

April 11, 2014

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Strategic bombers conduct low approaches over joint base

Pacific Air Forces Public Affairs

two B-2 Spirit strategic Pearl Harbor-Hickam.

stations to training ranges tively, ensure U.S. strategic world. within the vicinity of Hawaii bomber forces maintain a high This ensures that the presi-

Force base, Mo. flew non-stop were approximately 20 and 21 respond to a variety of threats partners.

from their respective home hours in duration, respec- and situations around the

Two B-52 Stratofortress and conducted range training state of readiness and demon- dent of the United States has strategic bombers from Barks- operations and low approach strate U.S. Strategic Com- capable, credible and scalable dale Air Force Base, La. and training flights at Joint Base mand's ability to provide a military options to meet nabomber force that is flexible, tional security obligations to bombers from Whiteman Air These training flights, which credible and always ready to the U.S. and its allies and



earns Retention Excellence Award JBPHH

Story and photo by **MC1 Nardel Gervacio**

Navy Region Hawaii Public Affairs

Sailors assigned to various commands at Joint Base Pearl Harbor-Hickam stood in formation at the Pearl Harbor Memorial Fountain as the Retention Excellence Award (REA) pennant was raised on April 7.

The Retention Excellence Award is given to select commands by the Department of the Navy for meeting and exceeding career program requirements.

great to meet certain crimost important that Sailors get quality infor-



"For me, although it's Electronics Technician 3rd Class Brianna Castaneda, assistant command career counselor, and Navy Counselor teria for the Retention 1st Class Johnathon Young, command career counselor, Excellence Award, it's prepare to raise the Retention Excellence Award Pennant.

(SW/AW) Johnathon what might be an imme-

and policies that enable Sailors to have successful afforded all opportunities possible.

retention like career nized development boards, sponsorship programs, mentorship, Career Waypoints, and Selective Reserve help the Sailors with choices for their naval careers.

Retention The Excellence Award is given once a year to those a realistic reflection of commands that have met the career development or exceeded the Chief of Naval Operations' retention requirements for two quarters. more or

Excellence Award says we're doing our job and met the criteria that has Electronics Technician Young, command career diate concern so they can been set by the Navy and 3rd Commands awarded ule, execute, track and

in executing programs fly the retention excellence pennant.

"Retention Excellence naval careers and be Award is an award that every command competes for every year, so Programs aimed at that they can be recogfor meeting requirements or benchmarks that are outlined earlier that year," said Chief Navy Counselor (SW/AW) Athena R. Allen, command career counselor at Joint Base Pearl Harbor-Hickam.

"Hopefully, it's giving team and the leadership's ability to keep Sailors on track.

Allen said that the "Having the Retention Retention Excellence Award would not have been possible without the we're doing it well. We hard work of Young and

Brianna

assistant

Class



Pearl Harbor survivor and retired Navy Chief George Bennett, age 90, passed away April 7 in Battleground, Wash. He frequently attended the Pearl Harbor Day remembrance ceremony and the end of the war ceremony on the Battleship Missouri Memorial. He served as secretary for the Pearl Harbor Survivors' Association before it disbanded in December 2011. (See next week's Ho`okele for more coverage.)

mation. The Sailors are being taken care of through mentorship and Pearl Harbor-Hickam. their chain of commands are involved and assisting," said Counselor 1st Class what is going on and

counselor at Joint Base plan for it, so they can we are performing out- Castaneda, "The big part is men-

torship. The Sailors real-Navy ly need to understand

take appropriate action, standing or above, which career counselor. so they can be happy," is great," said Young. "They help us t

said Young. The annual award rec- the retention excellence

ognizes accomplishments award are authorized to See RETENTION. A-2

"They help us to sched-

'Think green' at upcoming Earth Day events

Don Robbins

Ho'okele Editor

A series of events will be held at Joint Base Pearl Harbor-Hickam (JBPHH) and Pacific Missile Range Facility throughout this month to celebrate Earth Day.

They include:

• Pearl Harbor Navy Exchange (NEX) Earth Day coloring contest now through April 15 at the NEX mall aloha center and garden center. Authorized patrons ages 12 and under can show off their Earth Day creativity in the contest. Parents can pick up the official entry form and drop off the fin-ished entry by April 15 to the NEX aloha center. Entries will be judged on April 17 and the winner will be presented with a prize and award on April 18. All artwork will be featured in the NEX rotunda.

For more information, call 423-3287.

• NEX Earth Day Expo: Partnering for a Greener Fu-

See Page A-3



A clean islands oil spill response vessel will be at the Naval Supply Systems Command Fleet Logistics Center Pearl Harbor (NAVSUP FLCPH) Earth Day Fair April 22.

tent. NEX and JBPHH will expo. The event will include how to create a greener future, ing contest winner and new

ture from 10 a.m. to 4 p.m. welcome all authorized pa- eco-friendly demonstrations, Earth Day children's games, April 18 at the NEX mall-side trons to "think green" at the information booths explaining awards presented to the color-

earth-friendly products. For more information, call 423-3274.

• Earth Day festival from 10 a.m. to 2 p.m. April 19 at Hickam Harbor. The event will include boat rides, a touch tide pool and informational booths.

• Beach cleanup from 8 a.m. to noon April 19 at Pacific Missile Range Facility.

• Fifth annual Naval Supply Systems Command Fleet Logistics Center Pearl Harbor (NAVSUP FLCPH) Earth Day Fair from 10 a.m. to 1 p.m. April 22 at building 473 at Kilo 7/8 Piers. The event will include environmental displays, a clean islands oil spill response vessel and alternative fuel vehicle displays. For more information, contact Lt. j.g. Chris Herbert at 473-7818 or email Christopher.l.heber1@navy.mil.

Earth Day began in 1970 as a way to place environmental protection onto the national agenda. It is officially designed on April 22 and now celebrated globally to show support for environmental protection.



Pearl Harbor Commissary launches farmers' market, promotes Healthy Base Initiative See page A-2



April is Sexual Assault Awareness and Prevention Month



See page A-3 15th MXG motorcycle riders hold

Diverse Views: What does Earth



Volunteers help clean Pearl Harbor Bike Path See page B-1



Easter sunrise service to be held at Battleship Missouri, April 20 See page B-2

rally for safety ride See page A-6

Day mean to you?

