

Mighty Mo hosts 70th anniversary of end of WWII

Story and photos by
Staff Sgt.
Christopher Hubenthal

Defense Media Activity Hawaii

The 70th anniversary of the end of WWII was celebrated during a commemoration ceremony held Sept. 2 aboard the Battleship Missouri Memorial on Ford Island.

Seventy years ago, Gen. Douglas MacArthur oversaw the signing of Imperial Japan's instrument of surrender on the Missouri. The ceremony honored the historical event by beginning the ceremony at 9:02 a.m., the exact time MacArthur began the official proceedings.

Navy Adm. Scott Swift, commander of U.S. Pacific Fleet, spoke of the significance of the historical event as part of his speech during the ceremony.

"It's truly a day of reverence, commemorating the millions of departed and surviving veterans of WWII," Swift said.

"It's about mourning the civilians of all nations whose passing is all the more poignant in light of their innocence. It's about the enduring commitment to allies, partners and friends, a commitment to ensure such tragic losses and sacrifices are not for not," he said.

Swift also said that there is a continued responsibility to fulfill today to ensure that the commitments made 70 years ago are maintained.

"Our legacy will be how well we preserve the peace given as a gift from these hallowed decks," Swift said.

Tim Guard, chairman of the USS Missouri Memorial Association; Congressman Mark Takai, U.S. Representative from



Photo illustration

Hawaii; and U.S. Sen. Brian Schatz from Hawaii; all spoke about the relevance of the historical date and how it helped shape the relationship between the United States and Japan today.

"All the speakers today came back to the same theme of the closing of WWII that occurred on these decks," Swift said.

"Two countries that were bitter rivals in WWII are now the

strongest of allied partners. It's an affirmation of the task we've all taken on 70 years ago and to continue to take that task forward with all of our allies and partners in the Pacific."

U.S. Congresswoman Tulsi Gabbard, representative from Hawaii's 2nd Congressional District, said she felt honored to be able to attend the event.

"Today is such a special day,"

Gabbard said. "It's a day that I've been reflecting on how grateful I am just to be in the presence of some of these great heroes who came before us. We had 10 Sailors here today who were here Sept. 2, 1945 for that signing ceremony. It's a great opportunity to remember what this is all about and the sacrifices of those who came before us."

The commemoration by the

Battleship Missouri Memorial featured an exhibit of rare historic artifacts that were part of the ceremony 70 years ago, including the two pens used by Fleet Adm. Chester Nimitz to sign the Japanese Instrument of Surrender on behalf of the United States, and one of the pens used by MacArthur as supreme commander for the Allied Powers.

USS Chafee supports Oceania Maritime Security Initiative

USS Chafee DDG 90)
Public Affairs

PACIFIC OCEAN—The Arleigh Burke-class guided-missile destroyer USS Chafee (DDG 90), homeported at Pearl Harbor, Hawaii, participated in the Oceania Maritime Security Initiative (OMSI) with the U.S. Coast Guard's 14th District, Aug. 5 - 21, in the western Pacific Ocean.

OMSI is a maritime security operation designed to enhance maritime domain awareness, increase law enforcement presence, and expand at-sea law enforcement capabilities throughout Oceania.

"We were there to provide key presence in the region and build partner nation capacity for a critical Oceanic partner," said Cmdr. Shea Thompson, Chafee's commanding officer.

"Our presence with the Coast Guard and our partner nation set a new tone of deterrence in the region and will prevent



U.S. Navy photo by MCSN Clemente A. Lynch

USS Chafee (DDG 90) operates in the western Pacific.

future violations."

The Navy-Coast Guard team, including the two embarked MH-60R helicopters from Helicopter Maritime Strike Squadron (HSM) 37, conducted a total of 19 external visual inspections and nine boardings to internally inspect fishing vessels across three separate jurisdictional areas – high seas, Marshall Islands and Nauru exclusive economic zones (EEZ).

The boarding inspection resulted in some docu-

mented violations and, more importantly, demonstrated U.S. commitment to regulating these fishing areas in partnership with our friends in the region.

"Working side by side with Coast Guard in support of District 14's initiative was a unique and beneficial mission for Chafee Sailors," said Lt. Robert Eidson, Chafee's weapons officer.

"Not only were we able to experience, first hand, the great efforts required for

law enforcement at sea, we also had the privilege of working side by side with an elite Coast Guard law enforcement team. The team provided invaluable training to Chafee's visit, board, search and seizure team to including tactical team movements, tactical combat casualty care, and safe boarding techniques. Cognizant of the level of expertise that comes with a Coast Guard Law Enforcement team, we welcomed this training with enthusi-

asm," Eidson said.

OMSI is a Secretary of Defense program which leverages Department of Defense assets transiting the region to increase the U.S. Coast Guard's maritime domain awareness (MDA), ultimately supporting its maritime law enforcement operations in Oceania.

The U.S. Coast Guard is responsible for patrolling the waters around the numerous islands associated with the United States

throughout the region. Each of these islands have territorial waters stretching out to 12 miles from shore.

Beyond that, stretching out to 200 nautical miles is an exclusive economic zone (EEZ), an area defined by international law that allows each nation exclusive rights to the exploration and use of marine resources. Oceania contains 43 percent, or approximately 1.3 million square miles, of United States' EEZs.

Ho'okele survey ends today

Ho'okele Staff

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

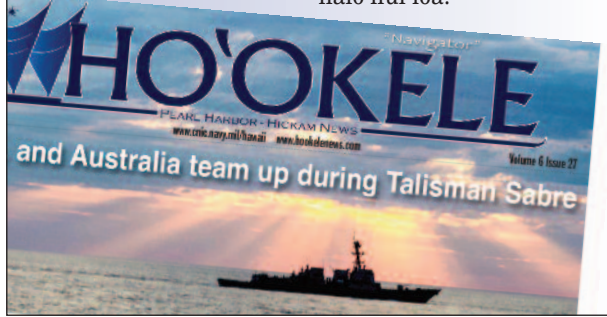
The eight questions on the survey provide some helpful feedback to the staff of Ho'okele and give us some ideas to help improve the newspaper. We would like to hear from you. What is your favorite section of the newspaper? What is your least favorite section? What do you think we could do better?

We appreciate your taking the time to par-

ticipate in the survey and give us some valuable feedback. Visit www.hookelenews.com 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 end today So please take a few minutes to answer the survey. We would love to hear from you. Mahalo nui loa!



Events planned to observe Suicide Prevention Month

Joint Base Pearl
Harbor-Hickam Public
Affairs

A series of events have been scheduled in September to observe Suicide Prevention Month.

- A proclamation signing for Suicide Prevention Week will be held at 10 a.m. today at Mayor Kirk Caldwell's office in Honolulu Hale.

- "Resiliency Bingo," part of Free Food Fridays, will be held from 11 a.m. to 1 p.m. today at the Beeman Liberty

Center. The event will include free deli sandwiches and prizes. It is open to all single Sailors and Airmen.

- A "safeTALK" workshop will be held from 8 to 11 a.m. Sept. 11 at Pearl Harbor Memorial Chapel. The workshop is designed to teach participants how to be "suicide alert" and identify people with thoughts of suicide and connect them to suicide first aid resources. The workshop is open to all adult military, civilian and family members. Pre-registration is

required. For more information, email rebecca.miranda@navy.mil.

- A Friends and Fun cosmic bowling and pizza event, part of Free Food Fridays, will be held from 7 to 9 p.m. Sept. 11 at the bowling alley on the Pearl Harbor side of Joint Base. The event is open to all single Sailors and Airmen.

- An Oahu Out of the Darkness Community Walk will be held Sept. 12 at Ala Moana Beach Park and Magic Island in Honolulu.

Check-in is at 8 a.m. and the walk will begin at 9 a.m. Participants can walk, volunteer and/ or donate to raise awareness and help prevent suicide prevention. Walkers may choose to remember someone lost to suicide. Donations are optional. The event is sponsored by the American Foundation for Suicide Prevention Hawaii Chapter. Participants can register at <http://bit.ly/1cEn29y>. For more informa-

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'Teamwork makes a dream work'
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Shipyard graduates 92 apprentices in class of 2015
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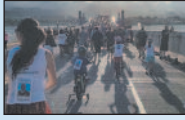
Medical collaboration provides world-class care during PACAN-GEL-Philippines
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POW/MIA Memorial Week events set for Sept. 14-18
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Operation Hele On defines mission readiness for youth
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Fisher House Run to honor fallen
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'Teamwork makes a dream work'

Story and photos by
MC3 Katarzyna Kobiljak

Navy Public Affairs Support
Element Detachment Hawaii

MARINE CORPS BASE HAWAII, Kaneohe Bay, Hawaii—"Teamwork makes a dream work," said Chief Hospital Corpsman Jonathan Scott, assigned to the 3rd Marine Regiment at the Marine Corps Base Hawaii (MCBH), during the 15th Annual Island Wide Fleet Marine Force (FMF) Challenge held Aug. 27 at MCBH.

"They are doing an outstanding job. They are working together, and they don't let each other quit. They support one another, and that is a great example of how you get a job done," Scott said.

The FMF Challenge is an event designed to test chief petty officer (CPO) selectees, both physically and mentally, before they put on their chief anchors. The event consisted of chief petty officers and chief petty officer selectees running a 5K, battling an obstacle course, flipping tires, carrying simulated personnel on stretchers, and competing in a tug-of-war challenge.

The hundreds of CPO selectees were divided into teams, and all of the evolutions were timed. The team with the fastest time was crowned the winner. "During this challenge, I have learned that everybody has a strength, and we can use those strengths to our advantage," said Chief Aircrewmen Mechanical (Sel.) Frank Wilson, assigned to Patrol Squadron Four (VP4) at the MCBH.

"You can't do everything by yourself, and the biggest lesson for the future is to use our strengths and the strengths of our Sailors to help us all grow and succeed," Wilson said.

Wilson said he had chiefs who helped mentor him and point him in the right direction. Wilson wasn't thinking of becoming a chief when he first enlisted. He said he was lucky to have chiefs who believed in him and supported him.

"It is all about team," said Wilson. "When you become a chief, it



(Left) Chief selects from commands across Hawaii pull a Humvee during the 15th Annual Island Wide Fleet Marine Force (FMF) Challenge on Marine Corps Base Hawaii. (Below) Chief selects use teamwork to climb over an obstacle. (Below left) Chief petty officers and chief selects warm up prior to kicking off the 15th Annual Island Wide Fleet Marine Force (FMF) Challenge



is not just about you anymore."

