team, as the HIANG swept a two-game set, 25-6 and 25-9, the teams met Aug. 20 in a Blue Division intramural volleyball matchup at Hickam Fitness Center, Joint Base Pearl Harbor-Hickam.

Down to only the bare minimum of six players, the HIANG got even distribution of the ball and dominated from wire-to-wire to raise their record to a perfect 8-0, while the 67

CW fell to their seventh consecutive defeat without a win.

Although both teams entered the showdown at opposite ends of the standings, HIANG team captain Tech. Sgt. Stephen Lorenzo said that it's important to enter each game focused and ready to play no matter who is the opposition.

"We keep on the same principle that we play our game," Lorenzo said. "We try our best to make it an error-free game. That minimizes the fact that the errors are our fault. That's the only way you can focus and stay on the same path. We stick to the principles that keep us going forward."

The strategy worked perfectly against the 67 CW,

which got bombarded from every angle on the court.

Tied at 1-1 in the first set, HIANG setter Tech. Sgt. Alik Kaahanui went to the back line for service and quickly put the deadlock in the rearview mirror.

Serving up two aces and forcing three hitting errors, Kaahanui got a hand from Navy Lt. Chuck Wood's kill to put the HIANG out in front with a seven-point lead at 8-1.

A serving error broke the streak, but a side-out by Lt. Col. Rick Cox put the ball back into the hands of the HIANG, who tacked on three more points.

Later, Cox was front-and-center again, as he took over service with the

score at 12-3 in favor of HIANG.

Like Kaahanui before him, Cox was superb from the back line.

Following a kill by newcomer Aviation Boatswain's Mate (Equipment) 2nd Class Isaac Atkins, Cox served up three straight aces for a 16-3 lead.

Next, Lorenzo put the finishing touch on the win with another outstanding performance from service.

With the ball in his hands at 18-6, Lorenzo picked up three aces and got two kills from Atkins en route to seven straight points and a 25-6 win.

"It feels good the team is actually coming together," said Lorenzo about the team's balanced attack.

"The passing is coming together, the hitting is coming together, and everybody is getting a chance at swinging at the ball."

Like in the first set, the game was all tied up at 1-1 in the second set, but from there it was all HIANG once again.

Wood served up two aces in a five-point rally and then later, an ace by Cox gave the HIANG their first double-digit lead in the second set at 15-5.

The 67 CW was still trailing by 10 at 18-8, when Lorenzo took over service, and once again the team captain took over control.

A kill by Atkins made it 19-8 before Lorenzo served up five straight aces that culminated when Wood

sent everyone home on another kill.

With PCP as the only remaining team in the division besides HIANG with a perfect record, Lorenzo said that it is exciting to face a challenge from anyone and everyone.

While the game hasn't been scheduled as yet, Lorenzo said that he only hopes that the HIANG will be fully stocked with players when the two kingpins finally throw down.

"Yeah, we're looking forward to it, but it's hard to prepare because we're not sure of the personnel we're going to have on that day (that) we're going to play them," he said. "I'm hoping that we'll all be here when we play them."

## Serving and strong net-play lead COS to victory

**Story and photo by  
Randy Dela Cruz**

*Sports Editor, Ho'okele*

The 690th Cyberspace Operations Squadron (690 COS) trumped Defense POW/MIA Accounting Agency (DPAA) in straight sets, 25-15 and 23-16, on Aug. 20 in a Blue Division intramural volleyball game at Hickam Fitness Center, Joint Base Pearl Harbor-Hickam.

The COS, which has two of the tallest players in 6-foot-10-inch Airman 1st Class Theryn Hudson and 6-foot-6-inch Senior Airman Demetrius Harvey in the division, kept their hopes alive for the top spot by keeping pace with the undefeated and defending champs Hawaii Air National Guard (HIANG) and Pearl City Peninsula Warriors.

With a record of 6-2, the COS is only two games behind the division leaders, while DPAA has now lost three in a row and has a record of 2-4.

Staff Sgt. Steve Frost said that while he is encouraged by the team's most recent win, he insisted that for the COS to play better against the big boys in the division, they will have to improve.

"I think we have a lot of improving to do," Frost admitted. "We've gotten better with our hitting and serving, but as far as calling (for) the ball and the little things, we've got to improve on that."