April 11, 2014 Hoʻokele A-2

Pearl Harbor Commissary launches farmers' market, promotes Healthy Base Initiative

Story and photo by MC2 Tiarra Fulgham

Navy Public Affairs Support Element West, Detachment Hawaii

The Pearl Harbor Commissary hosted a farmer's market on April 4. The event was part of the Healthy Base Initiative, focused on promoting healthy behaviors and healthy environments for military members and their families.

Part of the entertainment included hula dance exercise and music by Sailors of the Pacific Fleet Band. Representatives from health and wellness and local farmers were on hand.

Capt. Jeffrey James, commander of Joint Base Pearl Harbor-Hickam, together with Air Force Col. David Kirkendall, 647th Air Base Group Commander and deputy commander of Joint Base Pearl Harbor Hickam, were on hand in a show of military sup-

"The Healthy Base Initiative could also be called the common sense initiative," said James about HBI. "It aligns what we already know about the benefits of a healthy lifestyle, good nutrition, regular exercise, no tobacco use with more formal resiliency programs, such as the 21st Century Sailor, to help inform sound decision-making across a broad spectrum of subjects ranging from



The Pearl Harbor Commissary gives patrons the ability to purchase fresh grown produce from local farmers in Hawaii.

crosswalks, to food options on base, to fitness programs offered to service members and their families," he said.

The events were designed to promote both healthy food choices and a healthy active lifestyle.

"Today we are trying to introduce our local farm products," said Eyvinne Umemoto, Pearl Harbor commissary store director.

There are over 115 vendors that we have on island, and we get to call and order fresh products from. We also want to continue supporting the Healthy Base Initiative with the Naval Health Clinic."

A new display was featured that includes fresh locally grown foods available in the produce section of the commissary. Patrons were able to taste different samples and ask farmers questions.

"We were invited to do this program with the commissary on promoting Hawaii grown products,' said Derwin Okinaka, representative for Sugarland Farms.

Zumba and hula dance exercise demonstrations offered some fun ways for people to stay active.

'It's a health alliance through DECA, MWR, the NEX, AFFES and Health Promotions, both Air Force and Navy," said James Duff, Healthy Base Initiative program representative for Joint Base Pearl Harbor-Hickam

"There are various health promotions classes, MWR health store or health promotions office.

design of streets, sidewalks and classes to help lose weight, healthy eating at DECA, promoting eating healthy fruits," Duff said.

"I am part of a team within 'Choose to Lose,'" said Linda Stolze, who was participating in the hula dance exercise.

"And we have done hikes together and we have met at parks with equipment like weights, medicine balls and we workout outside which is awesome because we are in Hawaii and it's great to get out. That has really motivated me. I still have a long way to go, but I am on my way and I am going to stick with it," Stolze said.

The Defense Commissary Agency (DeCA) is a Department of Defense agency that supports more than 245 commissaries worldwide, providing groceries and household supplies to members of the armed services and their families since the early 1800s.

The Healthy Base Initiative began in 2013 as a demonstration project that examines select military installations' efforts to support improved nutritional choices. increased physical activity, obesity reduction, and decreased tobacco use. HBI is also a part of Operation Live Well, which aims to make healthy living the easy choice and the social norm across the Department of Defense.

For more information, visit greatlifehawaii.com or any DECA

Volunteers search for invasive species habitats at Mamala Bay Golf Course

Story and photo by Brandon Bosworth

Assistant Editor, Ho`okele

More than 60 civilian and active duty volunteers spent the morning of April 7 scouring Mamala Bay Golf Course, Joint Base Pearl Harbor Hickam, for possible coconut rhinoceros beetle (CRB) breeding sites.

Volunteers roamed the grounds in teams, marking possible CRB breeding sites with bright flags. Potential breeding sites included mulch piles and dead trees. Those sites will later be thoroughly examined for signs of the invasive beetles.

"We appreciate everyone com-Lyons, environmental assistant tial trouble spots," she said.

engineer for Navy Region Hawaii. "We appreciate the support. This is a really big deal for us.

The coconut rhinoceros beetle is a high profile invasive species and a pest to coconut palms and other palm species. They were discovered on JBPHH property last December. More than 300 traps have been deployed in a two-mile radius were set, and more than 100 adult CRB have been captured near the Hickam golf course and beach, along with more than 250 larvae.

Patty Colemon, Navy Region Hawaii Environmental Outreach, thinks the April 7 project was helpful.

"We located some potential ing out today, said Cmdr. Tom breeding sites and all the poten-



Rebecca Smith (right), Hawaii Department of Land and Natural Resources, spoke to civilian and active duty volunteers who were preparing to search for possible coconut rhinoceros beetle breeding sites at Mamala Bay Golf Course, Joint Base Pearl Harbor-Hickam.

Rebecca Smith, Hawaii Department of Land and Natural could," she said. "This is where trap that is damaged can call Resources, agreed.

It is unknown at this time how the CRB arrived at JBPHH. The CRB could have been brought on either military or civilian flights from many possible locations. Joint Base Pearl Harbor-Hickam has the nearest green space to the shared runway and airfields of Honolulu International Airport and Hickam, so it isn't unusual that invasive species would appear there first.

Residents can report any sighting of rhino beetles to the state pest hotline at 643-PEST (643-7378). If anyone finds a beetle and is willing to capture it in a bag or jar, place it in a freezer to kill it and contact the number above. Residents who find a 832-0585 to have it picked up.