Wilson wants to become the kind of chief he used to look up to and said he is trying to learn as much as possible from chiefs he respects and admires.

Meanwhile, Senior Chief Aircrewmen Mechanical Dustin Kuers, assigned to the Patrol Squadron Four at MCBH, writes down words of wisdom in "charge books." A charge book is a book filled with advice from different chiefs on how to be a great chief, a leader and knowledge on how chiefs should conduct themselves. The charge books are kept in vessels, wooden boxes every CPO selectee builds for themselves.

"Charge books are our naval tradition. Thanks to them, selectees have to go out and meet different chiefs and network," said Kuers.

"There are some great chiefs out there, and they have a lot of knowledge and a lot of experience," said Kuers. "We are one team, and we are here to support each other and to help those new chiefs

become great leaders."

Kuers said the FMF challenge was designed to be difficult and intimidating. Sailors have to depend on each other and work together to make it through the day, he said.

As the event was coming to an end, U.S. Pacific Fleet Force Master Chief Susan Whitman shared her thoughts with the CPO selects.

"Remember, your great Sailors are great and sometimes your not-so-great Sailors are great, too. Don't discount them

just because they are not up to your standards," said Whitman. "They are part of the team, and you have responsibility to take care of them."

"If you need me, call me," she said. "I have time."

"How sad would it be if, by the end of the day, I wouldn't have time to train my relief?" she asked. "It would be sad if you would not have time to train your relief, too."

"Congratulations and have fun because it is all about the journey," Whitman said.



Photo courtesy of Pearl Harbor Naval Shipyard Public Affairs

Capt. Jamie Kalowsky, commander of Pearl Harbor Naval Shipyard (right), congratulates a graduate of the Shipyard apprentice program during a ceremony Aug. 26 at Historic Hickam Officers' Club. (Additional photo on page A-5.)

Shipyard graduates 92 apprentices in class of 2015

Pearl Harbor Naval Shipyard Public Affairs

Pearl Harbor Naval Shipyard & Intermediate Maintenance Facility's apprentice program conducted a commencement ceremony for its 92 graduating members of the class of 2015 on Aug. 26 at the Historic Hickam Officer's Club at Joint Base Pearl Harbor-Hickam.

The shipyard's apprentice program is a successful partnership between the shipyard, the U.S. Department of Labor (DOL) and Honolulu Community College (HCC). Graduating apprentices earn an associate's degree in applied trades from HCC and a certificate of completion from the DOL. The four-year program prepares participants for shipyard careers by combining academic study with paid work experience.

Capt. Jamie Kalowsky, shipyard commander, congratulated the graduating apprentices for their successful completion of a rigorous and competitive program.

"You are among a select group, carrying on a rich tradition of deliv-

ering mission readiness to the fleet. Thousands apply each year to compete for what has for many years been just more than 100 shipyard apprentice program openings.

"Those selected through this rigorous competition receive a four-year, full-time, paid apprenticeship that combines academic learning with on-the-job work experience at Hawaii's largest industrial employer – not to mention the intangible value of serving our Navy and nation," Kalowsky said.

The keynote speaker at the ceremony was Senior Executive Service (SES) Gregory "Kaipo" Crowell, the shipyard's nuclear engineering and planning manager. Crowell is a Kamehameha Schools graduate, who earned his bachelor of science degree in mechanical engineering from the University of Portland. He has worked at Pearl Harbor Naval Shipyard in a number of leadership positions since 1983.

Crowell interacts with shipyard apprentices on a frequent basis. In addition to his official duties, he devotes much of his time and energy to the development of shipyard per-

sonnel, including training new employees, supervisors and other managers, and strategic planning for future readiness.

Crowell encouraged the graduating apprentices to live by the values of honor, courage, commitment and aloha.

"I value your commitment," he said. "Sometime in your career, you are going to do something special for this country. What you do here is important to our future and to our kids' future. I value your leadership and have worked with many of you in the shipyard's learning organization team, the Pearl Harbor Apprentice Association, and elsewhere."

Crowell thanked the graduates for their service and thanked family members and friends for their support.

This year's graduating class includes new "journey workers" from 20 different trades. The shipyard's first apprentice class graduated in 1924. Since then, more than 5,000 journey workers and future leaders have been graduated from the program.

Prevention fairs set

Continued from A-1

tion, visit www.facebook.com/AFSPHawaii.

- A joint service suicide prevention fair will be held from 11 a.m. to 1 p.m. Sept. 13 at the terrace area outside the 154th Wing dining facility and 154th Medical Group, 360 Mamala Bay Drive, Joint Base Pearl Harbor-Hickam. For more information, email Lt. Col. Tara P. Davis, Hawaii Air National Guard suicide prevention program manager at Tara.davis.3@us.af.mil.

- An outdoor resiliency-building fun event for Sailors and Airmen will be held from 1 to 2:30 p.m. Sept. 18 at Earhart Field. The event will include a lifesaver relay, flag football, tug of war, ability course and team drills. The event is designed to build camaraderie through activities that promote humor, trust, confidence and problem solving, to ensure that we can all be lifesavers to each other when needed.

- A friends and fun spaghetti lunch and billiards, part of Free Food Fridays, will be held from 11 a.m. to 1 p.m. Sept. 18 at the Beeman Liberty Center. The event is open to all single Sailors and Airmen.

- An express yourself karaoke event and Hawaiian dinner, part of Free Food Fri-

days, will be held from 5 to 7 p.m. Sept. 25 at the Beeman Liberty Center. The event is open to all single Sailors and Airmen.

- A Joint Base Morale Welfare and Recreation 5K Buddy Run and Resiliency Fair will begin at 8 a.m. Sept. 26 at Hickam Fitness Center. The event is open to all Department of Defense personnel, families and retirees. Pets are allowed. Awards will be provided to the first place winner in men's, women's, youth boys, youth girls, and men's and women's stroller categories. Community support resources will be on site to provide information about services available.

For more information, visit www.greatlife.hawaii.com or call 448-2214.

- An ASIST (Applied Suicide Intervention Skills Training) workshop will be held from 8 a.m. to 4 p.m. Sept. 30-Oct. 1 at Pearl Harbor Memorial Chapel. Participants can learn suicide first aid skills to help pull someone out of the "river of suicide." The workshop is designed to offer skills to better care for those with thoughts of suicide. It is open to all adult military, civilian and family members. Pre-registration is required.

For more information, email rebecca.miranda@navy.mil.

Memorial service today for AEAA Brown

Families and friends of HSM-37's Easyriders are invited to attend a memorial service for Aviation Electrician Airman Apprentice James Henry Brown III at the Marine Corps Base Hawaii Chapel, building 6677, at 10 a.m. today. Uniform for Navy personnel is summer whites for E-7 and above and dress whites with ribbons for E-6 and below, or service equivalent. For more information contact Lt. j.g. McKenzie Brannon at mckenzie.brannon@navy.mil.

Diverse Views



What are your plans for the Labor Day holiday weekend?



Kenneth Pajas
Navy family member

"Go to the beach! Eat outside!"

Capt. Charlene Rueben
15th Medical Support Squadron

"Enjoying the island and all its beaches."



Leia Haney
Navy spouse and Forest City community manager

"I'll be participating in the Fisher House 8K as part of a team. This will be my first time running this type of race—or running that far at all—so wish me luck! My husband runs lots of races, so I thought I'd try one while he's deployed."

Staff Sgt. Reese Stock
647th Security Forces Squadron

"Leading a fly away security team to the Philippines."



Joseph Celebrado
Forest City groundskeeper

"I'm looking forward to some quiet time away from my grandkids."

Senior Airman Alexander Aloirobledo
15th Operations Support Squadron

"Keeping the airfield safe."



Christina Dyson
Army spouse

"Having a cookout with my family and our neighbors."

Chief Master Sgt. Timothy Rickard
PACAF

"Going to the beach and a local car show at Aloha Stadium."



Senior Airman Lateen Chatman
15th Aerospace Medicine Squadron

"Going to the beach, hiking and eating barbecue."

Maj. Michael Bartels
692nd Intelligence, Surveillance and Reconnaissance Group

"Enjoying spending time with my ohana."



Airman 1st Class Michael Liu
17th Operational Weather Squadron

"Working."

Provided by Karen Eubanks and David D. Underwood Jr.

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

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

Commentary

Suicide prevention: '1 Small ACT' of kindness, hope

Rear Adm. John Fuller

Commander, Navy Region Hawaii and Naval Surface Group, Middle Pacific

September is National Suicide Prevention Month. Let's use this month as a launch pad to promote hope, self-confidence, and resilience. Use it as a way to improve our ohana and teams' readiness for the remainder of this year and throughout the years to come.

Some believe that people who attempt suicide do so out of a sense of hopelessness and isolation. Even if those are only two of the causes, if we know someone who is experiencing these feelings, we need to recognize the situation and step in and help.

Here's how: The Navy's theme this year is "1 Small ACT," based on the ask-care-treat (ACT) approach to suicide prevention. Ask if they will talk to you. Find ways to restore hope and trust, and—if necessary—make the connection to professional help. Show you care and can be trusted.

It all starts with one small act of kindness. One simple gesture can make a profound difference. One small act can save a life.



Rear Adm. John V. Fuller

While "1 Small ACT" is the Navy's approach, anyone can adopt it.

Think of a time when you were down and someone took the time to listen. We all know someone who felt isolated and began an "error chain" of bad behaviors, often including alcohol abuse. That chain of mistakes sometimes ends in a link to suicide, but shipmates, friends and families can

intervene to help break the chain.

There is strength in asking for help, and there is courage in accepting help—daily "ACTs" that show we care create ripple effects that help navigate life's storms. Ask, Care, Treat.

Whether it's taking a moment to appreciate the things we are grateful for, doing a random act of kindness, offering encouragement, or reaching out to someone in distress and getting them help, we should all try to build hope and show we care.

This month, I encourage everyone to get involved in activities designed to promote self-care, teamwork and positive relationships. Seek help when needed. Help is available through a variety of resources, including online at <http://ow.ly/RLXbL>.

Allow me to shift gears for a moment.

As we approach the Labor Day weekend, I am pleased to thank everyone in our region who helped us achieve a relatively safe "100 Days of Summer" since last Memorial Day. But we still have more work to do.

Please don't let your guard down. Continue making those responsible choices. When shipmates take care of shipmates, and wingmen help wingmen, we achieve greater safety on and off duty.

