

NCTAMS PAC holds change of command

Lt. j.g. Marc Sunby

Naval Computer and Telecommunications Area Master Station Pacific Public Affairs

Naval Computer and Telecommunications Area Master Station Pacific (NCTAMS PAC) held the command's 53rd change of command ceremony Feb. 7 at Joint Base Pearl Harbor-Hickam, Wahiawa Annex.

Capt. William A. Dodge Jr. relieved Capt. John L. MacMichael Jr. as commanding officer.

MacMichael, who assumed command of NCTAMS PAC in October 2011, led 1,700 personnel in four subordinate commands.

"As I reflect on 27 months in command at NCTAMS PAC and 25 years of naval service, I am amazed at the opportunities for leadership in the Navy," said MacMichael.

"From ship handling during the first and second Persian Gulf Wars, flying in the E-2C Hawkeye over Afghanistan post 9-11, serving in Iraq, and becoming an information professional, I have been blessed with adventure coupled with technical and leadership challenges."

"I remain eye-wateringly humbled by the technical proficiency, skill and sense of duty displayed by the Sailors, civilians and con-



U.S. Navy photo by ET2 Jeffery Maine
Capt. John L. MacMichael Jr. (right) congratulates Capt. William A. Dodge Jr. after Dodge assumed command of Naval Computer and Telecommunications Area Master Station Pacific during the command's 53rd change of command ceremony.

tractors I worked along-side during my tenure as commanding officer at NCTAMS PAC. I can think of no higher calling," MacMichael added.

MacMichael, who was retiring, was the guest speaker and presented his son with the Legion of Merit for his exceptionally meritorious service from October 2011 to February 2014 and

thanked him for his service to the Navy and to the United States.

"I am pleased to see that although the means and methods at NCTAMS PAC have changed, the communication's mission and tradition of superb support to the fleet and professionalism continues undiminished to this day. I take great pride in presenting this recognition of

your naval service, and I know your grandfather shares that as well," said MacMichael.

He served operational tours as a surface warfare officer and E-2C naval flight officer before transitioning to the IP community.

During this time, he achieved his surface warfare officer and naval flight officer designations

as well as officer of the deck (afloat), engineering officer of the watch, and strike lead qualifications. He completed eight operational deployments as a SWO and NFO.

As an information professional officer, MacMichael held the following assignments: NIOC Norfolk, combat systems officer; USS Nimitz (CVN 68), chief staff officer; Naval Computer and Telecommunications Area Master Station Atlantic, theater C4I director, Iraq Joint Operating Area; and director for the office of compliance and assessment, Navy Network Warfare Command.

MacMichael's military decorations include the Legion of Merit, the Air Medal (Strike/Flight), four Meritorious Service Medals, three Navy and Marine Corps Commendation Medals, three Navy and Marine Corps Achievement Medals, and various other unit and service awards, including campaign medals.

Dodge has had a unique career that started with an enlistment in the U.S. Marine Corps in 1984.

After achieving the rank of private first class, he accepted an appointment to the United States Naval Academy and is a 1989 graduate from that institution.

He earned his naval flight officer wings in

1990 and served in combat operations in three different aircraft before re-designating as an information warfare officer.

Dodge deployed to Afghanistan for a year-long individual augmentation assignment for JIATF 435.

His other notable assignments include U.S. 5th Fleet staff, CNO's staff, Commander, U.S. Pacific Fleet staff, and CO of Navy Information Operations Command Whidbey Island.

Dodge's military decorations include the Defense Meritorious Service Medal, two Meritorious Service Medals, two Air Medals (one with Combat "V" and five Strike/Flight awards), Joint Service Commendation Medal, five Navy and Marine Corps Commendation Medals (one with Combat "V"), the Joint Service Achievement Medal, three Navy and Marine Corps Achievement Medals, and various other unit and service awards, including campaign medals.

NCTAMS PAC's mission is to provide the operational platform with information—secure and reliable, classified and unclassified voice, messaging, video and data telecommunications to U.S. naval, joint, interagency, and coalition operating forces worldwide.

Hawaii chiefs and first class Sailors participate in CPO Pride Run

Story and photo by MC1 David Kolmel

U.S. Pacific Fleet Public Affairs

More than 300 chief petty officers (CPO) and first class petty officers (FCPO) stationed across Hawaii gathered recently at Joint Base Pearl Harbor-Hickam for the inaugural FY14 CPO 365 5K run.

CPO 365 is a program started by Master Chief Petty Officer of the Navy Rick West to prepare and train FCPOs about their leadership roles and to maintain continued focus and development once selected to the rank of chief petty officer.

The run provided the opportunity to develop relationships through physical training (PT) and was a great opportunity for chiefs and first classes from Hawaii to come together.

"Nothing builds teams like doing PT together," said U.S. Pacific Fleet's Command Master Chief Teresa Carroll.

"The run is not just unity with CPOs and FCPOs, it is Hawaii's chief's mess and Hawaii's first class petty officer's mess coming together. Chiefs rely heavily on first classes, and this is a great opportunity to build that rela-



Chief petty officers and first class petty officers from across the Hawaii region conduct a CPO 365 Pride Run at Joint Base Pearl Harbor-Hickam.

tionship as well as mentor them."

CPO 365 allows first classes and chiefs to calibrate through facilitated training, community relations projects and PT events.

"Seeing all the chiefs and first classes out there this morning showed that we are a strong

force and that the personal development goes beyond the classroom and that the CPO 365 program is working," said Culinary Specialist 1st Class David Souchon. "It really showed the good relationship between the messes."

The purpose of the run was to not only bond the chiefs and

first classes, but to inspire junior Sailors.

"My hope is they [other Sailors] are thinking I want to be there one day," Carroll said. "It also builds confidence in leadership as they see us working together."

The run started at Quick Field on the Pearl Harbor side of

Joint Base Pearl Harbor-Hickam and circled around the Missing Man Formation on Hickam before returning to Quick Field. This 5K run kicks off a monthly region-wide CPO 365 PT event.

"I'm excited and proud of what this new year brings with CPO 365," Carroll said.



Road closures for Great Aloha Run announced

In support of the 30th annual Great Aloha Run on Presidents Day Feb. 17, Borchers Gate will be closed during the race and Center Drive and Radford Drive will not be accessible via Kamehameha Highway.

Also, from 7 to 11 a.m., Luapele Gate will be open and Makalapa Gate will be open inbound and modified outbound to allow east-bound traffic.

The 8.15-mile race will start at sunrise from the Aloha Tower Marketplace, wind down Nimitz and Kamehameha Highways and end at Aloha Stadium.

Several water aid stations will be available along the route, including a

water aid station on Kamehameha Highway near Borchers Gate.

More than 25,000 participants are expected, and a portion of the proceeds will benefit Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation programs.

About 30 to 40 Sailors from the USS Texas are expected to participate in the Great Aloha Run as part of the Sounds of Freedom team, along with Sailors from the USS Michael Murphy (DDG 112), USS Port Royal (CG 73) and Commander, US. Pacific Fleet.

For more information about the event visit <http://www.greataloharun.com>.

Chapel to host resiliency skills workshop Feb. 21-23

Tech. Sgt. Terri Paden

15th Wing Public Affairs

A free Warrior Resiliency Skills Workshop is scheduled for single service members Feb. 21-23.

According to Religious Program Specialist 2nd Class Johnnie Howard, Chaplains Religious Enhancement Development Operation program lead, the workshop will help attendees build inner strength and self-awareness while also strengthening interpersonal and leadership skills.

The workshop will take place at a local area hotel and will treat 20 E-5s and below to a character building weekend among their peers.

"There are tons of recreational things for single service members to do, but there was something missing," said Howard. "We realized there was a high demand for educational and enriching experiences, and this is a great opportunity for them to get that while also getting to meet new people."

Howard said workshop participants can expect a jam-packed weekend full of interactive group activities and not the standard briefing and PowerPoint lecture format.

"This is a different approach to building resiliency and leadership skills, and I really think the participants will walk away having learned more about themselves," he said. "They are definitely going to get new tools for their personal and professional toolboxes."

In addition to leadership skills and resiliency, Howard said a large portion of the weekend is spent teaching service members how to be better communicators.

"Communication is a big focus because it is an essential skill we need at work," he said. "Hopefully the participants will come here and learn more about their own personalities and how and why their co-workers do things."

Chaplain (Capt.) Deborah Hughley, 647th Air Base Group chaplain, said the workshops will be a great chance for participants to concentrate on self-improvement.

"This is a great event for young Airmen and Sailors because it's an opportunity to be in a stress-free environment with peers and colleagues with the focus on becoming a better you," she said.