Pacific Air Chiefs Symposium brings

Retention excellence

Continued from A-1

"We identified all that we

the boots hit the ground."

submit career development boards into the systems, docuunicate with the chain of command on who have approval to stay in the Navy, who has plans to separate and where Sailors are transferring to. They assist with all the re-enlistment and retirements to make sure the requests are processed. They do everything. They're awesome," said Allen. Young and Castaneda submit the Career Waypoint (formerly Perform to Serve). "Not only do we have Sailors that want to stay Navy and actually re-enlist, we also have to make sure in the career counselor office, we are providing every single opportunity for Sailors to be able to stay. So as soon as they (Sailors) come to their window to be eligible for a career waypoint application, we have to submit it. If you have one application for one Sailor for one-month missing, then you don't earn the award, so they're meticulous about making sure that everything is submitted on time. They do a great job," said Allen. Awardees selected achieve a score of 85 points or better on the annual Career Development Program Review (CIPR), achieve 100 percent perfect Career Waypoint ontime submission for each review a Sailor is eligible to receive, achieve 100 percent qualification of PACT Sailors in the Fleet Rating Identification Engine (Fleet Ride) and achieve 100 percent Leadership Development Program completion for required personnel.

international strategic partners together



Headquarters building at Joint Base Pearl Harbor-Hickam. (Middle left) Senior Chief Alex Rincones, chief of the U.S. Pacific Fleet's commander's barge, explains how the wall at the USS Arizona Memorial lists the names of each crew member who died in the Dec. 7, 1941 attack on Pearl Harbor. (Middle right) Gen. Harukazo Saitoh (left), Japan Air Self-Defense Force chief of staff, signs the Pacific Air Forces (PACAF) guestbook with the help of Gen. "Hawk" Carlisle, PACAF commander, at the 2014 Pacific Air Chiefs' Symposium held March 29 at the Pacific Air Forces Headquarters building at Joint Base Pearl Harbor-Hickam. (Above) Attendees of the 2014 Pacific Air Chiefs' Symposium salute outside the Pacific Air Forces Headquarters building March 29 at Joint Base Pearl Harbor-Hickam.

To learn more about career options and retention, contact your command career counselor.

Remember ... Government vehicles are for official use only.



Commentary April is Sexual Assault Awareness and Prevention Month

Ray Mabus

Secretary of the Navy

April 2014 is Sexual Assault Awareness and Prevention Month and will be recognized as such throughout the Department of the Navy. This year's theme is "Live Our Values: Step Up to Stop Sexual Assault.

Sexual assault is a crime. Every Sailor, Marine and Department of the Navy civilian is responsible for appropriately accountable. their own actions and for inter-

harm. We hold ourselves to high and Marines are better educated standards, our core values demand nothing less, and our nation rightfully expects us to set a visible and consistent example for all. We must all be personally com-

mitted, as I am, to a culture of gender respect where no one must suffer the trauma of sexual assault, where sexual assault victims receive support and protection, and where offenders are held

vening to protect others from much in the past year. Sailors and more aware of sexual assault issues than they have ever been. They are more comfortable reporting sexual assaults when they occur, and many have intervened themselves, or witnessed acts of intervention to prevent assaults.

engaged, and victim support pro-Together, we have accomplished primary challenge remains—to acceptable.

prevent sexual assaults in the first result will be enduring culture change.

Sexual Assault Awareness and Prevention Month is an annual Leaders at all levels are ments that apply all year. I encourage you to organize or parcesses are stronger, as are our ticipate in local and regional capabilities for criminal investiga- events. Together, we can elimi-

I pledge to all victims of sexual place. There are no simple prece- assault our department-wide comdents to follow, and we will break mitment to your support and healnew ground in doing so. One ing. I encourage you to seek that support. Your local victim advocate, uniformed victim advocate, sexual assault response coordinator, or civilian employee assisreminder of values and commit- tance specialists are excellent initial points of contact.

In addition, live confidential assistance is available anywhere 24/7 from the safe helpline tolltion and prosecution of cases. Our nate this crime. Nothing less is free at (877) 995-5247 or by chat at www.safehelpline.org.

Sexual Assault Awareness Month kicks off at Submarine Force Pacific

MC1 Jason Swink

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

"Live Our Values: Step Up to Stop Sexual Assault" was the message at the and Response (SAPR) banner unveiling event at Joint Base Pearl Harbor-Hickam on April 4.

Commander, between Submarine Force, U.S. Pacific Fleet (COMSUB-PAC) and Commander, assault. We are getting Sexual Assault Awareness sexual assault."

Month (SAAM), with the al assault and to educate communities and individuals on how to prevent sexual violence.

"For the last two years, the Navy and the entire Department

Sexual Assault Prevention of Defense has been on a pretty significant journey in figuring out how we can rid ourselves of sexual assault," said Capt. John A coordinated event Russ, COMSUBPAC chief of staff.

"Last year, we had lots of discussions about sexual Navy Region Hawaii (COM- everyone educated, and, NAVREG), the banner most importantly, people unveiling marks April as are taking action against

goal to raise public and focus have been placed awareness about sexu- on sexual assault prevention and response. The goal is to empower each individual command to take ownership of this problem by focusing on the values we should embody day-in and day-out.

"Reporting has increased 46 percent from FY12 to FY13," said Lt. Crystal Campbell, COMSUBPAC's sexual assault prevention and response officer. "Though it may sound like a negative data point, it is truly a testament of progress.

'Sexual assault is a crime that is underreported and steps up and intervenesit's a significant obstacle to overcome," said Campbell. "An increase of reporting

trusting the process to come forward.'

The Navy's goal is to reduce and eliminate sexual assault by fostering a culture of prevention through education and training, which includes encouraging Sailors to take action through bystander intervention. Bystander intervention training helps Sailors understand the value of intervening with other Sailors who may encounter risky situations that, if unchecked, may lead to sexual assault.

"It's when somebody when a friend at a bar jumps in and intervenes when he sees a potential

friend home so they get home safely," said Russ.

done and all the conversations we have had about this crime," Russ said.

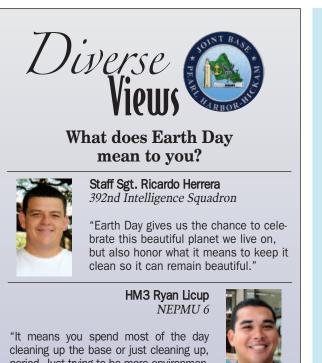
comprehensive approach to tackling the problem of sexual assault and is continuing to change its culture surrounding the issue.

"There has been an array of efforts, such as roving web patrols on base and barracks, decreased hours of Department of Defense alcohol sales, increasing SAPR office website at emphasis on command climate, and all-hands events information can also be distinguished with experts," said Campbell.

April has been designat- #StepUpStepIn.

Considerable time, effort shows that Sailors are sexual assault developing, ed as Sexual Assault trusting leadership and or when a Sailor walks a Awareness Month for the last 10 years. Events throughout the month are "It's a testament to all being held to raise awarethe training that's been ness and reinforce the efforts to eliminate sexual assault from the Navy. It also provides Sailors with The Navy has adopted a opportunities for personal involvement in communicating key messages.