In a game without the



690th Cyberspace Operations Squadron 6-foot-6-inch Senior Airman Demetrius Harvey goes up for a kill against Defense POW/MIA Accounting Agency (DPAA).

presence of Hudson, the COS didn't appear to miss a beat against the struggling DPAA.

After the team cruised ahead at 18-13 in the first set, the COS rolled on to the finish on the shoulders of Senior Airman Tim

Johnson and Harvey.

Down the stretch, the duo of Johnson and Harvey smashed six kills, three apiece, with Johnson putting down the final point for a 25-15 win.

Starting off in the second half, it appeared that the

COS lost a bit of their mojo and quickly fell behind at 3-0.

However, once Capt. Alan Geason got his hands on the ball to serve following a side-out by Harvey, it didn't take that long before the COS were back in business.

Behind Geason, the COS rallied for seven straight points to go up by four after trailing by three.

During the game-changing rally, Geason induced five hitting errors and picked up two service aces to complete the comeback.

"Once we get in a rhythm, a couple of good serves in a row, I think we're one of the best teams in the league," Geason said. "I kind of look for where the open areas are. Usually, they'll leave some big hole and I'll just aim for it. It usually works out."

DPAA, behind the solid play of team captain Gary Starks, a retired veteran and current DoD civilian, did manage to tie up the score at 11-11, but key kills and blocks by Harvey down the stretch were enough to hold off DPAA for the rest of the game.

"Like I said before, you can't replace his height," Frost said about the 6-foot-6-inch Harvey. "We just send him up front and he's like a brick wall. He'll block anything. Even on his way down, he's still blocking shots."

With the team only two games in back of the leaders, Geason said that he thinks the team is looking pretty solid.

Like Frost, Geason said there are still a few kinks to work out, but overall the team looks pretty good.

Frost said that if the team needs to understand where they should be in terms of readiness, then all it has to do is look no further than within their own division.

"Thinking back to our game against the HIANG, that was a huge eye-opener for us," Frost stated. "We're not on their level. I'm hoping that we can keep improving and make it a long stretch."





# A taste of Morocco with ras el hanout eggplant and chickpeas

Ras el hanout is a North African spice mixture that it is central to Moroccan cuisine. It is not to be confused with Ra’s al Ghul, who is a Batman supervillain.

In Arabic, ras el hanout means “head of the shop,” signifying that it is the best spice mix the seller has to offer. It can sometimes contain 30 or more ingredients, but most recipes include cardamom, nutmeg, anise, mace, cinnamon, ginger, peppers and turmeric. Premixed ras el hanout can be found at many health food stores and well-stocked groceries, though a quick Web search will find several recipes for those who want to make their own batch.

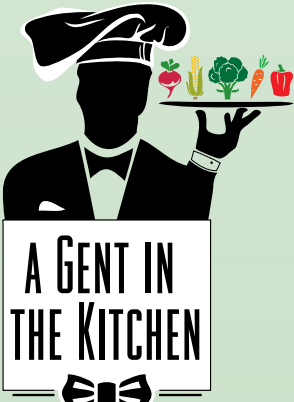
Ras el hanout is most commonly used in tajines, which are a form of stew named for the earthenware pot they are cooked in. This recipe, ras el hanout eggplant with chickpeas, is sort of a cousin to a tajine. It also bears a certain similarity to an Afghani dish called bonjan, which used cinnamon and mint instead of ras el hanout and does not include chickpeas.

## Ras el hanout eggplant with chickpeas

(Serves 4-6)

- 2 tablespoons olive oil
- 1 onion, diced
- 3 cloves garlic, minced
- 1 large eggplant, peeled and cut into 1-inch cubes
- 1 15-oz can plain diced tomatoes with juices
- 1 15 oz. can chickpeas, rinsed
- 2-3 teaspoons ras el hanout
- Salt and pepper to taste

Preheat the oil in a large pot on medium-high heat. Add the onion and sauté until it is soft. Toss



BY: BRANDON BOSWORTH

in the garlic and eggplant and stir for a couple of minutes.

Add the tomatoes, chickpeas, and ras el hanout, cover. Lower the heat to low, and cook until the eggplants are soft, about 20 minutes give or take. Be sure to give everything a stir every so often, and add water or broth in small increments if the ingredients start sticking to the pot.