For more information or to sign-up for the Warrior Resiliency Skills Workshop, email credohawaii@navy.mil or call (808) 257-1919.

Commentary

Navy celebrates inspiring leaders during African American History Month

Rear Adm. Rick Williams

Commander, Navy Region Hawaii and Naval Surface Group Middle Pacific

On Feb. 3, Dr. Mitch Yamasaki, professor of history from Chaminade University, assisted Navy Region Hawaii in celebrating African American History Month. We appreciate his time, insights and reflections, and I want to thank everyone who assisted in this year's special program.

"Civil Rights in America" is the theme for 2014.

Fifty years ago (one year after the centennial of the Emancipation Proclamation), President Lyndon B. Johnson



Rear Adm. Rick Williams

signed the landmark Civil Rights Act. That initiative forever linked the civil rights movement directly with the promises in the

Declaration of Independence and the guarantees in the U.S. Constitution.

Of course, long before the Civil Rights Act was signed — as far back as the Revolutionary War and Civil War and especially after World War Two — our military was breaking down the barriers of discrimination based on race, gender and national origin.

The Civil Rights Act of 1964 provided equal opportunity, thus becoming a tangible reality for service members for the next generation. Now we can reflect on some of the great achievements made so far.

At the all hands call, I shared my admiration of the trailblazing senior leaders for whom I have

worked, Vice Adm. Michelle Howard (deputy chief of naval operations for operations, plans and strategy), and Vice Adm. Melvin G. Williams Jr. (former commander, U.S. 2nd Fleet).

When asked what African American History Month means to her, Howard replied, "By taking the time to educate ourselves on our history and the people who shaped this nation, we can more fully appreciate the ideals set down by the founders. We are blessed to live in a time where the promise of the 14th Amendment has come to fruition. It's a reminder that our work is to sustain freedom and ensure that rights and liberty belong to

all our citizens."

Williams said, "Having diverse thought, experience, background and skills amongst individuals who contribute to the team efforts, combined with the creation of an environment whereby individuals may realize their full potential, leads to improved readiness and enhanced mission performance."

I spoke about another inspirational leader in our Navy's history — Master Chief Carl Brashear, the Navy's first African American master diver, who showed the world that an individual's goals can be achieved through honor, courage and commitment and that people should not be prejudged or held back

because of the color of their skin.

Brashear, who became a wounded warrior after a shipboard accident in 1967, famously also became the first Navy diver to be restored to full active duty as an amputee, becoming a trailblazer of a different sort for another generation of men and women serving in uniform.

These are just a few of the inspirational people we remember and focus on this month. I encourage everyone to learn more about those who blazed a trail in civil rights in America for others and who made the military better for us all. Learn more this month at www.navy.mil or www.dod.gov.

Diverse Views

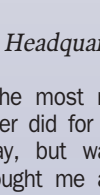


What is the most romantic thing you've ever done?



ABE2 Dreamus Whitaker
Joint Base Pearl Harbor-Hickam

"Tokyo Tower. We had a candlelit dinner at the top."



Technical Sgt. Lucelia Ball
Headquarters PACAF Public Affairs

"The most romantic thing my husband ever did for me was not on Valentine's Day, but was actually on Easter. He bought me a basket full of goodies: a dozen roses, a gigantic teddy bear and one of those huge Toblerone chocolate bars."



YNSN Cory Jenkins
USS Lake Erie (CG 70)

"My girlfriend wants to go skydiving, so I decided to surprise her and take her skydiving on Valentine's Day."



Belinda Whitlow
Headquarters PACAF Public Affairs

"The most romantic thing anyone has ever done for me was when my husband wrote me a love letter. Because it came from him and his heart, the words he actually took the time to write and express meant more than any card or gift he could buy me."



YN2 David Copeland
USS Columbia (SSN 771)

"The most romantic thing I will do for my girlfriend is this Valentine's Day. I got her a necklace from Tiffany's and I'm taking her to dinner at the Top of Waikiki."



First Lt. Jessica Tait
Headquarters PACAF Public Affairs

"The most romantic thing I have ever done for someone was when I hand-made 22 personalized cards for my (then) boyfriend's 22nd birthday. The process took me about two months to make, and each card was unique. I also wrote him every day when he was away for training, because letters are some of the best morale boosters in that environment."



Lt. j.g. Nick Hedjazi
USS Greenville (SSN 772)

"I surprised the girl. I told her I couldn't come, then I came to her house with flowers and a teddy bear."



SHSN Andrew Gonzalez
USS Paul Hamilton (DDG 60)

"We're going to the Star of Honolulu for Valentine's Day."



Provided by Lt. j.g. Eric Galassi and SrA Christopher Stoltz

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Commentary

Presidents Day is time to remember leaders' legacies

Vice Adm. William D. French

Commander, Navy Installations Command

As I write this, another snowstorm is bearing down on Washington, D.C. and we're wishing that spring was closer.

Just as the snow is approaching, so is a well-earned holiday on Monday, Feb. 17 — a day I hope you spend enjoying time with family, friends and great activities.

But as we enjoy the long weekend, I encourage you to remember that Presidents Day (less commonly known as Washington's Birthday), is more than a day off. The holiday offers us a great occasion to commemorate the presidency throughout our nation's history.

Since 1789, when George Washington took the oath of



Vice Adm. William D. French

office in New York City as the first president of the fledgling United States, only 44 citizens have served in our country's highest office and as our military's commander-in-chief. We owe them an enormous debt for their service, sacrifice and leadership.

The presidency isn't about

any one person. Rather, it is an institution. It's an institution that, with President Washington's example, was founded on a fundamental American value — an unwavering commitment to a free and democratic republic. During Washington's two terms, he laid the foundation for an office that discharged its duties with a commitment to the Declaration of Independence, the Constitution and the Bill of Rights and, most importantly, the values that shaped those documents.

While each president leaves a legacy, Washington stands apart from his peers because of the magnitude of his accomplishments in the face of overwhelming odds. He understood the importance of his role as the first president of the United States and realized the responsibility he had been entrusted with in leading and

building our young and fragile nation. His strength, integrity and vision of national purpose have been emulated by many presidents. It's what has made this country a strong and free global power.

Washington has been attributed with saying, "To be prepared for war is one of the most effective means of preserving peace." I believe this aligns perfectly with our mission within the CNIC enterprise — and what you do every day. At headquarters, the regions and the installations, we support those who prepare for war to preserve peace.

For that support you provide so well, I offer my thanks and my admiration for your continuing superb service to this nation. President Washington would be proud.

I wish you the best for a great Presidents Day — have a safe weekend.

Sailor honored for heroism during Pearl Harbor attack

Navy Mess Attendant 1st Class Doris Miller speaks during a visit to the Naval Training Station, Great Lakes, Ill. on Jan. 7, 1943. He is wearing the Navy Cross medal, awarded for heroism during the Pearl Harbor attack on Dec. 7, 1941. February is African American History Month.

Official U.S. Navy photograph



HO'OKELE

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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.

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15th Wing celebrates African American history

Story and photo by
Staff Sgt.
Alexander Martinez

15th Wing Public Affairs

Members of the 15th Wing gathered to celebrate African American history and reflect on notable figures of the civil rights movement during a luncheon Feb. 6 at the Hickam Officers Club.

The luncheon, hosted by the Hickam African American Heritage Association, featured guest speaker Chaplain (Maj.) Anthony J. Cook, the chaplain for the 130th Engineer Brigade (rear detachment). Cook highlighted the importance of honoring historical figures who paved the way for the freedoms all Americans enjoy today.

"It's unfathomable not having the basic freedoms we have today in America, things like sitting next to someone of another race on a plane," Cook said.

"These basic things that we don't even think twice about today are

possible because of the hard work and perseverance of the brave men and women of the civil rights movement."

Master Sgt. Dejnekki Peyton, 15th Aeromedical-Dental Squadron flight chief and an organizer of the luncheon, said the event is a time to reflect on what African American historical figures did for our country.

"This event is a great time to come together, learn and have a good time," Peyton said. "All of the presenters and organizers are passionate about being here, and it really reflects on the mood and energy."

The luncheon included poetry, a "Who am I?" reading of historical black figures, and a singing of the song "Lift Every Voice and Sing."

Col. Johnny Roscoe, 15th Wing commander, said it is always important and impactful when the wing members gather to celebrate diversity.

"I'm proud to be the commander of such a diverse and creative wing,"



Airman 1st Class Daniel Lee and Senior Airman Kelvin Johnson, 15th Aeromedical-Dental Squadron dental technicians, serve food at the African American History Month luncheon at Joint Base Pearl Harbor-Hickam on Feb. 6. (See additional photo on page A-5).