We can apply the same ohana spirit and decision principles to other challenges we face—preventing sexual assaults, drug abuse and other bad choices. As with suicide prevention, bystander intervention and 1 Small ACT can make a huge positive difference.

Please stay safe and ready. Let's find ways to enjoy our blessings. After all, we live in Hawaii—Who has it better than us?



Training to combat suicide scheduled this month

Navy Region Hawaii Public Affairs

U.S. Pacific Fleet is sponsoring suicide prevention and "postvention" (actions after a suicide attempt or death) training in September.

The training will be led by Dr. Mary Bartlett, a licensed professional counselor, behavioral health consultant, researcher, trainer and adjunct professor of counseling at Lamar University.

She is a master trainer for the Suicide Prevention Resource Center, is an Army National Guard qualified master resilience trainer, and has extensive experience engaging with the Department of Defense on suicide and resilience-related matters.

Bartlett will provide eight sessions on resilience/suicide prevention for all hands and suicide postvention for specific audiences. The sessions include:

• A resilience/suicide prevention training session for all hands will be held from 8 to 9 a.m. Sept. 16, 17 and 18 at Sharkey Theater. Navy commands may opt to count this for annual suicide prevention general military training.

• Suicide postvention for stakeholders will be held from 10 to 11:30 a.m. Sept. 16, 17 and 18 at Ford Island Conference Center ballroom, building 89. This event is for suicide prevention coordinators, counselors, medical personnel, chaplains, casualty assistance calls officers, law enforcement, legal personnel and interested command leaders.

• Suicide postvention for command triads will be held from 2 to 3:30 p.m. Sept. 17 at the Ford Island Conference Center ballroom building 89. The event is for commanding officers, executive officers, command master chiefs and chaplains. Command leaders who are unable to make this session are welcome to attend any of the stakeholder sessions.

• Suicide postvention training for ombudsmen/key spouses will be held from 6 to 7:30 p.m. Sept. 17 at the Military and Family Support Center, room 294, 4827 Bougainville Drive, Honolulu.

For more information, contact Lt. Rebecca Miranda, Navy Region Hawaii suicide prevention program manager, by email at Rebecca.miranda@navy.mil or call 474-0045.

Pilots stand watch



Photo courtesy of Ted Merrill

Hawaii Air National Guard 199th Fighter Squadron pilots Maj. Ross England and Maj. Gerald Sada stand in the control tower of the former Dillingham Air Force Base on Oahu's North Shore circa 1970. Dillingham AFB was considered a "forward operating base" before it was given over to civilian use. During the unit's annual "summer camp," the 199th FS would sometimes deploy its aircraft there to conduct operations. During air operations two pilots would be in the tower to perform the duties of supervisor of flying and mobile controller.



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Medical team gives world-class care during PACANGEL-Philippines

Story and photos by
Tech. Sgt. Aaron Oelrich

Pacific Air Forces Public Affairs

TAGBILIRAN, Philippines—Rayian Carazon slept soundly for the first time in weeks Aug. 16.

Already caring for energetic 1-year-old Trica and four months pregnant with her second child, Carazon constantly worried about the health of her young family. Until this day, she had no way to know if there was anything wrong.

Through word of mouth, she heard about the health services outreach provided as part of the Pacific Angel 15-1 Philippines mission taking place near her small home in Lila, Bohol province, Philippines.

“I came to see what the medical mission was all about,” Carazon said. “I now know my family is in good health. I am grateful for this medical mission, and it is very nice you had it here in Lila.”

Her story is common among the approximately 3,000 citizens of Bohol province set to receive free health screening and treatment during PACANGEL-Philippines.

Individuals from all over the tropical island braved weather ranging from downpours to intense heat for their chance to see military



(Above) Medical professionals from the Philippines, Australia and Papua New Guinea provide health screening to the local population during the Health Services Outreach provided as part of the Pacific Angel Philippines mission taking place in Lila, Bohol province, Philippines, Aug. 16. (Below) Military doctors, dentists, optometrists, physical therapists and pharmacists from the U.S. Air Force, U.S. Army, U.S. Marine Corps and U.S. Navy, along with service members from the Philippines, Australia, Indonesia, Timor-Leste and Papua New Guinea, provide free health screenings as a part of the health services outreach during the Pacific Angel Philippines mission.

doctors, dentists, optometrists, physical therapists and pharmacists from the U.S. Air Force, U.S. Army, U.S. Marine Corps and U.S. Navy along with military from the Philip-

pines, Australia, Indonesia, Timor-Leste and Papua New Guinea.

Providing world-class care to patients such as Carazon is a valuable byproduct of the real intent of the exercise,

which is to build partnerships between the U.S. and its Indo-Asia-Pacific partners.

“It is very enlightening working with other military healthcare providers,” said

Philippine Air Force Capt. James A. Robert Honculada, an orthopedic and family practice physician.

“There really are different styles in management for different illnesses. Now,

I have confirmed what I have only read is genuinely being practiced by my counterparts from other countries. I can take this knowledge back to my patients in my country,” he said.

These partnerships strengthen relationships that are relied upon during humanitarian assistance operations.

“It has been an extremely positive experience working with the other national doctors from the different partner nations,” said U.S. Air Force Capt. Timothy Hiyra, a physician from the Hawaii Air National Guard.

“We are all teaching and learning. Not only are we learning new techniques and new types of treatment, we are also getting a chance to teach what we do in the U.S. as well. It is a two-way collaboration which has been a huge benefit of this exercise,” Hiyra said.

Partnership building aside, at least one satisfied patient is just grateful the medical providers were here this week.

“I want to say thank you to the barangi (neighborhood) officials, the local government unit of Lila and all the military people,” Carazon said.

“Today was very easy. My family as able to see a doctor, receive medications and be reassured that my family is in good health.”



Pearl Harbor Naval Shipyard bolsters Hawaii STEM efforts

Pearl Harbor Naval Shipyard Public Affairs

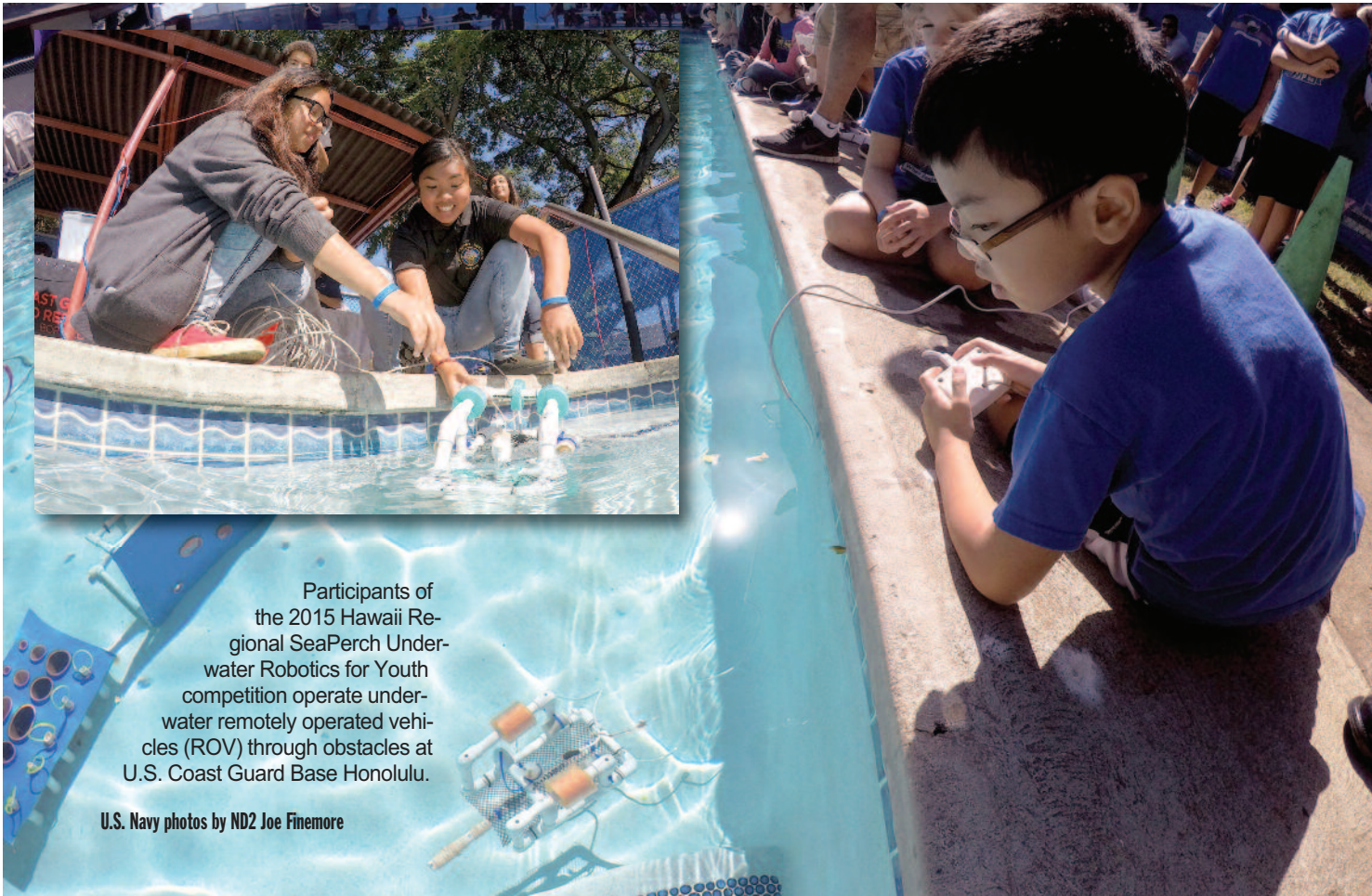
Hawaii education will receive \$26,000 in science, technology, engineering and mathematics (STEM) support for consumable supplies and robotics competition registration fees either directly from or through their association with Pearl Harbor Naval Shipyard & Intermediate Maintenance Facility (PHNSY&IMF).

Five local schools with Pearl Harbor Naval Shipyard robotics mentors will receive National Defense Education Program (NDEP) grant funding (\$2,000 each) to put toward FIRST Robotics competition registration fees.

The NDEP’s Department of Defense-wide program will provide this assistance to Damien Memorial School, Governor Wallace Rider Farrington High School, McKinley High School, Mililani High School and Waialua Intermediate/High School.

Pearl Harbor Naval Shipyard is also helping several local school groups, sponsored by shipyard employees, purchase consumable supplies worth more than \$16,000 for STEM projects. Eleven of 13 applications received for separate K-12 educational projects were approved for funding or for material support, using STEM inventory the shipyard has been able to purchase with NDEP funding.