Once the eggplant is soft and cooked through, the dish is done. Salt and pepper to taste. Serve over rice (jasmine or basmati work especially well), with pita, or go for the full Arabic experience and have it with couscous.

If you are a classical music buff, set the mood with Rimsky-Korsakov’s “Scheherazade.” If you prefer something more modern, explore the contemporary Middle Eastern-influenced music of artists such as SoapKills, Azam Ali or Natacha Atlas (who does an incredible version of the Screamin’ Jay Hawkins classic ‘I Put a Spell on You.’ Be sure to have some strong, sweet mint tea on hand for afterwards!

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

# Your Weekly Fun with MWR



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



MWR Marketing photo

Schooners’ open-air dining room overlooks Rainbow Bay Marina.

# Relaxed atmosphere, scenic views at Schooners Restaurant

Reid Tokeshi

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation

Diners can find breathtaking harbor views and classic entrees at Schooners Restaurant.

Schooners’ off-base location near the historic USS Arizona Memorial makes it a convenient spot for

lunch, dinner or pau hana for military patrons and guests. The open-air dining room overlooks the waters of Rainbow Bay Marina and the rows of boats gently bobbing with the tide.

The Schooners menu offers a range of dishes, from appetizers and burgers, to salads, steaks, pastas and other items. In addition, Schooners offers daily

and weekly specials. Kids can eat free from the keiki menu with each paid adult meal daily from 5 to 6 p.m.

Fans of buffets can go on Saturday nights for Schooners’ seafood/crab legs buffet. Diners can eat steamed crab legs, shrimp, fish and other food from the sea from 6 to 8 p.m. The price is \$31.50 per person and \$13.25 for kids 6 to 12 years old.

A lunch buffet is available every Wednesday for \$14.95 per person or \$6.50 for kids 6 to 12 years old. Choices during the 11 a.m. to 1:30 p.m. buffet include chicken, kalua pork, fish of the day and other items.

During the *pau hana* social hour from 4 to 6 p.m. patrons can watch the sunset over the mountain range and marina.

# Big swim meet expects to ‘make a splash’ next week

Helen Ko

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation

Joint Base Morale, Welfare and Recreation’s aquatics program will hold its first all ages swim meet from 5 to 6 p.m. Sept. 5 at Scott Pool. The event is free.

“The main goal of this event is to provide a fun competition for families without the pressure of winning or losing. We want the fun to be in the racing, not the winning,” said Noa Chung, lead lifeguard at Scott Pool.

“This event is tailored more towards families as a whole to come and have fun. But if we can get more adults to participate, then maybe we can do more fun events for them as well,” Chung said.

Patrons can sign up at Scott Pool from Sept. 1 to 5.

There will be three events: a wheelbarrow tag team relay, 50-yard doggie paddle sprint and a fun-dive contest, where costumes are welcome.

Chung said that for the wheelbarrow race, a partner is needed, so this is a way to include family members or a friend. She added that the fun-dive contest is about falling with style.

“From the diving board you take off, and be as crazy as you can be doing it. Dress up like Batman, Birdman, Wonder Woman or whatever. Our categories for winners will be best dressed, funniest jump, and best dive,” Chung said.

Patrons planning to participate in the event can bring their own goggles for the race.

(For more information, visit [greatlifehawaii.com](http://greatlifehawaii.com) or call 473-0394.)



MWR Marketing photo

The fun-dive contest will be featured at the all ages swim meet on Sept. 5.



Community Calendar

SEPTEMBER

ACING THE INTERVIEW

**1** — An Acing the Interview workshop will be held from 1 to 3 p.m. at Military and Family Support Center Pearl Harbor. The workshop will include what to bring for the interview, interview formats and how to ask and answer questions effectively. FMI: [www.greatlifehawaii.com](http://www.greatlifehawaii.com) or 474-1999.

SAVINGS AND INVESTMENT BASICS

**2** — A Savings and Investment Basics workshop will be held from 1 to 3 p.m. at Military and Family Support Center Pearl Harbor. The workshop will cover managing and budgeting money, how to shop for investments, the difference between stocks, bonds, Roth and traditional IRAs, CDs and money market accounts. FMI: [www.greatlifehawaii.com](http://www.greatlifehawaii.com) or 474-1999.