Roscoe said. "It truly makes me so happy to know we have people from all walks of life working together

that come together, to reflect on history's most outstanding freedom fighters."

Joint base hosts Native Hawaiian Cultural Communication Course

Story and photo by
Brandon Bosworth

Staff Writer

The Department of the Navy, in association with the Department of Defense (DoD) Office of the Deputy Under Secretary (installations and environment), hosted the 2014 Native Hawaiian Cultural Communication Course (NHCCC) on Feb. 4, 5 and 6. The event was primarily held at the Hickam Officer's Club, Joint Base Pearl Harbor-Hickam.

The NHCCC is designed to help DoD personnel better understand the department's consultation responsibilities and working relationships with Native Hawaiian organizations.

The NHCCC faculty included Native Hawaiian



Jeff Pantaleo, archaeologist at Naval Facilities Engineering Command Hawaii, talks about the Halealoha Haleamau Native Hawaiian burial vault during the 2014 Native Hawaiian Cultural Communication Course held Feb. 4-6 at Joint Base Pearl Harbor-Hickam.

specialists in history, culture, intercultural communication and consultation, and legal experts as well as

DoD program staff.

The course covered topics such as the history of the relationship between the United States government and Native Hawaiians, an introduction to Hawaiian concepts, culture and the intercultural communication process, and discussions of the DoD's consultation policy with Native Hawaiian organizations.

While the bulk of the training took place at the Hickam Officer's Club, participants also visited Halealoha Haleamau, a Native Hawaiian burial vault located in the unoccupied Fort Kamehameha housing area near the entrance of the Pearl Harbor channel.

The vault is a replica of a traditional Hawaiian burial platform and serves as a permanent repository for

Native Hawaiian burials recovered on the base since 1997. It is highlighted as an example of successful consultation between the DoD and the Native Hawaiian community.

Jeff Pantaleo, archaeologist at the Naval Facilities Engineering Command, Hawaii, was pleased with the 2014 Native Hawaiian Cultural Communication Course.

"We received a lot of positive feedback," he said. "Some of the topics or concerns the participants voiced included who to consult with, how consultation proceeds and finishes, and what to do if consults disagree with DoD or each other."

Pantaleo hopes to hold annual Native Hawaiian Cultural Communication Courses in the future.

COMPACAF all-call

Continued from A-1

that's what we need. We need a new way of thinking. We need bold and innovative leadership. We need to think of better ways to do what we're trying to do."

Despite the hardships, however, Carlisle said the Air Force's core responsibility remains the same.

"We can never lose sight of our job and why we do what we do. We owe it to the American people to produce the very best Air Force we can produce with the amount of resources they give us," Carlisle said. "We have to be able to do that job of defending this nation, so we have to build the best Air Force we can build with the resources we have."

Despite the unfortunate cuts PACAF will face in the future, Carlisle said this moral obligation to safeguard America is made possible by its supremely resilient Airmen.

"The work (PACAF Airmen) do is incredible. If you look at FY13, that had to be as bad a position as we could have possibly been put in," Carlisle said. "What you all did to make us the most effective we could possibly be—to be the best warfighting capability that we could possibly produce in the Pacific—was because of the work you guys did. My hats off to you. It was an incredible year."

"Thank you for everything you've done, thanks for being great Airmen, thanks for stepping up and doing what we ask you to do, and we will do everything in our power to take care of you."

Pearl Harbor-Hickam *Highlights*

Staff Sgt. Tamia Griffie, 15th Medical Operations Squadron mental health technician, sings the Star Spangled Banner during the African American History Month luncheon at Joint Base Pearl Harbor-Hickam on Feb. 6. The luncheon was hosted by the Hickam African American Heritage Association.

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



Senior Airman Joshua Braun, 15th Maintenance Squadron aerospace ground equipment (AGE) journeyman (right), performs routine maintenance on a low pressure air compressor as Tech. Sgt. Kekoa Uyeda, 154th Maintenance Squadron AGE craftsman (left), inspects the process in the KC-135 AGE shop at Joint Base Pearl Harbor-Hickam on Feb. 6.

U.S. Air Force photo by Master Sgt. Jerome S. Tayborn

Master Sgt. Rolando Layugan, 154th Maintenance Squadron aerospace ground equipment craftsman, performs routine maintenance on a boom trailer at the KC-135 AGE shop at Joint Base Pearl Harbor-Hickam.

U.S. Air Force photo by Master Sgt. Jerome S. Tayborn



Airmen from the 15th Aircraft Maintenance Squadron prepare to close the thrust reverse and engine accessory doors of a C-17 Globemaster III prior to performing routine maintenance on the aircraft on the flightline at Joint Base Pearl Harbor-Hickam on Feb. 4.

U.S. Air Force photo by Master Sgt. Jerome S. Tayborn



Gen. "Hawk" Carlisle, Pacific Air Forces commander, speaks during a "commander's call" for all PACAF personnel Feb. 4 at the Hickam Officers Club at Joint Base Pearl Harbor-Hickam.

U.S. Air Force photo by Staff Sgt. Nathan Allen

USS Buffalo Sailors recognized for life-saving blood donations

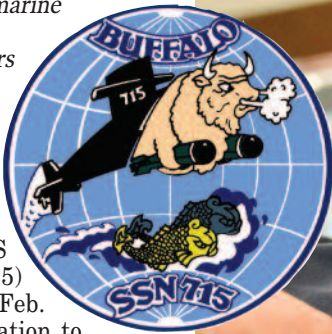
Story and photo by
MC1 Jason Swink

Commander Submarine
Force U.S. Pacific
Fleet Public Affairs
Office

The crew of the Los Angeles-class fast attack submarine USS Buffalo (SSN 715) was recognized Feb. 5 for their dedication to making life-saving blood donations to the Armed Services Blood Program (ASBP) during a donor appreciation ceremony at the Hickam Officers Club.

Brig. Gen. Dennis Doyle, commanding general at Pacific Regional Medical Command and Tripler Army Medical Center's (TAMC), presented plaques to Buffalo's commanding officer, Cmdr. Brian Tothero, and Logistics Specialist 3rd Class Dominic Tenn for their coordination and promotion of numerous blood drives throughout the year.

"The Tripler Blood Center col-



Electrician's Mate 2nd Class Daniel Wacek of Buffalo, N.Y. donates blood during an Armed Services Blood Program (ASBP) blood drive organized by the Los Angeles-class, fast attack submarine USS Buffalo (SSN 715).

lects about 6,000 pints annually, all of it donated by you volunteers," said Doyle during the awards luncheon. "That number alone is a testament to the world changing and lifesaving

power of volunteerism."

Tothero said the award isn't about his command, but more about recognizing the need for donating blood to the armed forces as a whole.

"My Sailors were not doing this for recognition," said Tothero. "They were doing it because it's the right thing to do."

The crew was motivated to give donations year-round by the stories of forward-deployed troops needing blood, some in excess of 40 units per person. Several Army and Marine units known for their strong blood drive support have been called up to go overseas recently, and the Buffalo Sailors saw the need to fill the gap created by their departure.

"One day, someone you know is going to be in need," said Tenn, the organizer for Buffalo's blood drive efforts. "A couple of pints can go a long way to help not just people in the Navy, but other service members as well as people in their families."

Guest speaker Shannon Wadziski, a military spouse, choked back tears to share her experience from an emergency surgery on Oct. 25 during which she received lifesaving transfusions from the ASBP.

"Thank you all for your generous and selfless gifts of dona-

tion," said Wadziski. "Without individuals like yourselves and the workplaces that allowed you the time to donate, I would not be here and would not have been able to kiss my children this morning."

ASBP provides quality blood products for service members, veterans and their families in both peace and war. As a joint operation among the military services (Army, Navy, Air Force, Marines), the ASBP has many components working together to collect, process, store, distribute and transfuse blood worldwide.

"Blood is needed all the time and year-round," said Tothero. "If the recognition from this award generates interest and increased donations even on a small scale, then this is the true meaning of the ASBP's donor recognition program."

The blood and blood products are used for patients of all ages, for many reasons from cancer patients to those with battlefield injuries. Military members and their families depend on blood donors every day.

15th Wing Staff Agencies highlight importance of resiliency during Wingman Day

Story and photo by
Master Sgt.
Jerome S. Tayborn

15th Wing Public Affairs

Airmen and civilians from the 15th Wing Staff Agencies (WSA) joined together Feb. 7 to participate in Wingman Day at Joint Base Pearl Harbor-Hickam.