Schools receiving assistance include Moanalua Elementary, Highlands Intermediate (teamed with Pearl City High School), Mililani Middle School, Governor Wallace Rider Farrington High School, Kapolei High School, Waialua High School and Waipahu High School, two private schools (Hanalani



Participants of the 2015 Hawaii Regional SeaPerch Underwater Robotics for Youth competition operate underwater remotely operated vehicles (ROV) through obstacles at U.S. Coast Guard Base Honolulu.

U.S. Navy photos by ND2 Joe Finemore

Schools and Iolani Schools), and one group of 24 home-schooled students.

Funded projects include equipment for a marine advanced technology education (MATE) team from Highlands Intermediate and Pearl City High School that has competed successfully in international competitions; equipment for a high school robotics program team; rocket launchers and mouse-trap racers for study and build

events; VEX IQ robotics kits for the Challenge Robotics Program; balsa wood bridge building packs and egg drop kits for group learning and competitions; robotics equipment for team preparing for FIRST robotics competitions; motors, gears, wheels, batteries, sensors and controllers for VEX robotics team competition; two microscopes for one school’s science lab; a flight control board, motor, controller and batteries for drone/quadcopter pro-

jects; and various VEX and FIRST Robotics Competition (FRC) project support items.

Funding for the project purchases was made available through a contract between PHNSY&IMF and Building Engineering and Science Talent (BEST), a public-private partnership dedicated to building a stronger, more diverse U.S. workforce in science, engineering and technology.

Since 2004, BEST has provided

support to the National Defense Education Program (NDEP) and the military services on program effectiveness, evaluation and communications.

PHNSY&IMF has been a strong supporter of STEM education for Hawaii’s youth at all levels. The shipyard is a field activity of Naval Sea Systems Command (NAVSEA) and a one-stop regional maintenance center for the Navy’s surface ships and submarines.

Pearl Harbor-Hickam*Highlights*



(Above) Chief selectees crawl through an obstacle course as chief petty officers from commands across Hawaii cheer them on during the 15th Annual Island Wide Fleet Marine Force (FMF) Challenge on Marine Corps Base Hawaii. (Right) Chief Hospital Corpsman Luis Martinez, assigned to 3rd Radio Battalion at the Marine Corps Base Hawaii (MCBH), leads chief petty officers and chief selectees in a formation run.

U.S. Navy photos by MC3 Katarzyna Kobijak



(Left) Graduates of Pearl Harbor Naval Shipyard's apprentice program class of 2015 await their turn to receive diplomas during the ceremony held Aug. 26 at Historic Hickam Officers' Club.

Photo courtesy of Pearl Harbor Naval Shipyard Public Affairs

Congressman Mark Takai, U.S. representative for Hawaii, and other distinguished visitors watch members of the Defense Information Systems Agency Pacific Joint Honor Guard conduct a flag folding ceremony during the 70th anniversary of the end of World War II.

U.S. Air Force photo by Staff Sgt. Christopher Hubenthal



Commentary

Solemn occasion leads to continued partnership in Pacific

Jim Neuman

Historian, Navy Region Hawaii

On the morning of Sept. 2, 1945, USS Missouri lay at anchor in Tokyo Bay. The scene was the surrender of Imperial Japan to the allied forces and the end of World War II. On the veranda deck bulkhead above the hatch that led to the captain's in-port cabin hung a framed 31-star American flag in a glass case.

Gen. Douglas MacArthur summed up the sentiment of many around the world when he declared, "It is my earnest hope and indeed the hope of all mankind that from this solemn occasion a better world shall emerge out of the blood and the carnage of the past—a world founded upon faith and understanding—a world dedicated to the dignity of man and the fulfillment of his most cherished wish—for freedom, tolerance and justice."

For nearly four years, the United States and her allies had fought the Japanese Empire over the issue of the control of East Asia and the destiny of the millions of people who inhabited this increasingly important part of the world.

The significance of the 31-star flag lies in its connection to America's first treaty with Japan and the events that would bring the two nations together as competitors, enemies and friends.

When does America's story in the Pacific begin?

The story of the U.S. Navy in the Pacific has its beginnings as early as the War of 1812 when the famed frigate Essex, under Capt. David Porter, rounded Cape Horn and decimated the unprotected British commerce along the west coast of South America. Her crew ventured as far out as the Marquesas Islands before being captured in Valparaiso in March 1814.

America's own seaborne commerce was the key to U.S. naval presence in the Pacific in the greater part of the 19th century. Initially, trade with the lucrative Chinese market consisted of ani-



Photo courtesy of Naval Historical Center

mal skins from the northwest and sandalwood, largely from Hawaii, in exchange for prized Chinese tea, silk and spices, but the commercial focus would soon shift to the whaling industry.

New England whalers plowed the Pacific hunting grounds in record numbers between 1820 and 1860, precipitating the need to call on the U.S. Navy for protection.

In essence, until the geographical shifts in American foreign policy that were wrought by the Spanish-American War, Mahanian Theory and the ascendancy of the Japanese Empire, America's fixed military presence in the Pacific consisted of small assemblies of ships formed into intermittent "squadrons" or "stations" operating along the western coasts of North and South America and in the East Indies.

In the absence of more perma-

nent bases and diplomatic presence in the region, naval captains were called upon to sail the vast Pacific Ocean, ensuring respect for the American flag and acting in a sense as "armed diplomats."

The manner in which a naval captain carried on his responsibilities could either damage American credibility or establish a foundation that could be cultivated for the future.

One example is Commodore Matthew Perry who sailed into Tokyo Bay in 1853 with a set of demands seeking diplomatic and trade relations between the United States and Japan. The issues were largely commercial in nature, such as: better treatment for shipwrecked sailors, harbors of refuge and access to fuel and provisions, but the overall effect was to open Japan to the world for the first time in hundreds of years.

It was the flag from Matthew

Perry's ship that was transported from Washington, D.C. to Tokyo Bay in September 1945 to be put on display aboard the Missouri during the surrender.

Within 40 years of the opening of Japan and the closing of the American west, the United States began to develop an increasing interest in the Pacific and the need for a more permanent U.S. naval presence. The Spanish-American War of 1898 brought the Philippines and Guam under America's aegis as territories. Hawaii was shortly thereafter annexed, and Pearl Harbor developed as America's intermediary point between the West Coast and the Orient.

The clash that became World War II

In many ways, the United States and Japan would grow up together at the beginning of the 20th Century as relatively new players in the search for commer-

cial markets and raw materials in the Pacific region. Ironically, it was Japan on the west and the United States on the east that formed the boundaries of the region and, therefore, had the most to gain or to lose in discussions of the region's security. The clash that became the Pacific Theater of World War II was largely a result of, to quote MacArthur, the "divergent ideals and ideologies" that divided the two nations.

Though divided by 6,000 miles of ocean, unique cultural values and sometimes "divergent" national policy, the goal for peace established 70 years ago has stood the test. Japan and America's relationship proves that, differences aside, regional stability is attainable when our "most cherished wishes" lead to partnership and a commitment to understanding, no matter which flag we fly.

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

Joint Base Pearl Harbor-Hickam Public Affairs

POW/MIA Memorial Week commemorations from Sept. 14 to 18 have been scheduled at Joint Base Pearl Harbor-Hickam and the National Memorial Cemetery of the Pacific (Punchbowl).

- A reveille will begin at 7 a.m. Sept. 14 at Atterbury Circle.

- A name reading will be held from 6 a.m. to 6 p.m.

at the POW/MIA monument, Sept. 14, 15th Wing Headquarters, Sept. 15, the Courtyard of Heroes, Sept. 16, Earhart Track, Sept. 17, and Missing Man Formation, Sept. 18.

- A sentinel post will be held from 7:30 a.m. to 4:30 p.m. Sept. 15 at Atterbury Circle.

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

- A closing ceremony will begin at 7 a.m. Sept.

18 at Atterbury Circle.

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, Master Sgt. Amy Mendonca at 449-8775 or Tech Sgt. Rudy Mendez at 448-1231.

- A Defense POW/MIA Accounting Agency re-

membrance ceremony will begin at 10 a.m. Sept. 18 at the National Memorial Cemetery of the Pacific (Punchbowl). For more information, call 488-1935.

- The monthly Pearl Harbor Colors honors and heritage ceremony at 7:30 a.m. Sept. 17 at the Pearl Harbor Visitor Center will focus on national POW/MIA recognition. Former Vietnam War POW retired Capt. Jerry Coffee is the guest speaker.

Small acts can save lives, Navy observes Suicide Prevention Month

**Chief of Naval Personnel
Public Affairs**

WASHINGTON (NNS)—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 suicideprevention@navy.mil. Submissions will also be accepted through the Real Warriors mobile app, which can be downloaded on the Apple App Store.

“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.

For more information, visit the Navy Suicide Prevention’s “Every Sailor, Every Day” webpage at: <http://ow.ly/RLXbL>.

Help is always available. Call the military crisis line at 1-800-273-TALK (press 1), text 838255 or visit www.militarycrisisline.net for confidential, free support, 24/7.

PACFLT admiral reaffirms close ties with Singapore

**Task Force 73
Public Affairs**

SINGAPORE—Adm. Scott Swift, commander of the U.S. Pacific Fleet, made his inaugural visit to the Republic of Singapore, Aug. 26-28, to reaffirm the U.S. Navy’s strong partnership and ties with the Singapore Armed Forces.

The visit followed two days of leadership engagements in Kuala Lumpur, where Swift met with Malaysian defense officials and discussed the Navy’s commitment to peace and stability in the region.

During his Singapore visit, Swift met with the Republic of Singapore Chief of Defense Maj. Gen. Perry Lim and Chief of Navy Rear Adm. Lai Chung Han after inspecting a guard of honor at the Ministry of Defense headquarters.

“Our long-standing partnership with the Republic of Singapore Armed Forces reflects our shared commitment to security in Southeast Asia,” said Swift.

“We’re grateful for our strong ties with partners like Singapore that help our Navy remain forward-deployed and ready to contribute to the greater stability of the region.”

Swift also visited with U.S. Sailors and their families during a town hall at Commander Logistics Group Western Pacific (COMLOG WESTPAC).

During a question-and-answer-session, Swift discussed the rotational deployments of littoral combat ships (LCS) to Southeast Asia, including USS Fort Worth’s (LCS 3) current 16-month deployment, and the planned rotational deployment of four LCS ships to the region by 2018 as part of the U.S. Navy’s support for the Pacific rebalance.