> For more information about sexual assault prevention and response, visit the Navy's SAPR program page at www.sapr.navy.mil, or the www.sapr.mil. Additional found through social media channels and the hashtag



Sexual assault awareness month events to be held this month

Navy Region Hawaii Sexual **Assault Prevention and Response Office**

The theme for this year's Sexual Assault Awareness Month (SAAM) is "Live Our Values: Step Up to Stop Sexual Assault."

A series of events in recognition of SAAM have been announced.

• April 14, 11 a.m., SAAM flash mob in collaboration the University of Hawaii-Manoa.

• April 15, 9 a.m. to 3 p.m., food drive collecting donated canned items and sexual assault awareness display Why?

table at the Pearl Harbor Navy Exchange commissary.

Canned food items will also be collected by individual commands through April 15. All donations will be given to the Armed Services YMCA.

• April 17, 6:30 a.m., SAAM fun run at Pacific Missile Range Facility. • April 18, 6 to 9 p.m., movie night

at the liberty center at the Wahiawa Annex. • April 19, 8 a.m. to 3 p.m., "Ryde

Against Sexual Assault."

• April 23, Denim Day/Ask Me

Denim Day has been internationally celebrated since 1999, after an Italian high court ruling that overturned a rape conviction because the victim was wearing tight jeans. They indicated that the victim would have had to help take them off, making her a willing participant.

• April 25, 9 a.m. to 3 p.m., "Shootout Sexual Assault" bystanderintervention training at Hawaii All Star.

The Sexual Assault Prevention and Response emergency line is 722-6192. For more information on SAAM,

call 474-0154.

period. Just trying to be more environmentally friendly. I try to clean up a little bit around the house, try to make my environ-

mental footprint a little smaller.



Tech Sgt. Tanecia Janice Det. 1, 18th Aeromedical Evacuation Squadron

An opportunity to celebrate our beautiful planet and educate people on the importance of taking care of it."

> **IT2 Chris Harris** TPU

"I think it means just being conscious about pollution and being mindful and taking steps toward improving our wastefulness. Everybody taking small steps."



Master Sgt. Dawn Kloos 624th Regional Support Group

"A moment in time to observe and honor our exquisite planet. This is a day to dedicate to recognizing all that we have, and continue to take care of our earth.

BM2 Paige Schmit Naval Health Clinic Hawaii

"Earth Day I guess means when people go out and plant trees and make the environment more natural."

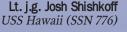




Senior Master Sgt. Ernie Bailey HQ PACAF

the beauty that God has given us."

"An opportunity to celebrate and admire



"Everybody probably plants a little tree or something, thinks about recycling."



Provided by Lt. j.g. Eric Galassi 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

Bomber takes off from USS Hornet



An Army Air Force B-25B bomber takes off from USS Hornet (CV-8) at the start of the Doolittle Raid on Japan on April <u>18, 1942.</u> Men are watching from the signal lamp platform at right. The raid, led by Lt. Col. James H. Doolittle, was the most daring operation yet undertaken in the Pacific by the United States in World War II. The raid took place 72 years ago this month.

Official U.S. Navy photograph

HO'OKELE

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& Air Force housing units and Navy discontinue home delivery



BAH recertification process begins at JBPHH

Tech. Sgt. Terri Paden

15th Wing Public Affairs

The Air Force Accounting and Finance Office has directed an Air Force-wide recertification for those receiving with-dependent rate basic allowance for housing. The 15th Comptroller Squadron (CPTS) began the process for JBPHH Airmen on April 1.

By Dec. 31, every Airman will be required to provide the finance office with documentation for their primary dependent as part of Air Force audit readiness efforts.

The recertification process will allow the Air Force to validate Airmen BAH entitlements, ensurthe Air Force spends annually on BAH is fully auditable.

cess will move forward a few units

Covita, 15th CPTS NCO in charge your BAH will hurt." of special actions, said members should expect to receive an email from the 15th CPTS notifying them when it is time to bring in documents. However, their absence of an email does not excuse the member from personal responsibility

Once notified, Airmen will have 30 days to provide the required documents to the finance office or have their housing allowance stareduced to single-rate. tus Deployed Airmen and those on extended leave or temporary duty will be given special consideration in meeting the 30-day deadline.

"If you know you receive withing every dollar of the \$5.4 billion dependent rate BAH but you never receive an email, you still need to come see us," said Covita. "It's The JBPHH recertification pro- especially important to make sure you don't miss your deadline in at a time to keep the program Hawaii because the cost of rent is

Covita said there will be no retroactive payments made to members whose BAH is reduced due to failure to provide proper documentation by the given deadline

Airmen have the option of responding via email by scanning in their paperwork and sending to 15cpts.fmbahrecertification@us.af. mil or taking their documents into the finance office. Covita said that either way, AF Form 594 will require a wet signature.

Additionally, Covita cautions members not to assume exemption from the recertification process before contacting the finance office.

"Even if you just PCS'd or got married last month and you just received your with-dependent rate status, you will still need to provide

paperwork," he said.

as the Air Force prepares to meet financial improvement and audit readiness requirements laid out in the Authorization Act. The Air Force currently retains dependent docuinsufficient to meet audit readiness requirements. Bennett said this one-time revalidation will ensure Air Force compliance with audit requirements.

"America entrusts the Air Force not only to spend taxpayer dollars wisely and efficiently, but also to account and justify that expenditure," said Air Force Chief of Staff Gen. Mark A. Welsh III in a recent memo. "Preparation for this important and legislatively-mandated effort rests in the hands of every Airman, not just the financial community."

Although The push for revalidation of Airmen's dependents will be a one- cess, visit http://ow.ly/vAdDG.

manageable. Staff Sgt. Bien so high here that losing part of dependent documentation comes time recertification, Airmen will continue to play a vital role in the Air Force's audit readiness. Starting in 2015, independent 2010 National Defense auditors will visit work stations for Airmen to review processes, procedures and transactions that directmentation for six years, which is ly impact the Air Force's financial statements.

> "Ensuring we have the proper documentation to account for every expenditure in a very large budget is a difficult but essential effort,' said Dr. Jamie Morin, the assistant secretary of the Air Force for Management Financial and Comptroller.