This is a day that the Air Force has set aside to focus on Airmen and the camaraderie that they all share.

Col. Johnny Roscoe, 15th Wing commander, spoke to the 15th WSA team to kick off the event at the 535th Airlift Squadron conference room and told the group, "The work that you all do here is incredible."

Roscoe spoke briefly about the importance of Wingman Day and emphasized the importance of feedback.

"Wingman Day is the fundamental core to developing our Airmen," Roscoe said. "If we don't create a contractual agreement with our subordinates and build rapport, I worry we won't be strong enough to stop bad situations from happening. We need to lay out what's important to our Airmen and give them constructive criticism while assessing their performance. After all, giving feedback is critical."

After the opening comments, Tech. Sgt. David Scott, Professional Military Education Center and resiliency instructor, laid the foundation for the event by presenting a resiliency briefing that provided interactive activities for team building, communication, accountability and mission performance.

Scott challenged the participants to recall an instance in which they experienced resiliency



Airmen and civilians from the 15th Wing Staff Agencies work together to find clues for an icebreaker communication activity during Wingman Day at the Nelles Annex Chapel at Joint Base Pearl Harbor-Hickam held Feb. 7.

in their lives and shared a few with the group.

After the commander's call, the 15th WSA team gathered at the Nelles Chapel Annex for fellowship activities. Personnel were split up into several teams to compete in various teambuilding and communication exercises.

The healthy living-themed event encouraged everyone to share healthy nutritional facts and cooking ideas with each other. Participants brought in their favorite healthy living recipes which ranged from juice mixes to avocado-chocolate ice cream.

The event concluded with a

bowling competition, and the winning team received a squadron trophy for their abilities to work together as the most effective team.

For Airman 1st Class Cameron Geiger, 15th Comptroller Squadron customer service representative, this was his first Wingman Day — having only been at Hickam for three days.

"Wingman Day was a good experience all around," said Geiger. "The morale for this event seemed really high. Everyone was having a good time while learning something educational at the same time. I really enjoyed how different people defined what resiliency meant to them and how they gave their own specific instances where they had experienced resiliency in their lives. Today helped me to realize that I have always been a resilient Airman."

Life & Leisure

Summer league champs Port Royal open with win

B

Seaman Michael Elzen shoots from the corner.

Story and photos by
Randy Dela Cruz

Sports Editor

Seaman London Waldon goes up for two of his game-high 21 points.

Led by the shooting of team captain Seaman London Waldon, USS Port Royal (CG 73) broke out to a 33-9 lead in the first half and then cruised to a 46-25 victory over USS Asheville (SSN 758) on Feb. 8 in an Afloat Division intramural basketball game at Joint Base Pearl Harbor-Hickam Fitness Center.

Waldon pumped in 13 points in the first half and finished with a game-high 21 to set the pace for Port Royal, which ran out to a 12-0 lead in the first three minutes of play.

"We just have to play like we're down," said Waldon about the team's fast start. "We still got something to prove out here. We know we're the defending champs of afloat and of the summer league, but anybody can come up and take our spot. So we got to come out hunting and take care of business."

Although the team's 12-0 lead was interrupted by an Asheville basket, Port Royal was off and running again on an 11-0 run after a shot by Seaman Michael Elzen put the team up by 20 at 23-3 with 7:30 to go in the first half.

Halftime did very little to slow down Port Royal's attack as the team immediately resumed its torrid pace in the second half.

Coming out of the break, Waldon sped down court on a fast break and banked in a lay-up off the glass for a 35-9 advantage.

"Me as the team captain, I just got to make sure to

bring the intensity," said Waldon about his high-energy performance. "I want everybody on my team to play just as good as I can. So I got to set the tone for everybody."

While Waldon and his teammates had no problem breaking the Asheville defense, Port Royal's swarming press was in total command on the other side of the court.

Waldon said that Port Royal's strong defense is what gets the team going full speed ahead.

"Defense is the key to winning games," he acknowledged. "As long as we stop them on defense, we can work our offense. We got a ton of good players on our team, so we can score. We just got to make sure that we play defense."

Besides the effort of Waldon, Port Royal got a boost from the play of Electronics Technician 3rd Class Anthony Hawkins and his wife Mana, who was a former all-state forward for Konawaena High School and a later went on to star for Hawaii Pacific University.

Hawkins contributed six points on three baskets, all in the first half, while Mana matched his total with two baskets and a couple of free throws.

For Port Royal, after failing short in the intramural playoffs last year, the team finally had a breakout season when it won the base's Summer Basketball League championship back in October.

Waldon said that while the win over Asheville was only the first game of the season, he likes Port Royal's chances of going all the way this time around.

In addition to the team's talent, Waldon said that this year's Port Royal squad is hungry for the title.

"Hungry isn't even the word, we're starving," he said. "This could be the year. We got good guys, we got good people and we got good shooters. We also got a big man down there. I'm actually pretty confident that we'll play through it this year."

Electronics Technician 3rd Class Anthony Hawkins goes for a jump shot.

Mana Hawkins attacks the basket.

Chung-Hoon overcomes slow start to rout Bremerton

Story and photo by
Randy Dela Cruz

Sports Editor

It took awhile for USS Chung-Hoon (DDG 93) Koa Kai to get started, but once the team got on a roll, there was no stopping it, as Chung-Hoon trounced USS Bremerton (SSN 698), 49-25, on Feb. 8 in an Afloat Division intramural basketball matchup at Joint Base Pearl Harbor-Hickam Fitness Center.

Despite getting off to a slow start in the first half, Chung-Hoon finally grabbed a 10-point lead on a shot by Chief Cryptologic Technician (Collection) Josh Smith with only 1:20 remaining before halftime.

Up by 20-8 at the break, Chung-Hoon came out in the second half in a blaze and promptly went on a 19-0 run with 9:38 remaining to seize full control of the game.

Chung-Hoon head coach Chief Gunner's Mate Marcus Rodgers said that once the team shook off the cobwebs in the first half, things just fell into place.

The win got Chung-Hoon's season off to a solid start, while Bremerton has now lost two games in a row to fall to 0-2.

"The lineup that we used was the first time that we used it," said Rodgers about the team's slow first half. "It was the first game of the season, so we had a little kinks, a little butterflies, but you saw we worked through it."

From the start of the second half, Chung-Hoon guard Yeoman 2nd Class Terrance DuBose made



Yeoman 3rd Class Jerrod Turner, guard for USS Chung-Hoon (DDG 93) Koa Kai, penetrates the lane to score two of his six points.

certain that the team wouldn't repeat its struggles in the first half.

Held to only one basket prior to the break, DuBose came out of intermission on fire and quickly put Chung-Hoon ahead at 28-8 on two long shots from beyond the three-point arc and a two-pointer from the perimeter.

"I just felt like I needed to make more shots and help my teammates get involved," said DuBose, who finished with 10 points. "It was just second half adjustments by the coaches. We wanted to see

numerous turnovers into easy baskets.

"I just told my point guards that we're faster than them, so go get them," Rodgers said. "They can't hold the ball. Let's go put the press on them. That's probably our best weapon we got that you'll see throughout the season is our press. We got some quick guys with quick hands and quick feet and they play good defense."

Although DuBose led the team in scoring, he wasn't the only one on Chung-Hoon to get in the scorer's column.

"I just told my point guards that we're faster than them, so go get them."

—Chief Gunner's Mate Marcus Rodgers

if we could move the ball more and get open shots by spacing the floor. We just got back to playing team ball."

Rodgers said that the hot shooting of DuBose did the trick to kick-start his offense and admitted that the guard's timely shots may have been the turning point.

"He started hitting his shots and everybody else built off of that," he said.

While DuBose got Chung-Hoon on track on offense, his hot shooting also seemed to energize the team on defense as well.

During the 19-0 run in the second half, Chung-Hoon consistently pressed the ball and turned

A total of 10 of the team's 16 players scored for Chung-Hoon, which also got six points apiece from three different players.

The win was a good way to start the season for Chung-Hoon, which is trying to reach the championship finals as it did two years ago.

Although Rodgers pointed out that this is a totally different team from the 2012 squad, he believes that Chung-Hoon has what it takes to make it back to the big dance.

"Every year is going to be different," he acknowledged. "But I think we can win it all. I think this team ranks among the best we've had."

Navy Region Hawaii provides social media training

Anna Marie General

Joint Base Pearl Harbor-Hickam Public Affairs

Social media is a cost-effective and efficient way to disseminate information in the government today. It allows commands to engage with their fans and followers to instantly deliver the command message while ensuring policy guidelines are met.