He also highlighted the 21st anniversary of Cooperation Afloat Readiness and Training (CARAT), a series of bilateral exercises held annually to enhance interoperability with nine regional navies.

“CARAT remains a critical venue for increasing maritime security cooper-



U.S. Navy by MC1 Jay C. Pugh

Adm. Scott Swift, commander of U.S. Pacific Fleet, addresses Sailors, civilians and their families during an all hands call in Singapore.

ation throughout South and Southeast Asia,” said Swift. “Your hard work and critical engagement during these exercises is one of the reasons why

the United States remains the partner of choice for many nations in this region.”

Swift responded to a wide range of personnel

topics, including uniforms, the fiscal budget and future manning initiatives. He emphasized the importance of the Navy’s forward presence

and thanked Sailors for operating forward in a critical and relevant area of the world.

“I greatly appreciate what you do, day in and day out,” said Swift. “I’m also very thankful for our families who have chosen to serve alongside our Sailors and civilian personnel far away from home and away from your extended families. Your support makes all the difference.”

COMLOG WESTPAC is the U.S. 7th Fleet’s provider of combat-ready logistics, operating government-owned and contracted ships to keep units throughout U.S. 7th Fleet armed, fueled and fed.

Additionally, Task Force 73 conducts advanced planning, organizes resources and directly supports the execution of maritime exercises such as the bilateral CARAT series, the Naval Engagement Activity (NEA) with Vietnam, and the multilateral Southeast Asia Cooperation and Training (SEACAT) with Brunei, Indonesia, Malaysia, the Philippines, Singapore and Thailand.



Life & Leisure

Operation Hele On *defines mission readiness for youth*

CTR3 Derica Jones

Navy Public Affairs Support Element
Detachment Hawaii

It's no secret that military children have anything but a typical childhood. They move more than their fair share and sometimes parents have to go on "trips," as they often call them. These are the facts of a military family.

Although these may be the facts, it isn't always easy explaining deployments to young children.

Operation Hele On, Hawaiian for "ready go," provides military children with a first-hand experience of what it's like to lace up those boots and pack that sea bag. More than 100 children participated in this year's event, which took place Aug. 21 at Joint Base Pearl Harbor-Hickam.

The mock deployment is for military children to better understand the deployment process.

The participants, 8 to 14-year-old children, get a unique, hands-on experience to be a service member for the day.

"Operation Hele On is a way for military children to get a better understanding of what their parents might go through when they get deployed," said Regina Fivella, supervisor at Military and Family Support Center and a product of a military family. "We want to make sure that we have something to help them de-stress and get a better understanding."

Fivella recalled the concerns she had as a young girl when her father, an Air Force veteran, departed on deployments.

"I didn't know anything," Fivella said about the deployment process.

She said an event like Operation Hele On would have reduced her stress. The operation begins like most military deployments.

First, these young service members check-in, receive gear and are issued dog tags. Teams are made up of 16-18 young recruits and volunteer active-duty military acting as recruit division commanders and training instructors. The active-duty volunteers conduct a thorough basic training by teaching their teams military drills, marching techniques, and customs and courtesies.

Operations Specialist 2nd Class Simone Ridgell, leader of Team Seals, found the opportunity to volun-

teer for Operation Hele On to be rewarding. Being dual military and having a 6-month-old daughter, Ridgell said she hopes her child will one day have the opportunity to participate in an event like Operation Hele On.

"I would love for her to do something like this so that she can better understand deployment," said Ridgell.

Navy Capt. Stanley Keeve Jr., commander of Joint Base Pearl Harbor-Hickam, welcomed and encouraged the children to absorb as much of the experience as possible as they represented their teams throughout the day.

Kaila Augare of Team Falcons, age 8, expressed her excitement about Operation Hele On.

"I wasn't nervous about Hele On because my dad told me all about what a deployment is, and it was cool to see what he goes through" said Augare.

Augare, who looked forward to the obstacle course and felt prepared for the day, said she could see herself joining the military some day.

The children had a full range of military experiences during Operation Hele On.

The day's events included an obstacle course built by the Navy's construction battalion and field demonstrations from the Navy Mobile Dive and Salvage Unit 1. The National Oceanic and Atmospheric Administration (NOAA) provided damage control training with firefighting equipment and basic seamanship with line handling.

Operation Hele On is the platform to give the youth a voice and show them that their parents' commitment is appreciated because "they build a sense of pride within themselves," said Natasha Pitts, coordinator of the 2015 Operation Hele On.

At the conclusion of Operation Hele On, all teams were recognized for their participation, and awards were provided to the Sky Warriors for their performance on the obstacle course, the Falcons for their team spirit, and the Wild Cats for their drill presentation.



Top, children of military members run an obstacle course. Above, children of military members participate in Operation Hele On.



U.S. Navy photos by MC3 Katarzyna Kobiljak

Above left, Lt. Cmdr. Keith Golden, assigned to the NOAA (National Oceanic and Atmospheric Administration) research vessel Oscar Elton Sette, instructs a youngster on how to hold a hose. Above right, Military youth learn the proper way to hold a guidon. Below, Golden helps a child try on a helmet during Operation Hele On.



Navy gives origami cranes to JBPHH Library

Story and photo by
Blair Martin Gradel

Joint Base Pearl Harbor-
Hickam Public Affairs

The Joint Base Pearl Harbor-Hickam (JBPHH) Public Affairs Office (PAO) recently gifted more than 3,000 authentic origami paper cranes to the Joint Base Pearl Harbor-Hickam (JBPHH) Library after they were displayed during the Nagaoka-Honolulu 70 Years of Peace commemorative event held Aug. 14 and 15 at Ford Island.

The cranes were originally donated to the commemorative event by various participating Japanese groups including local Nagaoka schools. They were donated to the library so that military families who were unable to attend the event would have a chance to appreciate the authentic craftsmanship and cultural relevance of the origami cranes, known as a Japanese “good luck charm.”

“In the Asian culture, to make 1,000 paper cranes is considered a demonstration of discipline and commitment,” explained Kathy Isobe, community relations manager at JBPHH PAO.

“That is why it is customary for a bride-to-be to make or display at least 1,001 cranes on her wedding day as a good will gesture to her soon-to-be husband,” she said.

Isobe added that the cranes donated to the library were part of a 10,000 paper origami crane display at the event, serving as a “demonstration of friendship and peace” between sister cities Nagaoka and Honolulu.

Phyllis Frenzel, JBPHH Library director, said she not only welcomed the beautiful gift into the military community but has already been brainstorm-



Margaret Cieurzo, a fourth grader, and other children in the Joint Base Pearl Harbor-Hickam Library book club, examine some of the 3,000 authentic origami paper cranes made by Nagaoka school children for the Nagaoka-Honolulu 70 Years of Peace commemorative event held earlier this month at Ford Island.

ing new and exciting ways to incorporate the cranes’ cultural significance into various future themes and events hosted by the library each month.

“To have the cranes here is not only such a wonderful surprise but also a fabulous addition to our [military] community,” she said. “What a great way to get our kids interested in Japanese culture, such as

origami art, and what a wonderful reminder to hold on to in light of this past weekend’s events. We are so honored to have this [display] here on base.”

School age children enrolled in JBPHH Library book club were among the first to view the cranes which arrived at their new home on Aug. 19.

Cooper Denny, fourth grader and an Air Force

family member, said he thought on a scale of one to 10, the cranes’ beauty ranked a 10.

“I really think the colors are so pretty and especially the different shades they used on each [string],” he said while holding one of the strands. “I can’t believe [Japanese] kids my age made some of them. I would love to learn how to do that one day.”

Pacific Aviation Museum to hold events

Pacific Aviation Museum Pearl Harbor plans a series of upcoming events.

- Smithsonian Magazine Museum Day Live will be held Sept. 26. The event will feature free admission to Pacific Aviation Museum Pearl Harbor for anyone presenting a Museum Day Live ticket. Guests can download free tickets at <http://www.smithsonianmag.com/museumday/>.
- Pacific Aviation Museum Pearl Harbor is a Smithsonian affiliate. This is an annual national celebration of culture and learning between the two museums.
- Open Cockpit Day will be held from 10:30 a.m. to 3 p.m. Oct. 3 in the museum’s hangar 79. Guests can climb into the cockpit of one of several of the museum’s historic aircraft and talk story with pilots. Flight suits and helmets will be provided. Guests



Photo courtesy of Pacific Aviation Museum Pearl Harbor

Patrons explore the hangar at Pacific Aviation Museum.

are invited to bring their cameras.

- The Explorers Club will be held from 9 a.m. to 4 p.m. Oct. 6 to 8. The event is a three-day STEM experience for third through fifth graders. Students can explore topics

in science, technology, engineering and math plus flight simulation programs.

Participation is \$175 (or \$155 for museum members) and includes all program materials, meals, snacks and T-shirt.

For more information and to register for the Explorers Club, call 808-445-9137.

(For more information on Pacific Aviation Museum, call 441-1000 or visit www.pacificaviationmuseum.org.)



Photo by Theresa Johnson

Participants take part in last year’s Fisher House Hero & Remembrance Run. This year’s event will be held on Saturday.

Fisher House Run to honor fallen

Tripler Army Medical Center

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

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 the military who have given their lives since 9/11.

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.

Military and political leader from the community will participate in the opening ceremonies and the run.

The event is open to the public. All participants should be on the island no later than 6 a.m. to ensure access before the Ford Island Bridge closes.

The Ford Island Bridge will be closed from 6:45 to 7:45 a.m., including all roads entering Chafee and O’Kane Boulevards.

An official welcome and military honors will be held from 6:30 to 7 a.m. The run starts near the Pacific Aviation Museum at 7 a.m. and proceeds to the bridge entry gate and back.

Motorists will be directed to park between O’Kane Boulevard and the Pacific Aviation Museum. Vehicles left in the parking lot one hour after the event is over will be subject to towing at the owner’s expense. There is no cost for parking.

Due to the number of anticipated participants, carpooling and buses are recommended. Ford Island residents are encouraged to walk to the event.

Monitors will be stationed at intersections on Ford Island to assist participants.

Shirts will be available for \$20 at the event, with limited quantities available. Bottled water will be available at the event.

The registration website is www.eventbrite.com.

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

Tips for enjoying water recreation safely

Naval Safety Center

This weekend, the United States will celebrate Labor Day. This holiday marks the unofficial end to summer, giving the worker a break and chance to enjoy recreation.