> "Becoming audit ready will help us demonstrate to the American public that we are responsible stewards of taxpayer money at a time when we must make every dollar count."

timeline To the view revalidation of for the JBPHH recertification pro-

Hickam Mental Health Flight hosts Alcohol Awareness Week

Tech. Sgt. Terri Paden

15th Wing Public Affairs

In observance of Alcohol Awareness Week, the Hickam Mental Health Flight hosted several educational events at Joint Base Pearl Harbor-Hickam from April 7 to 11.

According to Staff Sgt. Amanda Villa, 15th Medical Operations Squadron mental health flight resiliency and outreach specialist, the purpose of Alcohol Awareness Week is to educate Airmen of the dangers associated with binge drinking and to promote a culture of responsible drinking and decision making.

"During this week, we will be encouraging people to learn more about their drinking patterns, learn what a standard drink is, and how to make responsible choices and decisions while drinking," she said.

According to the American Society of Addiction and Medicine, four or more standard drinks for a woman and five or more for a man is considered binge drinking. Binge drinking is responsible for many unintentional injuries, such as trips and falls, car crashes and accidental drowning. In addition, binge drinking has been associated with many health problems including liver disease, sexual dysfunction, high blood pressure, stroke and alcohol poisoning.

However, Villa said the consequences of irresponsible drinking could extend past health concerns to personal injury if an Airman makes the unwise decision to drink and drive.

We like to educate people on responsible understand what they are drinking and how like to tell people not to drive after having any drinks."

Å standard drink containing liquor is 1.5 ounces, which is one regular-sized shot glass. Airmen should be aware that many mixed drinks often contain three to five shots of alcohol. For example, the island favorite mai tai could potentially put an Airman over the legal limit to drive.

Airmen who frequently engage in binge drinking or make poor decisions while drinking should seek professional help. Villa said the alcohol drug abuse and prevention treatment program is available for Airmen who need assistance.

"If someone feels that they drink too much or people have made comments about their drinking, it's best they go to ADAPT [Air Force Drug & Alcohol Abuse Program] before a negative incident like a DUI occurs." she said.

Though there is often fear that a visit to ADAPT may ruin one's career, Villa maintains that self-referred treatment through ADAPT is non-punitive. In other words, members should not receive disciplinary action from their command for seeking treatment.

In addition to ADAPT, there are a number of useful resources available, such as Airmen Against Drunk Driving (AADD), 448-RIDE/LIFT, the Joint Enlisted Association (JEA) Cares program, 473-1222, and island taxi services for afterhours or weekend help if designated driver plans fall through.

To mitigate adverse actions and keep drinking because it is important for them to alcohol-related incidents at bay, Villa advises Airmen to always have a plan, be informed, make responsible choices when "One standard drink for a male will pro- drinking alcohol, and to be good wingmen to For more information, contact the mental

Letter to the Editor

Permit scooters at the skatepark

Many skateboarders are annoyed at the presence of scooters at various skate parks. The sign at the blue skatepark on Hickam says that the park is intended for skateboards and roller blades only. Scooters and bicycles are not allowed. Although the original "cruise" scooters are not designed for ramps that might be at the skatepark, new pro scooters are designed for tricks and should be allowed at the skatepark. Whether you are on a scooter or a skateboard, you need to be safe, courteous and take turns

The other day a skateboarder got mad at my friend and me because we were scootering at the skatepark. He told us that if we got in his way, he would call the police. We were taking turns and being courteous, but he was calling us names.

I can see why some skateboarders don't like the original "cruise" scooters. They are not designed for ramps, or for doing tricks. Some little kids get in the way of the ramps and the skateboarders and that could be unsafe.

I agree that bikes shouldn't be at the park either because they are really big and bulky and get in other people's way. Pro scooters, however, are more stable and have a wider handlebar compared to regular scooters. Unlike bikes, scooters take up the same amount of space as skateboards and use the same ramps.

Both skateboarding and scootering have safety concerns, but scootering is safer and scooters have more control. With scootering you need to be careful when you are doing tricks like a bry flip or tail whip when you swing the scooter. If you fall on a scooter, however, you are holding the handle and it will not roll into someone else. With skateboarding the skateboards can roll all over the place when the person falls off.

Both skateboarders and scooterers need to have courtesy. This includes not sitting on the ramps, not loitering, taking turns, and using nice language. If they changed the rules to include scooters, there would be less conflict between scooterers and skateboarders.

The sign at the blue skate park is out-of-date. The park should modify the rules to allow pro scooters. They are designed for ramps and doing tricks. They are just as safe as skateboards. Whether you ride a scooter or a skateboard, we can all benefit from this change.

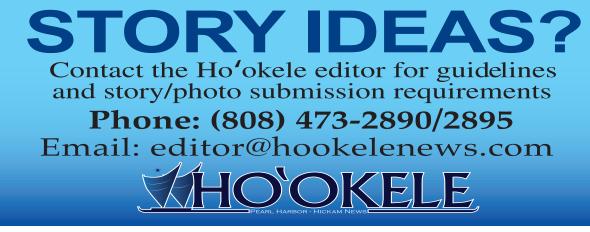
it will affect them." Villa said.

duce a blood alcohol content of .02 and .03 for one another. a female. The legal limit for a DUI in the state of Hawaii is .08. Even if one is pulled health flight at 448-6377. The office is open over and has a BAC of less than .08, they can from 7:30 a.m. to 4:30 p.m. Monday through still be considered under the influence, so we Friday.

Matthew Taylor, age 12 Joint Base Pearl Harbor-Hickam

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

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



April 11, 2014 Hoʻokele A-5

Pearl Harbor-Hickam Highlights



Military and community members run across the bridge during the 17th annual Ford Island 10K Bridge Run at Joint Base Pearl Harbor-Hickam. The Ford Island Bridge Run is one of the largest 10k runs in the state of Hawaii.

U.S. Navy photo by MC1 Daniel Barker

(Right, below) Master Sgt. Alfred Wells (left), 15th Aircraft Maintenance Squadron first sergeant, demon-strates proper hand signals before leading a group safety ride March 31 for 15th Maintenance Group Airmen. More than 50 Airmen from the 15th Maintenance Group joined their leadership for a 50-mile safety ride around the island.

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





U.S. Navy photo by MC2 Tiarra Fulgham

Patrons of the Pearl Harbor Commissary participate in Hula Fitness as part of a special fitness event for "Choose to Lose." The program is designed to promote healthy choices, increase physical activity and help manage weight.