In a recent briefing, Chief Mass Communications Specialist John Hageman, Navy Region Hawaii, conducted social media training to help various departments, such as the Hickam Library and the Joint Base Pearl Harbor-Hickam Coalition for Sailors Against Destructive Decisions (CSADD), better understand the use of government Facebook pages.

"Having the knowledge and the tools for properly administering a government Facebook page is more valuable now than ever," Hageman said. "With more than 500 million Facebook users worldwide, it is truly a huge communication tool. The ability to instantly connect with people and update your audience in real time is an amazing tool."

The topics of discussion included the differences between government and personal Facebook pages, Department of Defense (DoD) regulations, endorsements, how to reply to questions and feedback, the simple do's and don'ts, knowing their stakeholders and how to get the word out.

While social media has been a strategic tool in the government to communicate with stakeholders and target audiences, it's best to keep in mind the best practices of operation security (OPSEC) and the policies of the DoD while continuing to communicate effectively.

Navy Region Hawaii Public Affairs plans to provide bi-weekly social media training and guidance to departments with government Facebook pages to help provide awareness and improve communication with the use of new media technology.

For more information on social media guidance, visit the Navy's Chief of Information (CHINFO) slideshare at <http://www.slideshare.net/USNavySocialMedia>, the Naval OPSEC at <http://www.slideshare.net/NavalOPSEC> or the DoD Social Media Hub at <http://www.defense.gov/socialmedia/>

NEX celebrates Chinese New Year



Photo by Rochelle Apo

Lung Kong Physical Culture Clubs of Hawaii performed a traditional Chinese New Year Lion Dance on Feb. 2 at the Pearl Harbor Navy Exchange mall. This is the Year of the Horse in the Chinese zodiac.



HO'okele Online

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

Two rallies are enough for Tigers to beat Ballers

Story and photo by
Randy Dela Cruz

Sports Editor

The 324th Intelligence Squadron (324 IS) Tigers pulled away in the first half, but had to do it again in the second half to earn a tough victory against the Joint Prisoner of War/Missing in Action Accounting Command (JPAC) Ballers, 39-25. The contest was played on Feb. 11 during a battle of unbeaten Red Division teams at Hickam Fitness Center, Joint Base Pearl Harbor-Hickam.

The win kept the Tigers in a tie for first place with a record of 3-0, while JPAC dropped their first game of the season and fell to 2-1.

"I think it all starts with our defense," said Tigers shooting guard Master Sgt. Jarrod Gates, who came up with a couple of clutch three-pointers in the first half. "We move as one unit, so even if we get down in a game, our offense is slow, our defense keeps us in. That's really what it was all about."

In the first minutes of the game, both teams fought back and forth with JPAC holding a slight 9-8 lead at around the 8:00 mark.

Then Gates began to warm up by knocking down a trey to put the Tigers out in front for the first time in the game at 11-9.

Although Tech. Sgt. Jorge Verlejo answered with a basket to tie the score, the deadlock was only temporary as the Tigers came back with a barrage of three-pointers to take command of the game



Airman 1st Class Omar Vidro goes up for the first of two back-to-back lay-ups to put 324th Intelligence Squadron (324 IS) Tigers up by 10 points late in the game.

heading into halftime.

First, back-to-back treys by Tech. Sgt. Tim Harris and Gates raised the Tigers' lead to 20-11 before Airman 1st Class Brian Vanderpool hit another trey to complete a 12-0 run before the break.

At halftime, Ballers head coach Maurice Honeywood, a Department of Defense civilian, told his team to keep on fighting despite being down by eight points.

Honeywood said that mistakes cost the team in the first half but felt that the Ballers weren't out of the game just yet.

"I told the team, one play at a time," Honeywood stated. "There is no way we're going to catch up eight points on one shot. So, one play at a time."

Then two free throws by Tech. Sgt. Terrance Gist raised the lead to six before Airman 1st Class Omar Vidro slid past the defense for two lay-ups to give his team full control of the game.

Gates added another trey and Gist scored a basket to round out the final score.

"It was intensity, and our coaches put us in situations offensively to get some open looks down low," said Gates about the team's strong finish to close out the second half. "We were relying on the jump shot too much, so we needed to get in the paint a little bit."

Following the game, Honeywood said that while it was a tough loss to swallow, he strongly believes that the Ballers will bounce back.

"I told the team, one play at a time. There is no way we're going to catch up eight points on one shot. So, one play at a time."

—Maurice Honeywood

The halftime speech seemed to reignite the Ballers attack as the team outscored the Tigers, 8-2, after the break and pulled to within a basket at 25-23 on a putback by Master Sgt. Rick June with 11:38 remaining in the game.

However, that was as close as the Ballers would get as the Tigers scored the next eight points to take a double-digit lead at 33-23.

Senior Airman Raymond Garay-Paravisini started the game-ending rally by scoring on a shot inside the paint.

"I still think we're still trying to blend," he admitted. "I don't see this as a setback. It just demonstrates that we need some work. The season is early and there's plenty of basketball left."

Meanwhile, Gates said that there is no secret to the Tigers' success. They just need to keep doing what they've been doing all season long.

"We need to keep playing as a team, pull together defensively and just take it one game at a time," he said.

Museum panel highlights legacy of African American military aviators

Pacific Aviation
Museum Pearl Harbor

A panel of distinguished speakers visited the Pacific Aviation Museum Pearl Harbor on Feb. 8 to discuss the legacy of the first African American military aviators to serve during World War II.

The speakers included retired U.S. Air Force Lt. Col. Alexander Jefferson from Michigan, Hawaii's own Tuskegee Airman Philip Baham, Dr. Dorothy Goldsborough, and a panel of members of the Baham Goldsborough Chapter of the Hawaii Tuskegee Airmen.

The hangar talk, "Tuskegee Airmen Then and Now," in the museum theater was followed with a meet and greet event in the gallery.

Jefferson flew P-51s with the "Red Tail" 332nd Fighter Group 301st Fighter Squadron escorting B-17s and B-24s. He was shot down over Germany after flying 18 long range missions and was a prisoner of war for nine months. After the war, he

became a science teacher and later an assistant principal in the Michigan school system. He is the author of "Red Tail Captured, Red Tail Free: Memoirs of a Tuskegee Airman and POW."

One of the original WWII Tuskegee Airmen, Baham was drafted into the Army Air Corps at 21 years of age and served as crew chief assigned to the 377th Composite Group at Tuskegee Field.

Dr. Dorothy Goldsborough, is a professor emerita at Chaminade University and a lecturer at University of Hawaii Manoa. She is the wife of the late Romaine Goldsborough, another documented original Tuskegee Airman who served in the 332nd Fighter Group during World War II.

Other panel members were Mario Taryer, Tuskegee Airmen Hawaii Chapter vice president, and Master Chief Dewayne Barnes of Marine Corps Base Hawaii.

For more information on the museum, call 441-1007, email Education@PacificAviationMuseum.org or visit online at www.PacificAviationMuseum.org.



Photos courtesy of Pacific Aviation Museum Pearl Harbor

The hangar talk "Tuskegee Airmen Then and Now" took place Feb. 8 at Pacific Aviation Museum Pearl Harbor. February is African American History Month.

First Tee of Hawaii grant program deadline is announced, Feb. 28

Enrollment for the First Tee of Hawaii life skills program ends Feb. 28. The First Tee of Hawaii junior golf program that teaches youth 6 to 18 years of age its life skills education curriculum through the game of golf is offering a Department of Defense grant that provides the program to active duty, Reserve and National Guard children at no cost. For more information, visit the website at www.thefirsttee.hawaii.org

Programs are conducted on Oahu at Bay View Driving Range & Golf Course-Kaneohe, Joint Base Pearl Harbor-Hickam Par 3, Hawaii Kai Golf Course,

Hawaii Country Club-Kunia Road, Hoakalei Country Club in Ewa Beach and Turtle Bay Links.

The First Tee of Hawaii is a nonprofit organization and a chapter of the First Tee national organization that has more than four million young people enrolled in its chapters throughout the USA, Ireland, Japan, Australia, New Zealand and Singapore.

For information on how to enroll your child prior to the deadline, contact Ken Zitz at kwz711@hawaii.rr.com or call 478-3466 or Kellan Anderson at kellananderson@yahoo.com or call 599-0996.



Photo courtesy of First Tee of Hawaii

First Tee of Hawaii junior golf program has a Department of Defense grant that expires Feb. 28.

Events planned for African American History Month in February

Several upcoming events have been planned for African American History Month. They include:

- Saturday, 6 p.m., the Hickam African American Heritage Association will host a Gospel Fest and Taste of Soul at Nelles Chapel on the Hickam side of the joint base. The food judging categories will include meats, sides and desserts.