As with any holiday, it is important to stay safe when enjoying outdoor recreational activities on the water involving equipment such as boats, personal watercraft and water skis. The Naval Safety Center Website has some tips for engaging in these activities safely.

Boating safety tips

- Learn to swim so you don’t have to rely on a life preserver or another person.
- Don’t drink while boating. It leaves you tipsy, both mentally and physically. More than half the people who drown in boating accidents had been drinking.
- Wear an approved life jacket and make sure passengers in the boat do, too.
- Before you launch your boat, tell someone where you’re headed and when you’ll be back at the dock. In an emergency, rescuers will need to know where to start looking.
- Keep learning about boats and the water. Groups including the U.S. Power Squadron and the Coast Guard Auxiliary teach classes in navigation, weather and emergency procedures.
- Check the forecast and watch the weather while you’re underway. If you see or hear a storm, get back to land.

Personal watercraft

- Check the local laws for how and where you can ride, requirements for registration and licenses, safety equipment, training and age.
- Be courteous, and use common sense. Pay attention to no-wake zones and speed limits. Understand traffic patterns.
- Be very careful around people who are swimming and surfing.
- Go slow near other boats, shore, piers and docks.
- Wear an approved life jacket.
- Use the buddy system, which can be invaluable in an emergency, and especially if you get hurt or are far from shore.
- Don’t drink before or during your session on the water.

Water skiing

- Be sure the boat and ski equipment are in good shape.
 - Always turn off the motor when you approach a fallen skier.
 - Keep an eye peeled ahead of your boat.
 - Have an extra person aboard as a lookout and to help the skier.
 - Go over hand signals with the person driving the boat.
 - Don’t ski after dark or in areas that are off-limits.
 - Learn to swim and wear an approved life jacket.
 - Check the weather and get off the water if you see a storm approaching.
- (For more information, visit the Naval Safety Center website at www.public.navy.mil/navsafcen/Pages/media/safetips.aspx.)

Summer Music Fest at PMRF celebrates statehood

Summer Music Fest was held at the Pacific Missile Range Facility, Barking Sands, Kauai on Aug. 22. The free event honored the anniversary of Hawaii’s statehood with a distinct Hawaiian theme and featured three popular local artists. Kauai’s own Shar Carillo kicked off the concert.



MWR Marketing photo

Civil Engineer Bulls stop streaking PACOM/JIOC

Story and photo by
Randy Dela Cruz

Sports Editor, Ho'okele

One week prior to their showdown against the 647th Civil Engineer Squadron (647 CES) Bulls, Pacific Command/Joint Intelligence Operation Center (PACOM/JIOC) played their most solid game to date in a straight-set victory over Team Maintenance Group (MXG).

Needing another complete game against the contending Bulls, PACOM/JIOC got close but could not put away the civil engineers, as the Bulls took two-straight sets, 25-23 and 25-21, from PACOM/JIOC on Aug. 26 in a Gold Division intramural volleyball matchup at Hickam Fitness Center.

The win kept the Bulls one step out of first place with a 7-2 record, while PACOM/JIOC fell behind with a mark of 6-3.

"We just played a really good team," said PACOM/JIOC head coach Maj. Tex Purtee about his team falling short against the Bulls. "They (the Bulls) didn't make too many unforced errors, and they always found the open spot. Our team was not really prepared for chips and dinks. I actually think we did pretty good. We need better passing, we do need to kill more

on the first hit, but to be honest, we just faced a really good team."

In the first set, initially it appeared that the game was going to be an easy one for the Bulls, which led for a large portion of the set.

After being tied at 4-4, the Bulls rattled off four straight to take an 8-4 lead and slowly built up a 21-12 advantage after a kill by Howard Kaululaau, a Department of Defense civilian.

However, from that point on, PACOM/JIOC rallied back to within a point at 24-23 and had control of the ball with Michelle Farrar holding service.

While PACOM/JIOC toyed with the idea of making a full comeback, a hitting error by the team ended the first set with the Bulls taking it 25-23.

"We always play together, and that's how we win our games," said Bulls hitter Staff Sgt. Labronze Paden, who also connected on a few clutch kills to keep his team ahead. "You got to just focus when the ball comes down. Focus on an open spot or focus on someone's body. That's how I do it."

The second set picked up right where the first set left off, with both teams neck-and-neck throughout the set.

While the Bulls managed to sneak out to a three-

point advantage early in the set, the lead never got beyond that and was eventually tied at 16-16 when Yeoman 2nd Class Joshua Wright put down a kill for PACOM/JIOC.

The Bulls pulled ahead by three, but a kill by Staff Sgt. Kyle Rachan off a set by Farrar brought PACOM/JIOC to within two at 21-19.

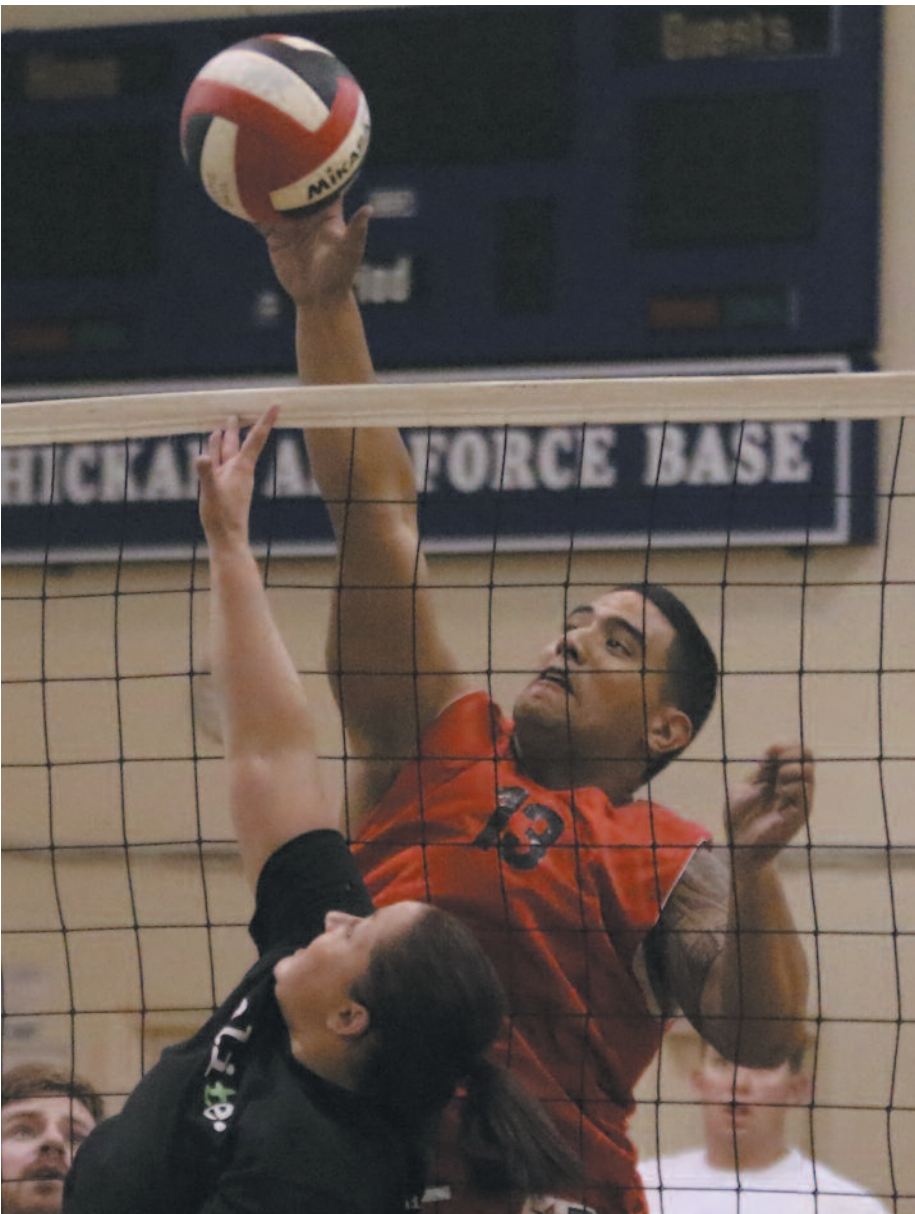
The Bulls, though, weren't about to let this one go to a third set, as back-to-back kills by Paden and Airman 1st Class Roland Kaaialii put the game out of reach at 23-19.

Despite having to challenge two of the top teams in the division in two consecutive weeks, Purtee refused to acknowledge that the schedule might have hurt his team.

"I'm happy where we're at," Purtee said. "We made them (the Bulls) thread the needle on their offense. It's just when we did that, they still came through. Honestly, just maybe a few more things on the mechanical side, and we're much better than where we started at the beginning of the season."

Paden also said that he likes where his team is at and if everyone plays their game, the Bulls could do well in the playoffs.

"I think if everybody comes out, we're going win this thing," Paden said.



Bulls hitter Airman 1st Class Roland Kaaialii tries to get the ball over the reach of PACOM/JIOC setter Michelle Farrar, who is a military spouse.

HQ 5-0 does enough to take two over 67th CW

Story and photo by
Randy Dela Cruz

Sports Editor, Ho'okele

The intramural volleyball season has been tough for both Headquarters Pacific Air Forces (HQ PACAF) HQ 5-O and the 67th Cyberspace Wing (67 CW) as the teams entered their Blue Division matchup with only one win between them.

Even among cellar dwellers, though, the competitive fire still burns bright as the two teams gave it their all on Aug. 27 in a highly contested, but friendly showdown at Joint Base Pearl Harbor-Hickam Fitness Center.

In the end, it was all HQ 5-0, as the team went on to sweep the 67 CW by scores of 25-21 and 25-23 to raise their record to 2-6, while the CW fell to 0-8.

"We're all cops and as defenders, we tend to try communicate," said Master Sgt. Jeff Adkins. "I think that it transfers over to our game. When we started communicating towards the end, we came back and started to win."

Down by a score of 6-2 in the first set, HQ 5-0 bounced back to tie the



Staff Sgt. David Floyd challenges Master Sgt. Jeff Adkins for the game-winning shot but Adkins got the best of Floyd to close out the set and match in a win for HI 5-0 over 67th VW.

score up at 9-9.

Later, an ace by Adkins put HQ 5-0 ahead by their biggest margin at five with

HQ holding a 16-11 lead.