GOLF DEMO DAY

**2** — Golf demonstration day will be held from 4 to 6:30 p.m. at the Navy-Marine Golf Course. Patrons can try out some of the latest equipment at the driving range. There is no charge for the event. FMI: 471-0142.

AIR FORCE SPOUSE 101: HEART LINK

**3** — An Air Force Spouse 101: Heart Link program from 7:30 a.m. to 2 p.m. at Military and Family Support Center Hickam will introduce spouses to all aspects of Air Force life, provide them an opportunity to establish a peer network, and offer tools to adapt to the military way of life. The event will include a complimentary lunch: FMI: [www.greatlifehawaii.com](http://www.greatlifehawaii.com) or 474-1999.

WOMEN'S SURF LESSONS

**5** — Women's surf lessons will begin at 9 a.m. at Joint Base Morale, Welfare and Recreation Outdoor Recreation at Hickam

Harbor. Participants need to be able to swim without a lifejacket. The cost is \$30. The sign-up deadline is Sept. 2. FMI: 449-5215.

LABOR DAY CAMPING WITH LIBERTY

**5** — A Liberty Labor Day weekend overnight camping event will be held at Bellows Air Force Station. Besides beach activities, the event will feature kayaking to the Mokulua Islands. Meals, drinks, equipment, tents, lights and sleeping bags will be provided. Participants will return from the event on Sept. 7. Participants are advised to bring swim clothes and sunscreen. The event is for single, active-duty military E1 to E6 only. FMI: 473-2583.

ALL AGES SWIM MEET

**5** — A free all ages swim meet will be held from 5 to 6 p.m. at Scott Pool. Events include wheelbarrow tag team relay, doggie paddle sprint and a fun dive contest. Participants can sign up at Scott Pool the week of the event. FMI: 473-0394.

FREE LABOR DAY CONCERT WITH SHINEDOWN

**7** — A free Labor Day concert with the group Shinedown will begin at 5 p.m. at Ward Field, Joint Base Pearl Harbor-Hickam. Gates open at 3 p.m. The event is open to Department of Defense ID cardholders and their sponsored guests. The pre-party will be held from 3 to 5 p.m. Food and beverages will be available for purchase. FMI: [www.greatlifehawaii.com](http://www.greatlifehawaii.com).

FARMER'S MARKET WITH LIBERTY

**9** — Fresh fruit and vegetables from local farmers will be available for purchase from 4 to 7 p.m. at the farmer's market in front of the Blaisdell Center in Honolulu. Plate lunches and other local products will also be available for purchase. Liberty will pick up participants and return them by 8 p.m. The event is for single active-duty military E1-E6 only. FMI: 473-2583.



PIXELS

When aliens intercept video feeds of classic arcade games and misinterpret them as a declaration of war, they attack Earth, using the games as models. Knowing that he must employ a similar strategy, President Will Cooper (Kevin James) recruits his childhood pal, former video-game champ and home-theater installer Sam Brenner (Adam Sandler), to lead a team of old-school arcade players.

Movie Showtimes

SHARKEY THEATER

**TODAY 8/28**  
7:00 PM   Pixels (PG-13)

**SATURDAY 8/29**  
2:30 PM   Ant-Man (3-D) (PG-13)  
5:00 PM   Minions (PG)  
7:00 PM   Southpaw (R)

**SUNDAY 8/30**  
2:30 PM   Pixels (PG-13)  
4:50 PM   Minions (3-D) (PG)  
6:50 PM   Trainwreck (R)

**THURSDAY - 9/3**  
7:00 PM   Vacation (R)

HICKAM MEMORIAL THEATER

**TODAY 8/28**  
6:00 PM   Minions (PG)

**SATURDAY 8/29**  
4:00 PM   Paper Towns (PG-13)  
7:00 PM   Ted 2 (R)

**SUNDAY 8/30**  
2:00 PM   Minions (PG)

**THURSDAY 9/3**  
7:00 PM   Southpaw (R)

**MONDAY 9/7**  
2:00 PM   Pixels (PG-13)  
A special matinee showing will be held. Doors open at 1:30 p.m. For more information, call 422-4425.





# Event to honor fallen service members

## Tripler Army Medical Center

The Tripler Army Medical Center’s Fisher House will hold the fourth annual 8K Hero & Remembrance Run on Sept. 5.