April 11, 2014 Ho'okele A-6

15th MXG motorcycle riders hold rally for safety ride

Story and photo by Tech. Sgt. Terri Paden

15th Wing Public Affairs

More than 50 Airmen from the 15th Maintenance Group (MXG) grabbed their keys, donned protective gear, hopped on their bikes, and joined their leadership for a 50-mile safety ride around the island March 31.

According to Master Sgt. Alfred Wells, 15th Aircraft Maintenance Squadron first sergeant, the gathering provided the perfect opportunity for leadership to interact directly with their motorcycle riders and administer the annual motorcycle safety briefing as well.

"I didn't know some of the guys were riders until today," said Wells. "It's great to be able to put a name and a face with the bikes you see in the parking lot at work, and it's reassuring to be able to know firsthand how an Airman rides and what his experience level is. Things like this are also great for morale and building unit cohesion because it gives the guys more in common than working in the same unit."

The group rallied prior to the ride to go over basic fundamentals of group riding, including pre-ride inspections, hand signals, lane changes and emergency stops. Additionally, the motorcycle safety program officers updated the group on Air Force instruction policy changes skills, the right training and the as a team.



More than 50 Airmen from the 15th Maintenance Group joined their leadership for a 50-mile safety ride around the island March 31. (Additional photos on page A-5.)

regarding training and ensured everyone was wearing the proper protective equipment and was up-to-date with their required paperwork.

"Operating a motorcycle is a highrisk activity and takes different skills than driving a four-wheeled vehicle," Tech. Sgt. Chadwick Smith, 15th AMXS motorcycle safety program officer, told the group.

"Even though most Airmen take the necessary precautions, every vear we, unfortunately, lose Airmen to motorcycle accidents, and each incident impacts our units, communities and Air Force family. Most of our accidents are due to a lack of training, poor riding skills, risky behavior and, most notably, driving too fast for conditions. I want to make sure all members of the maintenance group develop the right

right attitude to be a safe rider," Smith said.

According to Smith, the number one cause of motorcycle mishaps in the Air Force is excessive speed and, though training may help, the key to mitigating those mishaps rests in the rider's personal discipline.

"Airmen should incorporate the same compliance and discipline culture in their off-duty lives as they display on duty," he said. "Training that involves weaving in and out of cones in a parking lot will not effectively reduce fatal mishaps risks if Airmen intend on simply complying with training requirements, so they can later ride their motorcycles at 140 miles per hour the first chance they have.

The day's ride took the group through changing traffic patterns, weather conditions and speed limits and tested the group's ability to act

In fact, the formation was assembled around the team concept. Highly experienced riders led the group from the front, alerting the rest of the team to road hazards and changing road conditions. An additional set of experienced riders brought up the rear, helping to facilitate group lane changes and keep four-wheeled vehicles from intermingling with the bikes. In the middle of the formation, the riders grouped themselves into smaller clusters by experience level.

The entire formation rode at a pace that accommodated the least experienced rider in the group so no Airmen were left behind.

Wells said the set-up of the formation was the most ideal for group riding and helped ensure the overall safety of the group.

"Working together to complete the ride as a unit was just as much an exercise in team building as it 449-0789.

was in safety," he said.

"If I can trust you to have my back on the road, then I can trust you to be a good wingman," he said.

Senior Airman Jason Button, 15th Maintenance Squadron motorcycle safety program officer, said group rides are also the perfect place to find a safe riding buddy.

"Group riding is important because it helps you find other people who fit your riding style," he said. "Once you find someone with a similar experience level, they can become your wingman, and you can grow your experience as riders together. It also helps you figure out who the more experienced riders are, and those are the people you can look to for mentorship."

Wells said when it comes to riding, experience trumps rank any day and Airmen should look to those with more years of experience to be good mentors.

"It's all about safety and good mentorship," he said. "It doesn't matter about the rank. If someone is being unsafe, you have to call them on it. If someone needs help, you help them.'

The ride concluded safely and successfully back at base with a group huddle and feedback on things observed along the route.

For more information on motorcycle safety, contact your unit motorcycle safety program officer or the 15th Wing Ground Safety office at

Shipyard keeps USS Lake Champlain on maneuvering schedule

David Tomiyama

Pearl Harbor Naval Shipyard, Code 1160 Congressional & Public Affairs

Pearl Harbor Naval Shipyard recently made emergent repairs to USS Lake Champlain (CG 57), enabling the Ticonderogaclass, guided missile cruiser to remain on schedule to participate in subsequent maneuvers.

Shop 38 mechanical, shop 72 rigging civilians and shipyard Sailors from the

clock over two days to repair Lake Champlain.

"A 'job well' done to the shipyard for their support and superior performance," said Ĉapt. Christopher Barnes, Lake Champlain commanding officer.

"Your hard work has contributed greatly to the successful bearing replacement of 2A LSB. Your professionalism and dedication resulted in the completion of a major voyage repair within 48 hours and allowed us to perform our duty at sea."

diesel and gas turbine sec- turned from a recent Pacific

tions worked around the deployment needing her line shaft bearing repaired or replaced. The line bearing is a key component on any ship. The part plays a key role in supporting and aligning the main shaft.

The replacement bearings on board Lake Champlain were unusable due to excessive corrosion and could not be repaired. Finding a replacement bearing was the real challenge, as a new or refurbished bearing could not be flown in from the mainland to complete the repair in time for the Lake Champlain re- ship to join planned maneuvers at sea

unteered to give up one of her bearings to Lake Champlain as Chosin was moored here and not scheduled for a mission in the near future.

The shipyard's and ship's personnel began removing both 350-pound line shaft bearings from Lake Champlain as well as the bearing from Chosin. Chosin's spare bearing was then moved to Lake Champlain. Then the real work of correctly installing the part began.

We needed to make sure the new bearing feasibly fit, according to our engineering criteria, to include

USS Chosin (CG 65) vol- alignment readings, clearance readings, etc.," said Ken Waid, shop 38 supervisor. "What made this tough was that the installation needed to be done in a short amount of time. Normally on a job like this, we have a lot more time to make it happen."

Another challenge to be met was that shop 38 is made up of 21 gas turbine specialists, enginemen and machinist mates who are only minimally familiar with this type of surface ship work. They had never accomplished this degree of challenge of getting the job work in so short a time, but done."

that didn't stop them from learning quickly and exerting maximum effort. The Sailors put the mission first, determined to work together and meet the deadline to get the ship back to sea

By Sunday morning, the work was complete, exceeding all expectations.