A kill and side-out by Tech. Sgt. Edwin Ventura made it 24-19 before HQ 5-

0 squashed any notion of a comeback by the CW on a hitting error that ended the first set at 25-21.

While HQ 5-0 did get a couple of key kills by Capt. Eddie Clements during the first set win, according to Adkins, it was the team's steady play that kept them in the game and then led them to victory.

"Our serves were really good today," Adkins said. "In the past, we've always had the line-fault issue. We had all of our serves in for the most part, so that was really the key."

Like in the first set, the 67 CW got out in front early, this time taking a 4-0 advantage off the strong service of Airman 1st Class Ryan Knight.

However, sparked by a couple of kills by Clements, HI 5-0 pulled even at 5-5 before Clements took over service and induced three hitting errors plus an ace to give his team a 9-5 lead.

The 67 CW did manage to battle back this time and even caught HI 5-0 in a tie at 16-16 and again at 21-21.

The game was deadlocked one final time at 23-23, but Adkins put an end to the game by placing back-to-back kills at the feet of the 67 CW defenders for the win.

"Each time, especially when one is close to the net, all I was really trying was

to get the ball over the net," Adkins explained. "I saw where the holes were, and I tried to pinpoint on that."

After tasting only one victory before the win over the 67 CW, Adkins said that with the game so close, they knew they had to put it away.

"That's our goal," he stated. "We got at least four more games as far as I know. If we win out, we have a possibility to be in the top eight and go to the finals. That's what we want to try to do."

Later that evening, HQ 5-0 went on to defeat the 792nd Intelligence Support Squadron for their third win of the season, which places the team in ninth place.

Make it to the playoffs or not, Adkins said no matter what happens, it won't change the reason why all of them come out to play.

"We try to tell ourselves, get out there and have fun," he said. "This is our first time playing together, and we knew coming in that expectations were low. But even still, I have that winning mindset. I only get on myself and not anyone else. Because of that, we try to help each other and at the end of the day, we're just trying to have fun."

HIANG wrap up dominating win against HQ PACAF

Story and photo by
Randy Dela Cruz

Sports Editor, Ho'okele

On paper, it looked like a solid matchup between two of the top teams in the Blue Division.

Up on top, the division-leading and defending Joint Base intramural champs Hawaii Air National Guard (HIANG) with a record of 8-0 squared off against the once-beaten Head Quarters Pacific Air Forces (HQ PACAF), which came in with a mark of 6-1.

While records are usually a good indicator for what's about to happen on the court, the teams' proximity in the standings did nothing to foretell about the blowout that was about to come.

In dominating fashion, the HIANG, much like they have consistently done all season long, easily dispatched HQ PACAF in two straight sets, 25-12 and 25-

8, on Aug. 27 in a Blue Division clash at Joint Base Pearl Harbor-Hickam Fitness Center.

"We knew that this was a good team," said HIANG hitter Lt. Col. Rick Cox. "We wanted to play at a high level to see what we're capable of doing and I think we did. There is always room for improvement, but if we keep playing like this all season long..."

Knowing what HQ PACAF has done this season, the HIANG left nothing to chance and opened up the first set on fire, as Cox and teammate Tech. Sgt. Stephen Lorenzo controlled the net with three kills each to start off the match with a 7-0 lead.

The HIANG picked up a 10-point advantage on an ace by Senior Airman Braden Park and a hitting error by HQ PACAF to make it 16-6.

Still holding on to a double-digit lead at 22-12, Cox took over service and helped his team finish off HQ



HIANG hitter Navy Lt. Chuck Wood slams the ball through the HQ PACAF defense.

PACAF with three straight points off of kills by Lorenzo, Aviation Boatswain's Mate (Equipment) 2nd Class Isaac Atkins and a set-ending ace.

"We have a lot of players on the team that really enjoy playing volleyball,"

Cox said. "They have the basics down, so when the game is close and on the line, we kind of reach back and just rise up."

HIANG setter Tech. Sgt. Alikea Kaahanui said that it also helps that many of the players on the team have

played together for many years.

Kaahanui said that chemistry has played a big part in the team's success over the years, and he feels very fortunate to be able to deliver the ball to hitters that know what to do when the ball comes their way.

"I have a lot of confidence in my hitters," Kaahanui said. "But for me, sometimes it's bad because it makes me complacent. It's my supporting cast that makes me look good. They deserve all the praises."

If the first set looked bad for HQ PACAF, the second set must have really put the team in the doldrums.

After the game stood tied at 6-6, HIANG turned up the burners to another level and sent everyone home early.

A kill by Cox gave HIANG a 15-8 lead and after he took over service, Cox never stepped away from the back line until it was over.

In one of the most

impressive runs of the season, Cox delivered three aces, five hitting errors and got two kills from Atkins for a streak of 10-straight points and a 25-8 victory.

"I was looking where the holes were on the opposite side," Cox said. "I was trying to put as much heat and topspin as I could to get to the hole."

While it's hard to believe, 2015 just may turn out to be the most dominating season for HIANG volleyball.

The team has yet to lose a set this season and Cox says it's all because the team is loaded with good players that want to play at a high level.

Still, Kaahanui cautioned that the season isn't over and anything could happen.

"We'd like to think so," said Kaahanui when asked if HIANG is going all the way. "But always stay humble and always just enjoy it for the love of the sport."

Your Weekly Fun with MWR

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



Meditation class to begin in September

Helen Ko

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation

Beginning Sept. 8, the Joint Base Pearl Harbor-Hickam Fitness Center will offer a new Mindful Meditation class on Thursdays at 5:35 p.m. The fee is \$35 per month or \$15 drop-in rate.

Dennis Williams, who has been practicing meditation for more than 20 years, will be teaching the class.

“If you’re looking for a more deeper understanding of the meaning of life and to boost emotional health and overall being, you should take this class,” said Williams.

This quiet and restorative

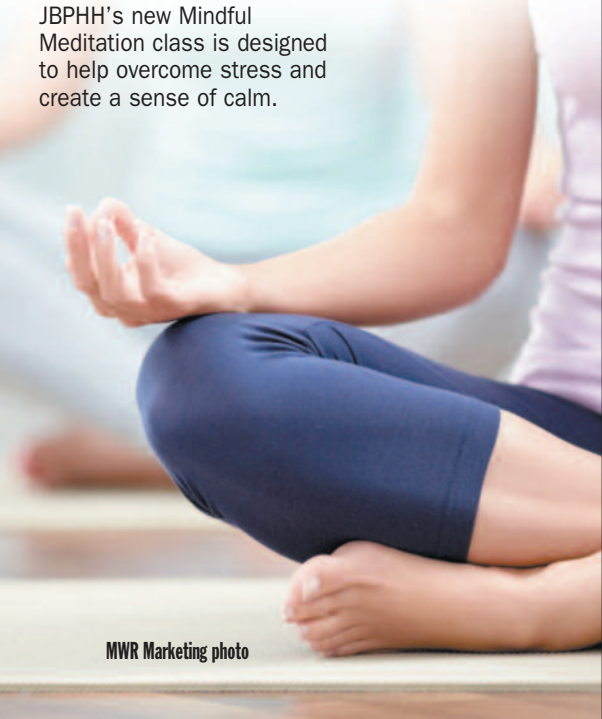
meditation class helps you learn techniques to help you overcome stress, sadness, anxiety and depression. It can help you recharge your energy level, improve memory and find inner peace and tranquility, he said”

As JBPHH is part of the Healthy Base Initiative, Wahiawa Annex fitness manager Lori Gaynor hopes provide a variety of classes for the military community as a means of contributing to a healthy lifestyle.

“I am very excited to showcase Mindful Meditation in our fitness center as it will complement our mind body program,” said Gaynor.

Those interested in attending the class can visit the JBPHH Fitness Center or call 471-2019.

JBPHH's new Mindful Meditation class is designed to help overcome stress and create a sense of calm.



MWR Marketing photo



MWR Marketing photo

Shinedown will perform a free concert Sept. 7 at Ward Field, JBPHH.

Shinedown highlights free Labor Day Concert

Reid Tokeshi

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation

Rock group Shinedown will perform a free Labor Day concert at Ward Field, Joint Base Pearl Harbor-Hickam on Sept. 7.

This event is open to all base-eligible patrons. The

band is returning to the States after a 10-day Armed Forces Entertainment Tour that included Yokosuka, Yokota and Okinawa.

Shinedown's debut album, “Leave a Whisper,” hit platinum in 2003. Their hits include “Simple Man,” “Second Chance,” “If You Only Knew,” and “Save Me.”

Armed Forces Entertain-

ment and JBPHH MWR are presenting the concert. Gates will open at 3 p.m. and the show begins at 5 p.m. A pre-concert party will feature games, prizes and more. Food and beverages will be available for purchase.

Certain safety and security restrictions will also apply as in the past. Authorized items include

small clutches, blankets and folding chairs. All items are subject to search. Outside food and beverages, pets, backpacks, bags/totes, purses, umbrellas, video/audio recorders and tents are not authorized.

For more details on what is and is not permitted at the event, and other information go to www.greatlifehawaii.com.

Tickets for 2015 Navy Ball are now on sale

Tickets for the 2015 Navy Ball are now on sale. The event will be on Oct. 17 at the Sheraton Waikiki. Uniform for the ball will be dress whites. Options for the meals will be a chicken/beef plate and a vegetarian plate.

Prices for tickets are as follows: E1 to E4 is \$40, E5 to E6 is \$55, E7 to O4 (GS-13 and below) is \$80,

and O5 (GS-14) and above is \$90.

Payments need to be in cash or a check. If using a check, make it payable to Hawaii Navy Ball.

Contact BM1 Garrett Bowman at 223-2142 or email garrett.a.bowman@navy.mil or BMC George Glover at George.glover@navy.mil to buy tickets for the ball.

Community Calendar

SEPTEMBER

GALLERY SHOWCASE

NOW — Artwork, crafts, photography and digital creation entries for the 2015 Joint Base Pearl Harbor-Hickam Arts & Crafts Center Gallery Showcase will be accepted until Oct. 1 at the center. The showcase is open to active-duty military and their family members, Department of Defense civilians, Reservists, retirees and contractors. An opening reception will be held Oct. 14 and all submissions will be on display until Jan. 15. FMI: 448-9907 or email donna.sommer@navy.mil for an entry form.

LIBRARY KNOW-HOW

SATURDAY — A library know-how event will begin at 2 p.m. at the Joint Base Pearl Harbor-Hickam Library. Every first Saturday of the month, participants can learn about the library and its collections. This is a free event. FMI: 449-8299.