- Feb. 18, 10 a.m., a Joint Base Pearl Harbor Hickam African American History Month observance at the Pearl Harbor Memorial Chapel, building 1601. The

guest speaker will be CSCM (SW/AW) Rory Bacon.

- Feb. 22, beginning at 1 p.m., the Hickam African American Heritage Association will host a Gospel Fest and Taste of Soul at Nelles Chapel on the Hickam side of the joint base. The food judging categories will include meats, sides and desserts. For more information or to submit a dish, send your name, contact number and the dish you wish to bring to

Tech Sgt. Sharlana Griffin at 448-6211 or email sharlana.griffin@us.af.mil, or call Tech Sgt. Tiffany Storman at 433-6775.

The national and Department of Defense theme for this year's observance is "Civil rights in America," highlighting the important milestones by African Americans and others in the battle for civil rights and equal treatment under the law.

Scholarship opportunity available to Hickam Communities residents

Hickam Communities
LLC

WinnCompanies, the firm providing the property management and maintenance services at Hickam Communities, is offering a scholarship opportunity to residents.

"In furtherance of our objective to enhance the lives of all that we serve, high school seniors, high school graduates and GED graduates living in communities managed by WinnCompanies or its affil-

ates are invited by the board of directors of WinnCompanies to apply for scholarship grants for the 2014-2015 academic year, to be awarded in May 2014," stated Gilbert Winn, managing principal of WinnCompanies.

Four Hickam Communities residents were awarded WinningEdge Scholarships last year.

Residents who are pursuing some form of higher education in a community college, college, university, or trade/ professional school

can apply for scholarship grants starting at \$1,000.

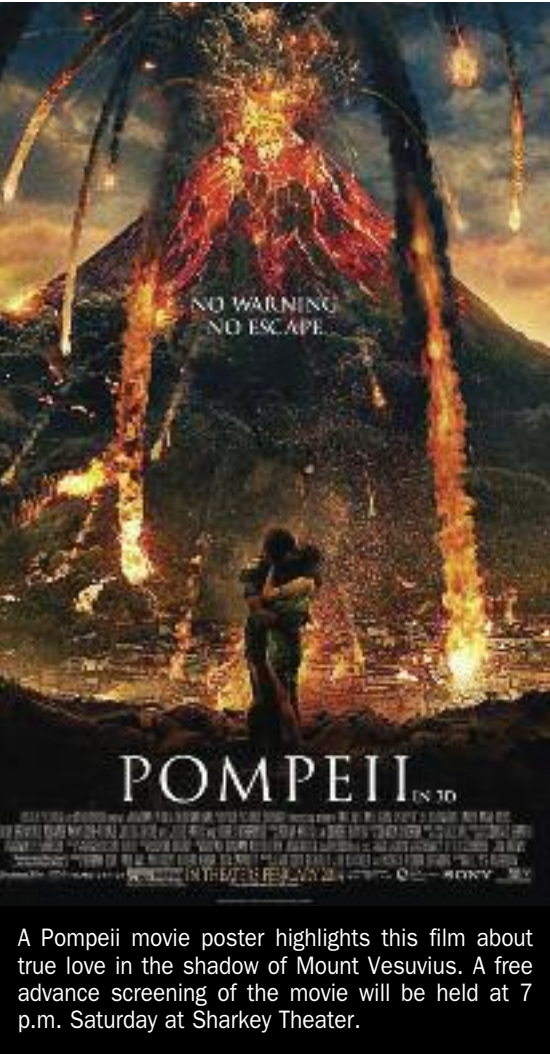
Those who are interested can log on to www.hickamcommunities.com/go/WinningEdge to download the full application packet and eligibility details to find out if they or a member of their family are eligible for a scholarship.

All completed applications need to be submitted no later than April 2 for consideration to Hickam Communities housing office at 211 Mercury St. or its leasing office at 200 Kokomalei St.



Live the Great Life

Sharkey Theater to hold advance screening of ‘Pompeii’ Saturday evening



A Pompeii movie poster highlights this film about true love in the shadow of Mount Vesuvius. A free advance screening of the movie will be held at 7 p.m. Saturday at Sharkey Theater.

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation

A free advance screening of the movie “Pompeii” will be held at 7 p.m. Saturday at Sharkey Theater, Joint Base Pearl Harbor-Hickam.

This film stars Carrie-Anne Moss, Kit Harrington, Kiefer Sutherland and Emily Browning.

This action-adventure is about a slave-turned-gladiator who finds himself in a race against time to save his true love, who has been betrothed to a corrupt Roman senator. While Mount Vesuvius erupts, he must fight to save his beloved as Pompeii crumbles around him.

Pompeii will be released on Feb. 21, but Sharkey Theater will provide a sneak peek prior to the release date for Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation patrons.

The screening is free to the first 400 authorized patrons. The ticket booth and doors will open at 5:30 p.m. The movie is rated PG-13.

Military ID cardholders can reserve up to six tickets. Department of Defense and retiree cardholders can reserve up to four tickets.

For more information, call 473-0726.



Patrons shop at the MWR Super Garage Sale.

MWR Marketing photo

Find treasures at MWR Super Garage Sale

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation

The MWR Super Garage Sale sponsored by Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation will be held from 8 a.m. to noon Saturday at Richardson Field, across from Aloha Stadium.

Parking is available at Rainbow Bay Marina, and overflow parking will be at Aloha Stadium for a minimal cost. No pets are authorized on the field or at the event.

The event will include handmade crafts, clothes and other items.

The garage sales are held quarterly. The event is open to the public, so the crowds feature military and civilian shoppers.

“Our customers love the super garage sale. Whether they are selling or buying, it’s a hit every time,” said Lara Katine, special events director.

For more information, check www.greatlifehawaii.com for the next super garage sale date, with registration for sellers opening up two months in advance.

Your Weekly Fun with MWR

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



Teen Valentine’s Day Social will be held from 6 to 9 p.m. tonight at the Hickam Teen Center. The event includes food, games, music and a photo booth. Registration forms can be downloaded from www.greatlifehawaii.com. FMI: 448-0418.

Valentine’s Day Popcorn and Bowling Combo will begin at 7 p.m. tonight at Sharkey Theater. Patrons can receive a small bag of popcorn free, then bring their movie ticket to the Naval Station Bowling Center and receive a free game of bowling for each movie ticket purchased. The offer is good tonight until the bowling center closes at 11 p.m. FMI: 473-0726.

Valentine’s Day Is For Bowling Lovers will be held from 7 to 9 p.m. tonight at Naval Station Bowling Center. Patrons can bowl one free game for themselves and their significant other. FMI: 473-2574.

Presidents’ Day All-Nighter will begin at 9 p.m. Sunday at JR Rockers Sports Café. The dress code will be strictly enforced. No T-shirts, shorts, flip-flops, athletic wear (includ-

ing baseball caps), gang-related apparel (such as vests), etc. will be allowed. Active-duty enlisted Air Force and Navy are welcome if they are 18 or over; 21 and over for all other authorized guests. FMI: 448-2271.

Ford Island Historical Tour will be held from 8:30 to 10:30 a.m. Feb. 19 departing from Rainbow Bay Marina parking lot. FMI: 448-2295.

All-Military Bowling Tryouts will begin at 10 a.m. Feb. 19 at Hickam Bowling Center and at 10 a.m. Feb. 20 at Naval Station Bowling Center. The top six men and and top four women will advance to the Hawaii All-Military Bowling Tournament in April. The event is open to all active-duty Navy and Air Force personnel. FMI: 473-2651.

Free Junior Golf Clinic will begin at 4 p.m. Feb. 19 at Barbers Point Golf Course. FMI: 682-1911.

MWR Newcomers Luncheon will be held from 11 a.m. to 12:30 p.m. Feb. 19 at the Tradewinds Enlisted Club Ballroom. Patrons

who are new to the base can receive a free buffet lunch. The event will also include MWR information booths, sponsor tables and giveaways in the ballroom. Patrons can bring the whole family because activities will be available for children. The event is open to all military-affiliated personnel. FMI: www.greatlifehawaii.com.

Joy of Acrylic Painting will be held from 10 a.m. to noon on Thursdays from Feb. 20 to April 30 at the Hickam Arts & Crafts Center. This class is designed to teach painting techniques with acrylics on canvas. Knowing how to draw or paint is not required. FMI: 448-9907.