'The keys to completing the mission were the enthusiasm and willingness to learn on the part of our shop 38 Sailors," said Waid. "They embraced this new kind of training and met the



Lt. j.g. Eric Galassi Navy Region Hawaii Public Affairs

n observance of Earth Month, the City and County of Honolulu held the semiannual Pearl Harbor Bike Path Cleanup on April 5 with volunteers coming from organizations such as the Navy, Air Force, Hawaii Hiking Group, Hawaiian Electric and Surfrider Foundation.

Hundreds of volunteers participated. Among them were about 50 volunteers from various commands, including the USS Paul Hamilton (DDG 60), USS Halsey (DDG 97) and 21st Dental Company.

Volunteers collected six tons of trash along the five-mile stretch of the bike path between McGrew Point and Waipahu Depot Road. Some of the trash collected consisted of bicycle and moped parts, shopping carts, old clothes and invasive plants. Enough garbage was accumulated to fill two large garbage trucks. 'We cleaned up some pretty messy stuff. We also did weeding to help the island plants, local plants that don't grow anywhere else in the world. We made a dent, taking out six tons of trash, but I think we could make a bigger dent. As we do more, it will definitely help the environment," said Chief Master-at Arms William Matteson, the volunteer coordinator for Joint Base Pearl Harbor-Hickam. The City and County of Honolulu holds the event twice a year to help spread environmental awareness while maintaining the bike path from the constantly increasing debris and invasive plants. "We are just trying to get that awareness out to the public of what we can do to promote a better environment here in Hawaii," said Renee Wallace-Silberstein, one of the organizers of the event. The bike path cleanup also was held in conjunction with Earth Month to encourage people in Hawaii to do more to protect the environment. Earth Day is officially April 22. Matteson said that additional volunteers are appreciated, because there are many more opportunities to get involved. "I look forward to more events. There are tons of volunteer opportunities out there, and I can help push out the information, get feedback and help Sailors document their volunteer hours," Matteson said. The cleanup was coordinated by the City and County of Honolulu Department of Environmental Services, Division of Environmental Quality, Storm Water Quality Branch. Security for the event was collaborated between the Honolulu Police Department, Department of Land and Natural Resources and Navy security personnel. Equipment and supplies were provided by the City and County of Honolulu and the Joint Base Pearl Harbor-Hickam First Lieutenant. The next Pearl Harbor Bike Path cleanup is planned for November. For information on other volunteer opportunities, contact Matteson at william.n.matteson@navy.mil or (808) 225-5347.







U.S. Navy photos by MC2 Tiarra Fulgham

Sailors from various commands on Joint Base Pearl Harbor-Hickam, in partnership with the city and County of Honolulu, assist in removing trash along the Pearl Harbor Bike Path on April 5.



Easter sunrise service to be held at Battleship Missouri, April 20

Brandon Bosworth

Assistant Editor, Ho'okele

The Battleship Missouri Memorial will host its annual Easter sunrise service beginning at 6:30 a.m. April 20.

Chaplain Lt. James Ragain, Pearl Harbor Memorial Chapel, will lead the service.

It isn't unusual for the Battleship Missouri Memorial Easter sunrise service to attract more than 1,000 people, and this year's event could prove to be particularly well attended.

"It's exciting," said Ragain. "We're holding a joint service with not just the Navy and Air Force but the Army and the Marines, too.'

He believes the memorial is a particularly powerful place to hold a service.

The Battleship Missouri Memorial has become a symbol of peace, and that's what Easter is about," he said.

The Battleship Missouri Memorial Easter sunrise service is a free event and is open to anyone with base access. The interdenominational service begins at 6:30 a.m. and runs about an hour. Guests are advised to arrive by 6 a.m., and carpooling is encouraged. Dress will be crisp aloha attire.

The chapel is also looking for volunteers to serve before and after the Easter sunrise service. For more information or to volunteer, call the Pearl Harbor Memorial Chapel at 473-3971 or email Fruji .mills@navy.mil.

Other Holy Week events include:

Catholic services

- Palm Sunday (Roman Catholic), 8:45 a.m., April 13.
 - Holy Thursday, 6 p.m., April 17.
 - Good Friday, 6 p.m., April 18.
 - Easter Vigil, 7:30 p.m. April 19.
- Easter Sunday, 9 a.m., April 20.

Protestant services

- Palm Sunday, 11 a.m., April 13.
- Foot washing ceremony and dinner, 5:30 p.m., April 16 (Fellowship Hall).
- Easter service, 11 a.m., April 20.

Unless otherwise noted, all services will be held at Pearl Harbor Memorial Chapel. For more information, call 473-3971.

In addition, the Kaneohe Bay Marine Corps Chapel will hold an Easter sunrise service beginning at 5:45 a.m. April 20 at Ft. Hase Beach, Landing Zone Eagle. For more information, call 257-3552.



The sun rises over the Battleship Missouri Memorial on Easter Sunday 2007.

Wahine Koa wins Extreme Flag Football League title

Story and photo by **Randy Dela Cruz**

Sports Editor

Wahine Koa did their old namesake, Navy Sharks, proud as the ladies continued their dynastic reign of women's flag football by subduing the Wardawgs, 26-14, April 6 in the championship game of the Extreme Wahine Flag Football League Hawaii at Keehi Lagoon Park in Honolulu.

The Wahine Koa women's

flag football team are a mixture of civilians and activeforces family members based at Joint Base Pearl Harbor-Hickam, while many of the Wardawgs personnel are affiliated with Marine Corps Base Hawaii from Kaneohe.

To come back and actually beat a team that beat us in the season and win the championship game, there's no better feeling than this,' admitted Wahine Koa head coach August Young. "These girls make me proud. I live

through them and their a score, baby.' hard work shows. They duty military or armed come here and fight just like men do and I respect them. I don't see women, I see athletes in every sense of the word.'

Cornerback Shardae Ingano ignited the Wahine Koa attack by returning an interception 16 yards for a pick-six on the Wardawgs opening drive of the game for a quick 6-0 lead.