ALL-AGES SWIM MEET

SATURDAY — An all-ages swim meet will be held from 5 to 6 p.m. Saturday at Scott Pool. Events include a wheelbarrow tag-team relay, doggie paddle sprint and a dive contest based on originality and technique with costumes welcome. Participants can sign up now at Scott Pool. There is no charge for the event. FMI: 473-0394.

AVENGERS AND X-MEN CHARACTERS

5 — Avengers and X-Men comic characters will make an appearance from 11 a.m. to 2 p.m. at the Pearl Harbor Navy Exchange heritage wall on the first floor. The event is for authorized patrons. FMI: 423-3287 or Stephanie.lau@nexweb.org.

AFCEA HAWAII MEETING

8 — AFCEA (Armed Forces Communications and Electronics Association) Hawaii will meet at the Fort Shafter, Hale Ikena Club. The speaker will be Edward Tavares, IT audit manager for

Hawaiian Electric Industries. The price is \$14 for preregistered members, \$17 for preregistered non-members and \$20 for walk-ins. FMI: 386-7424 or email president@afcea-hawaii.org.

KIDS BOOK CLUB

9 — A book club for children in fourth and fifth grades will begin at 2 p.m. at the Joint Base Pearl Harbor-Hickam Library. There are two groups. The second Wednesday group will meet Sept. 9 to discuss “Shiloh,” and the third Wednesday group will meet Sept. 16 to discuss “Gathering Blue.” Participants need to register prior to the meeting. This is a free event. FMI: 449-8299.

PEEWEE BASKETBALL REGISTRATION

11 — Peewee basketball registration for youth ages 3 to 5 will close Sept. 11. The season runs from Oct. 3 to Dec. 19. The fee is \$35, and registration is available at www.greatlifeohawaii.com. FMI: 473-0789.

PET ADOPTION CLINIC

12 — A pet adoption clinic will be held from 10 a.m. to 2 p.m. at the Pearl Harbor Navy Exchange mall tent and outdoor living center. This is a free event for authorized patrons only. The mall will host the Oahu SPCA, and the outdoor living center will host the Hawaiian Humane Society. FMI: 423-3287 or email Stephanie.lau@nexweb.org.

CPR TRAINING FOR KIDS

26 — A cardio-pulmonary resuscitation (CPR) training session for any child of a Department of Defense ID card holder in grades kindergarten through six will be held from 10 a.m. to noon at the Joint Base Pearl Harbor-Hickam Fitness Center. The program is designed to teach school-aged children the skills needed to save a life in time of need. FMI: HM2 Aaron Hepps at 474-4242, ext. 9-1216 or aaron.r.hepps.mil@mail.mil.



MISSION: IMPOSSIBLE - ROGUE NATION

With the IMF now disbanded and Ethan Hunt (Tom Cruise) out in the cold, a new threat – called the Syndicate – soon emerges. The Syndicate is a network of highly skilled operatives who are dedicated to establishing a new world order via an escalating series of terrorist attacks.

Movie Showtimes

SHARKEY THEATER

TODAY 9/4
7:00 PM Shaun The Sheep Movie (PG)

SATURDAY 9/5
2:30 PM Pixels (PG)
4:40 PM Minions (3-D) (PG)
6:40 PM Mission: Impossible - Rogue Nation (PG-13)

SUNDAY 9/6
2:30 PM Shaun The Sheep Movie (PG)
4:40 PM Pixels (3-D) (PG)
6:50 PM Vacation (R)

THURSDAY 9/10
7:00 PM Mission: Impossible-Rogue Nation (PG-13)

HICKAM MEMORIAL THEATER

TODAY 9/4
6:00 PM Pixels (3-D) (PG-13)

SATURDAY 9/5
4:00 PM Pixels (PG-13)
7:00 PM Trainwreck (R)

SUNDAY 9/6
2:00 PM Ant-man (PG-13)

MONDAY 9/7
2:00 PM Pixels (PG-13)

THURSDAY 9/10
7:00 PM Vacation (R)



Shopping the exchange pays millions in dividends

Army & Air Force Exchange Service Public Affairs

All military and their families shopping and dining at Army & Air Force Exchange Service stores and restaurants on Hawaii Exchange generated nearly \$1.4 million last year for Army and nearly \$3.0 million for Air

Force for quality-of-life programs.

Over the past 10 years, the exchange has provided more than \$2.4 billion in dividends to military programs including Better Opportunity for Single Soldiers (BOS), Hickam Harbor Marina, outdoor recreation and Mamala Bay Golf course.

“Roughly two-thirds of exchange earnings are paid

to the services’ morale, welfare and recreation programs, while the other third goes toward building new stores and renovating facilities,” said Robert Rice, Hawaii Exchange general manager.

The exchange’s mission of providing quality goods and services at competitively low prices while generating earnings to support quality-of-life efforts means

that the exchange benefit is more than finding a good price on merchandise.

This structure ensures that shoppers who take advantage of their benefit at the Hawaii Exchange or online www.shopmyexchange.com are working to better their communities.

“One hundred percent of exchange earnings serve the military and their families,” said Rice.

“When service members shop or dine at their exchange, they’re investing in their own community, making it a better place to live and work.”

The Army & Air Force Exchange Service is a joint nonappropriated fund instrumentality of the Department of Defense and is directed by a board of directors which is responsible to the secretaries of the

Army and the Air Force through the service chiefs of staff.

The exchange has the dual mission of providing authorized patrons with quality merchandise and services at competitively low prices and generating non-appropriated fund earnings as a supplemental source of funding for military morale, welfare and recreation programs.



My Favorite Photo...

Traci B. Feibel snapped this photo when she took weaths from the Nagaoka 70 Years of Peace celebration to decorate the graves of unknowns at National Memorial Cemetery of the Pacific Punchbowl.

Do you enjoy taking pictures and have a favorite photo? Would you like to see it featured in Ho‘okele? Here is your opportunity. Along with your photo, please send a little bit of information about the photo, such as where it was taken or any interesting details. Also include the name of the photographer and contact information. Please send your photos to editor@hookelenews.com and “cc” Karen Spangler, managing editor, at karen.spangler@navy.mil and Don Robbins, editor, at drob-bins@hookelenews.com.

Upcoming blood drives

- Sept. 8, 9 a.m. to 1 p.m., USS Chosin (CG 65), Joint Base Pearl Harbor-Hickam.
- Sept. 11, 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.)



NCIS announces crime reduction focus

The NCIS Crime Reduction Program (CRP) has focused this quarter’s efforts on the awareness and prevention of child abuse and exploitation (CAE).

The CRP is an awareness and education pro-

gram, which unites law enforcement and community service organizations with a shared goal of educating Sailors, Marines, and Department of the Navy civilians about the common threats to their safety and the safety of

others around them.

With school having recently begun, it is important to get awareness and education out about potential dangers and signs of child abuse.

For more information on how you can assist with

the NCIS CRP, contact your local NCIS office at 474-1218. Text tip information to 1-(800) 543-NAVY or text NCIS plus your tip information to CRIMES (274637) or the DoD Safeline at 1-(877) 955-5247.

Volunteer opportunity set for Oct. 3

Naval Facilities Engineering Command (NAVFAC) Hawaii is looking for volunteers for National Public Lands Day from 9 a.m. to noon Oct. 3 at the Loko Pa’ai’au Fishpond at Joint Base Pearl Harbor-Hickam.

The pond is located at Kamehameha Highway and Honomanu Street.

Access is by McGrew Point naval officers housing. Registered volunteers will be placed on an access list at the guard shack.

The fishpond is an ancient Hawaiian site where fish were raised for daily sustenance. Due to its location on Navy property, the site is protected and still intact. It was overgrown with invasive mangrove that was recently

cleared. Future plans include clearing for and maintaining this natural cultural site.

Navy archeologists, cultural resources, biologists and natural resources program managers will kick off the event with information about the fishpond and the wildlife attracted to it, helping volunteers to understand the importance of their efforts at this site.

Volunteers will:

- Clean the area of debris that has washed up from the harbor waters from the surrounding streams.
- Clear the fishpond rock walls of vegetation.
- Remove invasive mangrove seedlings that have

started to grow back.

- “Outplant” of native plant species to attract pollinators and wetland birds.

- Initiate creating an education/rest area for future outreach volunteer events.

Vounteers are advised to wear and bring closed-toed shoes, long-sleeved shirts, long pants, wide brimmed hats, sunglasses, filled water bottles, sunscreen and bug spray. Water refills, work gloves and tools will be provided.

Those interested in participating should sign up by Sept. 30 by visiting <http://www.publiclandsday.org/npld-sites/loko-paaiau-fishpond-joint-base-pearl-harbor-hickam> or contact Patty Coleman at patricia.colemon@navy.mil or 473-0369.

Dental program can help save money

TRICARE

Comprehensive dental coverage under the TRICARE Retiree Dental Program (TRDP) makes good financial sense.

When seeing a participating TRDP network dentist—who has agreed to accept reduced fees and will file all claims paperwork—TRDP enrollees get two routine exams, a set of X-rays and two cleanings (or

three for diagnosed diabetics) at 100 percent of the program’s allowed amount with no out-of-pocket expenses.

In most cases, TRDP enrollees will save more money on just these routine services than they would pay in annual premiums—and will have more of their \$1,300 annual maximum left to pay for other services offered by the TRDP, such

as root canals, oral surgery, crowns, bridges and dental implants.

In addition to the annual maximum, each TRDP enrollee also gets a separate \$1,200 dental accident maximum and a lifetime orthodontic maximum of \$1,750.

(For more information on the TRICARE Retiree Dental Program, visit trdp.org.)

Native American Heritage Month volunteers sought

Navy Region Hawaii Plan of the Week

Volunteers are being sought for the special observance in November of Native American Heritage Month.



A team is being established to develop and plan activities that will increase awareness, mutual respect and understanding of the

rich history and traditions of Native Americans.

(For more information about becoming a member of the Native American Heritage Month team, contact Bruce Ayres at 473-2146 or email bruce.ayres@navy.mil.)



Labor Day commissary hours

In observance of Labor Day Sept. 7, the Pearl Harbor Commissary store hours will be from 9 a.m. to 5 p.m. The Hickam Commissary will be open from 10 a.m. to 6 p.m.

For more information, call the Pearl Harbor Commissary at 471-8402 ext. 101 or the Hickam Commissary at 449-1363.

GOT SPORTS

Phone: 473-2890

editor@hookelenews.com

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

HO’OKELE Online

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