Home-School Water Color will be held from 1:30 to 3 p.m. on Thursdays From Feb. 20 to March 27 at the Hickam Arts & Crafts Center. The class is open to youth age 8 years old and older. Brush techniques and paper information will be taught as they paint. FMI: 448-9907.

Youth Spring NFL Flag Football Registration ends Feb. 21. The sport is open to youth ages 5 to 15 years old. The season runs from March to June. FMI: www.greatlifehawaii.com or 473-0789.

USATF Track and Field Registration ends Feb. 21. The sport is open to youth ages 9 to 18 years old. The season runs March to August. The fee does not include USATF membership. FMI: www.greatlifehawaii.com or 473-0789.

Valentine’s Special: Couples Massage will be held from now through Feb. 28 at Hickam Fitness Center Spa. A 24-hour cancellation policy applies for all appointments. FMI: 448-2214.

Paddleboarding Kahana Stream will begin at 9 a.m. Feb. 22 departing from the Outdoor Adventure Center at the Fleet Store. The Kahana Stream is located on the eastern side of Oahu. Participants need to sign up by Feb. 20. FMI: 473-1198.

Learn to Spearfish will begin at 9 a.m. Feb. 22 and Feb. 23 at Outdoor Recreation-Hickam Harbor. Participants need to sign up by Feb. 19. On the first day, class is held at the pool. On the second day, depending on skill level, usually two ocean dives from the boat are completed. Participants need to bring a mask, fins and snorkel. FMI: 449-5215.

Day Hike: Ehukai Pillboxes will begin at 9 a.m. Feb. 23 departing from the Outdoor Adventure Center at the Fleet Store. Participants need to sign up by Feb. 20. Once used as military bunkers, these two concrete structures stand as lookout points. FMI: 473-1198.

February Service Special: Brake Inspection will be held from now through Feb. 28 at Hickam Auto Skills Center. Patrons can go to the Hickam Auto Skills Center for a free brake inspection. Walk-in inspection is offered on space-available basis. FMI: 449 2554.

Morale Welfare & Recreation

CHINATOWN FOOD, HISTORIC TOUR

A tour of Honolulu’s Chinatown featuring a traditional dim sum lunch will take place from 8:45 a.m. to 12:45 p.m. Feb. 22. The tour departs from Tickets & Travel-Hickam. FMI: 448-2295.

UFC 170 IN HD

Watch Women’s Bantamweight champion Rhonda Rousey vs. former Olympian Sara McMann in a mixed martial arts event live from Mandala Bay Events Center in Las Vegas, on Feb. 22 at J.R. Rockers Sports Cafe. Doors open at 3 p.m. FMI: 448-2271.

FREE GOLF CLINIC

There will be a free golf clinic beginning at 9 a.m. Feb. 22 at Mamala Bay Golf Course. FMI: 449-2304 or 449-2305.

PRESCHOOL STORY TIME

Preschool story time will be held from 9 to 10 a.m. Feb. 26 at Hickam Library. The theme will be “storytime bugs.” FMI: 449-8299.

LEARN TO SURF AT HICKAM HARBOR

A learn to surf class will begin at 9 a.m. March 1 at Outdoor Recreation-Hickam Harbor. Professional instructors will teach the basics from standing and paddling to catching waves and angling down the wave. Participants must be able to swim without a lifejacket. Registration deadline is Feb. 26. FMI: 449-5215.

FAMILY HIKE, SWIMMING

There will be a hike to Makapu’u Lighthouse followed by a swim at Pele’s Chair at 9 a.m. March 2. Departures are from the Outdoor Adventure Center at the Fleet Store. The deadline for registration is Feb. 27. FMI: 473-1198.

FORD ISLAND BRIDGE RUN REGISTRATION

Registration for the Ford Island 10K Bridge Run is ongoing through March 21. This is one of the largest 10K runs on Oahu. The starting gun for the 17th Annual Ford Island Bridge Run goes off at 7 a.m. April 5. Applications are available at www.greatlifehawaii.com. FMI: 473-0784 or 473-2437.

Community Calendar

FEBRUARY

17 — In support of the 30th annual Great Aloha Run on Presidents Day, Joint Base Pearl Harbor-Hickam Borchers Gate will be closed during the race and Center Drive and Radford Drive will not be accessible via Kamehameha Highway. Also, from 7 a.m. until 11 a.m., Luapele Gate will be open and Makalapa Gate will be open inbound and modified outbound to allow east-bound traffic. The 8.15-mile race will start at sunrise from the Aloha Tower Marketplace, wind down Nimitz and Kamehameha Highways and end at the Aloha Stadium. FMI: <http://www.greataloharun.com>.

18, 19 — Tripler Army Medical Center Blood Donor Center has updated its schedule of upcoming blood drives as part of the Armed Services Blood Donor Program. Currently scheduled drives include Feb. 18, 11 a.m. to 3 p.m. at NEX Tripler Army Medical Center; and Feb. 19, 10 a.m. to 2 p.m. at 15th Aircraft Maintenance Squadron, Joint Base Pearl Harbor-Hickam. FMI: 433-6699 or 433-6148 or email michelle.lele@amedd.army.mil.

20 — Naval Health Clinic Hawaii will hold a Healthy Heart Fair and Great American Spit-Out Awareness Day from 10:30 a.m. to 1 p.m. at the Pearl Harbor Navy Exchange mall rotunda to promote health and tobacco-free living. FMI: 471-2280 or 473-2444, ext. 507.

MARCH

1 — The Hui ‘O Na Wahine will host the second annual mock dining in at 5 p.m. at the Nehelani Club, Schofield Barracks. Email huischofield@gmail.com or seek out a board member to purchase tickets. The tickets are \$25 and are on sale until Feb. 24. FMI: <http://www.schofieldspousesclub.com>.

10 — The Hickam Officers’ Spouses Club is currently accepting scholarship applications from all college bound military family members, including high school seniors, current college students and spouses. Family members from all branches of service are eligible. The deadline is March 10. FMI: <http://www.hickamosc.com/> or email scholarships@hickamosc.com.

AT A GLANCE

A virtual roll call initiative is a new way to compete for “space available” seats. It is intended to serve as a convenient option for travelers. Those who choose to participate in the virtual roll call will no longer be required to attend the traditional “in person” roll call at the passenger terminal. Flight information, scheduled roll call times and competition for space available seats can be done from home or lodging, using an e-mail address. FMI: 449-6833 option 7 or www.facebook.com/HickamAMC.



THE SECRET LIFE OF WALTER MITTY (PG)

A daydreamer escapes his anonymous life by disappearing into a world of fantasies filled with heroism, romance and action. When his and a co-worker’s jobs are threatened, he takes action in the real world embarking on a global journey that turns into an adventure more extraordinary than anything he could have ever imagined.

Movie Showtimes

SHARKEY THEATER

TODAY 2/14

7:00 PM August: Osage County (R)

SATURDAY 2/15

2:30 PM (3D) The Legend of Hercules (PG-13)

5:30 PM Free advanced screening of “Pompeii.” Ticket booth will be open at 5:30 p.m. for ticket distribution. Movie starts at 7:00 p.m. The showing is free to the first 400 authorized patrons.

7:00 PM Sneak preview-Pompeii (PG-13)

SUNDAY 2/16

2:30 PM Walking with Dinosaurs (PG-13)

4:40 pm Lone Survivor (R)

7:10 pm August: Osage County (R)

THURSDAY 2/20

7:00 PM Ride Along (PG-13)

HICKAM MEMORIAL THEATER

TODAY 2/14

6:00 PM The Wolf of Wall Street (R)

SATURDAY 2/15

4:00 PM The Secret Life of Walter Mitty (PG)

7:00 PM Paranormal Activity: The Marked Ones (R)

SUNDAY 2/16

2:00 PM Walking with Dinosaurs (PG)

THURSDAY 2/20

7:00 PM Lone Survivor (R)



Sesame Street book teaches kids about resilience

Terri Moon Cronk

*American Forces
Press Service*

The Defense Department and Sesame Street have unveiled a book and DVD to help develop resilience in young children.

Barbara Thompson, the director of the office of family policy/children and youth, said “Little Children, BIG Challenges” lets military children know that challenges are a part of life. Whether a child struggles with sitting quietly at the dinner table or faces a bully at school, the beloved Sesame Street characters can help.

After several collaborations initiated by Sesame Street on topics such as grief, DOD wanted to “get ahead of the game,” Thompson said, and produce something that was preventive in nature.

So “Little Children, BIG Challenges” was born.

“We wanted to build resilience and coping skills in young children [for] some of the everyday challenges young children face,” she said.