The free event starts at 6 a.m. at the Pacific Aviation Museum on Ford Island.

It honors more than 7,000 fallen service members from all branches of service who have given their lives since 9/11.

The event is open to the public. All participants should be on the island no later than 5 a.m. to ensure access before the Ford Island Bridge closes. An official welcome and military honors will be held from 6:30 to 7 a.m.

All parking will be on Ford Island as directed when participants cross the bridge. Due to the amount of anticipated participants, carpooling and buses are recommended. There is no cost for parking.

There will be numerous boots with pictures of fallen service members on them and flags inside that will line the 8K running route. The run is not a timed event.

Once the event is over, the boots will be reassembled on the corner of Enterprise and O’Kane Streets on Ford Island and will stay on display until Sept. 12.

This will allow everyone an opportunity to look through the boots to find the names and pictures of loved ones and take photos of this memorial.

Military and political leaders of the community will participate in the opening ceremonies and the run. The host for the event is Hawaii’s Augie T.

Hawaii radio stations Power 104.3, Hawaiian 105.1 KINE, KRATER96 and FM100 will broadcast live from the event and throughout the run.

Event shirts will be available for pre-order purchase online for \$18 or for to \$20 at the event, with limited quantities available. Bottled water will be available at the event.

The military unit with the most participants registered online by Sept. 1 will be awarded the Traveling Bronzed Boots at a presentation prior to the run at 6:15 a.m. near the starting line stage. Last year’s awarded unit, the 528th Military Police, will pass the boots to the unit with the most participants this year.

The registration website is [www.eventbrite.com](http://www.eventbrite.com).

*(For more information or to volunteer, contact anita.f.clingerman.naf@mail.mil or 489-8261 or there-sa.m.johnson.naf@mail.mil or 931-217-0800.)*



U.S. Navy photo by MC2 Diana Quinlan

Boots of fallen service members serve as a somber reminder of sacrifice at last year’s Tripler Fisher House 8K Hero & Remembrance Run, Walk or Roll.

## Navy to observe Suicide Prevention Month in September

### Chief of Naval Personnel Public Affairs

WASHINGTON — While September is Suicide Prevention Month, subject matter experts from the 21st Century Sailor Office’s Suicide Prevention Office, OPNAV N171, say their goal isn’t to prevent suicide on just a single day or month, but every day of the year.

“Every life is precious, and the fight is year-round,” said Capt. Mike Fisher, OPNAV N171 director.

“We want people engaged with their shipmates every day of the year.

We’re talking about being there for every Sailor, every day.”

This year, Suicide Prevention Month will focus on a new message with its Every Sailor, Every Day campaign, “1 Small ACT.” The message promotes simple, everyday actions that can ultimately save lives, using Navy’s “ACT” (Ask Care Treat) bystander intervention model.

Last week, the Navy Suicide Prevention office released a toolkit to help Navy commands and Sailors engage in the fight to prevent suicide. This

toolkit features educational resources, high-resolution graphics, and ideas for actions to take during September and year-round.

Also in the toolkit are engagement ideas to promote peer support, personal wellness and bystander intervention all year long. One way to get involved as an individual or organization is to participate in the “1 Small ACT” photo gallery.

Participants can print the “1 Small ACT” sign directly from the toolkit or online, personalize it with their example of a

small act that they can perform in a shipmate’s life, and then send a photo with the sign to [suicide-prevention@navy.mil](mailto:suicide-prevention@navy.mil).

Submissions will also be accepted through the Real Warriors mobile app, which can be downloaded on the Apple App Store or Google Play.

“We want to highlight people across the fleet as they share their ideas for supporting their shipmates and promoting psychological health,” Fisher said. “You never know when that everyday action — a kind word, an offer to help — will make

the big difference in someone’s life.”

The “1 Small ACT” photo gallery will be displayed on the Navy suicide prevention office’s Operational Stress Control Facebook page, building a virtual wall of hope for the entire Navy community. Submissions will be accepted from Sept. 1 through Aug. 31, 2016.

Help is always available. Call the Military Crisis Line at 1-800-273-TALK (press 1), text 838255 or visit [www.militarycrisisline.net](http://www.militarycrisisline.net) for confidential, free support, 24/7.