Whether a child’s challenge is large or small, the goal was to teach them to cope with and manage their

emotions, stay positive, and give them tools to overcome adversities in life, Thompson said.

A chapter on bullying, for example, teaches preschool children skills that they can use later in school, Thompson noted.

“We want to make sure they know how to diffuse [a situation], how to respond to it and know they can seek help,” she added.

“If we start ingraining those habits into children, that it’s not OK for somebody to be disrespectful to them or hurt their feelings, and they have the skills and the coping mechanisms to react to it, they will know what to do,” Thompson said.

The DVD isn’t something children can watch alone for entertainment, she said, calling it a “learning experience” that requires an adult to watch and discuss it with them.

While most Sesame Street shows, books and DVDs are geared toward young children, the coping mechanisms taught in “Little Children, BIG Challenges” will show parents how to pass those skill sets along to their older children in middle and high school, Thompson added.

“Parents can translate it to an older child at his or her

developmental level,” she said.

Sesame Street’s follow-up research and evaluation on its first military child product showed “very positive feedback” from parents who said it helped them help their children understand the issue. All materials are in English and Spanish and are downloadable at Military OneSource.

Additionally, a free Sesame Street phone app was recently launched on relocating. “The Big Moving Adventure,” Thompson said, is in the top five of apps for children younger than 5 years old.

Even though the Iraq war has ended and Afghanistan’s war is drawing to a close, the Sesame Street series for military children will still be available in peacetime, Thompson said, because other missions will evolve and similar circumstances will arise, such as frequent military moves, sibling rivalries and divorce.

“When they have the skills to label their feelings and to validate it’s okay to feel happy or sad, and when we give kids the skills to verbalize and understand themselves, that self-regulation is probably the greatest gift we can give a child,” Thompson said.



MWR Marketing photo

The Sesame Street USO Experience for Military Families presented a pair of free afternoon shows for military kids and their parents Nov. 17 at Hickam Gym, Joint Base Pearl Harbor-Hickam. The Defense Department and Sesame Street have unveiled a book and DVD to develop resilience in young children, called “Little Children, BIG Challenges.”

Shipyard to hold career fair March 1 at HCC



U.S. Navy photo by David Tomiyam

(From left), Lauren Thompson, Pearl Harbor Naval Shipyard, code 2301, and Chelsea Yung, shop 38, explain to Ron Mizutani of KHON Channel 2 how a submarine hydraulic actuator works. The demonstration was during a live Wake Up 2day segment on Feb. 6 at the KHON studios. The shipyard representatives highlighted the apprentice and engineer career fair, which will be held from 1 to 5 p.m. March 1 at Honolulu Community College (HCC). The shipyard plans to hire 70 engineers and bring on more than 100 apprentices in 2014.

COLA Living Pattern Survey available through Feb. 28 at online site

The Cost of Living (COLA) Living Pattern Survey is now online and will be available through Feb. 28.

Service members are asked to help the Department of Defense (DoD) determine what Hawaii COLA should be by taking the COLA Living Pattern Survey. The survey provides DoD with crit-

ical information for determining rates for Hawaii. The survey takes approximately 30 minutes to complete.

The data collected identifies the types of the local economy outlets where military members shop and the amount each of these outlets are used by military members. DOD then compares the prices in Hawaii

to averages in the continental United States and the resulting COLA reflects the difference.

Visit www.defense.travel.dod.mil/site/lps-hawaii.cfm to take the survey. This link is also available at www.pacom.mil by clicking on the graphic that says “COLA Living Pattern Survey Hawaii.”

TRICARE Service Center walk-ins to end April 1

Naval Health Clinic Hawaii

Keeping up with the rapidly increasing number of TRICARE beneficiaries who most often turn to a laptop or cell phone when they have questions, walk in service at Naval Health Clinic Hawaii (Makalapa Clinic and Kaneohe Bay Clinic) TRICARE Service Center (TSC) will no longer be available as of April 1. Find out more at www.tricare.mil/TSC.

Naval Health Clinic Hawaii patients still have a wide variety of secure, electronic customer service options available through www.tricare.mil. The new “I want to ...” feature puts everything beneficiaries want to do online on the front page of www.tricare.mil.

When walk-in service ends April 1, beneficiaries who want to get personal assistance can call UnitedHealthcare Military & Veterans at 1-877-988-9378 or visit their website at www.uhcmilitarywest.com for enrollment and benefit help.

All health care, pharmacy, dental and claims contact information is located at

www.tricare.mil/ contactus. Beneficiaries can get 24/7 TRICARE benefit information at www.tricare.mil, and make enrollment and primary care manager changes and more online at www.tricare.mil/enrollment.

Rather than driving to an installation TSC, TRICARE beneficiaries can even combine high-tech with low-tech by downloading health care forms online and sending them through the U.S. mail – at a cost of less than 50 cents.

Walk-in customer service is also the most expensive possible customer service option. By eliminating walk-in customer service at TSCs, the Department of Defense estimates savings of approximately \$250 million over five years. The change does not affect TRICARE benefits or health care delivery.

For additional information, contact UnitedHealthcare Military & Veterans at 1-877-988-9378 or www.uhcmilitarywest.com or the beneficiary counseling assistance coordinator/debt collection assistance officer at 808-473-1880 x2282.

Volunteers work on ‘Mighty Mo’ restoration



Photo courtesy of AGCS (IDW/AW) Enrique Acosta-Gonzalez

Volunteers from the Navy and Coast Guard work on removing a cement base on the Battleship Missouri Memorial. This is part of an ongoing project to restore the Missouri to flagship condition. The project coordinator is AGCS (IDW/AW) Enrique Acosta-Gonzalez.

Healthy Heart Fair, Great American Spit-Out event to be held Feb. 20 at NEX

Naval Health Clinic Hawaii Health Promotion

Naval Health Clinic Hawaii Health Promotion will hold a Healthy Heart Fair and Great American Spit-Out Awareness Day event from 10:30 a.m. to 1 p.m. Feb. 20 at the Pearl Harbor Navy Exchange mall rotunda.

February is American Heart Month, dedicated to emphasizing the fight against heart disease.

Heart disease is caused by plaque buildup in the walls of arteries, causing narrowing and blood flow restriction.

“Live a full and active life without tobacco and reap the short-term and long-term health benefits for

good. Smokeless tobacco has more nicotine than cigarettes,” said Eleanor Bru, a registered nurse with Naval Health Clinic Hawaii Health Promotion.

“It may be harder to stop using it for good, but it can be done. The use of tobacco increases the risk for cardiovascular disease. It affects your blood pressure and cholesterol,” Bru said.

“Take care of your heart. Say goodbye to your tobacco and embrace a healthy lifestyle such as ‘be healthy, be active living’ and tobacco-free living. Stop using all forms of tobacco products including e-cigarettes and all other electronic smoking devices,” Bru added.

For more information, call 471-2280 or 473-2444, Ext. 507.

Shipyard workers turn out for nutrition fair

Danielle Jones

Pearl Harbor
Naval Shipyard

Pearl Harbor Naval Shipyard workers gathered at building 2 for the recent Women in Trades (WiT)-sponsored “New Year, New You — Health, Fitness, Nutrition and Wellness Fair.”

Employees learned about and discussed health-related issues. Dozens of workers asked visiting specialists questions and advice about home and worksite health.

The WiT health fair focused on several themes, such as fitness, nutrition tips, carpal tunnel syndrome prevention, the importance of stretching, and stress management.

The three guest speakers, Dr. Kevin Lin, a surgeon/oncologist at Tripler Army Medical Center; U.S. Army Capt. Sandra Van Horn, a physician at Tripler; and Mimi Collado, a physical massage therapist, answered questions and shared insights in their areas of expertise.

Collado spoke about sitting and standing posture habits to an audience whose work experience ranged from sedentary to physically strenuous. During her

remarks, many workers practiced the hand stretches and posture examples she demonstrated.

“I was thrilled by their welcome and was very excited to speak,” Collado said. She noted how diverse the audience was, with blue- and white-collar workers side-by-side, all asking questions about the daily physical and health challenges they encounter at work.

“Something as simple as how you lean while standing can affect your back over time,” Collado explained. “This is why you have to be aware of your posture.”

Jessica Ashley from the shipyard’s code 960 said that to her, a “balanced lifestyle” is crucial.

“It’s really important for shipyard workers to know that if you’re not healthy, it harms both your work and professional life,” she said, stressing her use of the gym and regularly-scheduled date night with her husband.

Shipyard workers received complimentary pamphlets, bags and informational knickknacks, as well as a body fat analysis test from Tracy Navarrette, health and wellness director at Naval Health Clinic Hawaii.