**‘Navigate’** to Ho’okele website

[www.hookelenews.com](http://www.hookelenews.com) or [www.cnmc.navy.mil/hawaii](http://www.cnmc.navy.mil/hawaii)

### Story Ideas?

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

473-2890 / [editor@hookelenews.com](mailto:editor@hookelenews.com)



In 1945, USS Missouri (left) transfers personnel to USS Iowa in advance of the ceremony marking the end of the war in the Pacific.

U.S. Navy photo



# End of WWII event planned for Sept. 2

## Battleship Missouri Memorial Association

The USS Missouri Memorial Association will commemorate the 70th anniversary of the end of World War II with a Sept. 2 ceremony at the Battleship Missouri Memorial.

The theme is “The Day that Launched a Better Future,” and the ceremony will honor the veterans of World War II.

The event will begin at 9:02 a.m., the exact time in 1945 when the formal proceedings for Imperial Japan’s surrender began.

The ceremony’s keynote address will be delivered by U.S. Sen. Brian Schatz, a member of the Senate Appropriations Committee and the Senate Defense Appropriations Subcommittee.

Adm. Scott Swift, commander of U.S. Pacific Fleet, will also address attendees as the ceremony’s distinguished guest speaker,

Also speaking at the ceremony will be U.S. Rep. Mark Takai who will pre-

sent an Award of Special Congressional Recognition to the Battleship Missouri Memorial. Tim Guard, chairman of the board for the USS Missouri Memorial Association, will also present remarks.

The commemoration by the Battleship Missouri Memorial will feature an exhibit of rare historic artifacts that were part of the ceremony 70 years ago.

The ceremony is free and open to the public. To reserve a seat and receive complimentary round-trip shuttle service to the ceremony from the Pearl Harbor Visitor Center, guests are encouraged to RSVP via e-mail at [RSVP@ussmissouri.org](mailto:RSVP@ussmissouri.org).

For those who are unable to attend the ceremony in person, the Battleship Missouri Memorial will be live streaming the entire event on its website at <https://ussmissouri.org>.

*(For more information about the event, visit: <https://ussmissouri.org/event-involved/events/end-of-wwii-commemoration/>.)*

# Don’t wait: Communicate before an emergency

## Navy Installations Command Public Affairs

WASHINGTON — The time to prepare for an emergency is before the first raindrop falls, the first crack of lightning splinters the sky, or the first media report of a storm warning elevates your fear factor.

The time to make a plan is now. Don’t wait. This urgent theme of action is the focus of September’s National Preparedness Month: Don’t wait.Communicate. Make an emergency plan today that includes how you will communicate

with your family if disaster strikes.

“We may not know when a wildfire will break out or a flood will occur, but with a communication plan, your family will know who and how to contact someone so you’ll know if our loved ones are safe in any emergency,” said Jeff Sanford, Navy Installations Command emergency management specialist. “Having a documented and well-thought-out plan can be the difference between calm and panic in a storm or other disastrous event.”

Your communications plan should include how to advise your family mem-

bers on your status, location, next steps and a place to go where you’ll be safe and can be found.

All Sailors, civilian personnel, and families are urged to assess their readiness at home and abroad and act during the month-long campaign culminating with America’s PrepareAthon! (AP!) National Day of Action Sept. 30.

There are several other ways to participate in National Preparedness Month and AP!:

- Follow @ReadyNavy, @Readygov, and @PrepareAthon and share the conversation with #Natl-Prep and #PrepareAthon.
- Conduct an emergency

drill at home to practice your escape routes, such fire or tornado exercise.

- Register to receive Wide Area Alert Network and local emergency alerts.

- Purchase flood insurance, which can take 30-days to go into effect.

- Collect and safeguard important documents (e.g., insurance policies and birth records).

- Assemble or update emergency supply kits.

*(For more information on Ready Navy, visit [www.ReadyNavy.mil](http://www.ReadyNavy.mil), or contact Ready Navy by e-mail at [ready.navy@navy.mil](mailto:ready.navy@navy.mil) or by phone at (202)433-9348, DSN 288-9348.)*

## Upcoming blood drives

- Aug. 31, 9 a.m. to 1 p.m., Makalapa Clinic, Joint Base Pearl Harbor-Hickam.
- Sept. 8, 9 a.m. to 1 p.m., USS Chosin (CG 65), 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).)*