"I just read the quarterback's eyes," Ingano said. "I saw her eyes the whole time and just picked it. It's

After completing the twopoint conversion, the defense came up big again when Toni Gonzales blocked a punt to set up the Koa deep in Wardawgs territory.

Four plays later, Koa quarterback Dana Hester found retired Army veteran Simone Davis all alone in the right corner of the end zone for a 14-0 advantage.

"It (lead) got us charged, but at the same time, I told them to keep a cool head," Young said. "We had a lot of game to go, so let's stay



in our box, continue to do what we're doing, pound the ball and just keep moving forward.

Another four-and-out by the defense put the ball back into the hands of Hester at the 30-yard line and eight plays later, the QB delivered her second touchdown pass of the game by connecting with Ingano for eight yards and a 20-0 lead that stood through halftime.

The end of the first half came as a sigh of relief for the battered Wardawgs offense, which picked up only two first downs while allowing three sacks of their quarterback Loretta Palmer.

'We were, I guess the least to say, sluggish in the first half," said Wardawgs head coach Hospital Corpsman 2nd Class Arthur Manning, 3rd Marine Regiment. "It was the simple little things. Those were the things that killed us."

The Wardawgs showed a little life on their first drive of the second half, but after advancing the ball to the Wahine Koa 10-yard line, the team failed to punch it ın.

The missed opportunity may have sealed the game for the Koa as the ladies punctuated a 50-yard, 10play drive with Hester lobbing a short toss to Dee Hawkins for the six points

Michelle Dannenberger, Navy Information Operations Command (NIOC) Hawaii, who has been a member of the squad since the days of the Navy Sharks, she said that the victory was perhaps the sweetest ever.

"They (Wardawgs) only beat us by a safety during the season," Dannenberger said. "We had to come and make the statement that we're not going to get beat again, so that's what we did.'

In defeat, Manning was gracious as he complimented the players and coaches of Wahine Koa, but said that he is looking forward to facing them again in the upcoming season, which kicks off on May 18.

"I've got to give props to them," he said. "They put work on the field and they outworked us today. They didn't beat us because they were a better team. They put work in practice and you could see it when they came to the field.'

Likewise, Young also saluted Manning and said that the Wardawgs' firstyear coach really pushed him to raise his game in order to get his team prepared.

While Young said that he received the most satisfaction from claiming the team's latest championship hardware, he is content to just relish the moment and will decide later if he will tackle another season. "Right now, I'll just enjoy it and then talk it over with my brain (his wife Hospital Corpsman 2nd Class Adriana Tirado-Young, Naval **Operation Support Cen**ter)," he said. "I just can't say yes or no right now. We're going to play it by ear."



Wahine Koa head coach August Young signals number one as running back Shardae Ingano tries to scamper past Wardawgs defense back Amanda Pendarvis.

and a 26-0 advantage.

The Wardawgs broke the shutout on two scoring passes from Palmer to Aviation Electronics Technician 2nd Class Lachandra Owhochokwo, Patrol Squadron 47, but the damage was done as Wahine Koa walked away with yet another title.

For Cryptologic Technician (Technical) 2nd Class



Story Ideas? Contact Ho'okele editor for guidelines and story/photo submission requirements. 473-2890 editor@hookelenews.com

April 11, 2014 Ho'okele B-3 It's over! Port Royal wins basketball championship

Story and photo by Randy Dela Cruz

Sports Editor

On the same night that the University of Connecticut was wrapping up their fourth national title, USS Port Royal (CG 73) made everybody believers by defeating Commander United States Pacific Fleet (COM-PACFLT), 40-35, April 7 to take the base's version of March Madness and claim the intramural basketball championship in the 2014 season finale at Joint Base Pearl Harbor-Hickam Fitness Center.

Led by the hot hand of guard Seaman London Waldon, Port Royal dug themselves out of an early eight-point deficit to beat COMPACELT, which came into the playoffs riding a seven-game winning streak.

"Nobody respected us," Walden said. "So we made sure that we had to come in and handle business.'

Early on, the game was controlled by COMPACFLT, which got out to a 14-8 lead on a threeball by Intelligence Specialist 3rd Class Malik Coleman before a putback by teammate Marine Sgt. J.R. Martin gave the team its biggest lead of the night at 16-8 with 8:20 remaining in the half.

However after trading baskets, Waldon got going and popped in his first points of the game with a trey from the right wing.

Then with 1:14 left to go before halftime, Waldon stepped up and completed a basket-and-one to

make it a one-point game before connecting on a dramatic splashdown from beyond the arc at the buzzer to put Port Royal ahead, 20-18 at intermission.

Waldon, who was quiet for almost 16 minutes of the first half, blazed through the final two minutes with 10 straight points on two treys, a free throw and a basket-and-one.

"I had to be a leader and step up," Waldon admitted. "It only takes one person to step up. Once I stepped up, everybody just got on the same horse.

In the second half, COM-PACFLT tried to close the gap by crashing the boards and taking the ball to the hoop.

While the plan got the team numerous opportunities under the basket the hoop seemed to have a lid on it, as COMPACFLT missed five point-blank shots in the first couple of minutes.

"It just wouldn't fall for us," said COMPACFLT point guard Intelligence Specialist 2nd Class Aaron Jackson. "We had a lot of looks. We got lay-ups and missed, got free throws and missed. It all added up.'

Finally, COMPACFLT broke the ice on a trey by Coleman, but a steal and lay-up from Waldon put Port Royal up by a score of 26-21.

Another run by COMPACFLT tied the score at 26-26 after Yeoman 3rd Class Brandon Dobbs scored on a putback at the 10:36 mark.

The team's momentum, though, was cut short after Mana Hawkins, a former all-state prep



Seaman London Waldon, guard for USS Port Royal (CG 73), tries to shield the ball away from COMPACFLT point guard Intelligence Specialist 2nd Class Aaron Jackson as he goes up for the lay-up.

player and Hawaii Pacific University star, who is the wife of Hawkins, stepped up on the next

Technician 3rd Class Anthony Port Royal teammate Electronics trip down the floor and calmly

sank a trey for a 29-26 lead.

Earlier, Hawkins kept Port Royal within striking distance by scoring eight big points in the first half on two treys and two free throws.

"Anytime a team plays zone on us, you're always going to see those open shots," she said. "They kept overplaying, so it left that pocket open. If they give it, you might as well shoot it.

The shot by Hawkins seemed to be the nail in the coffin for COM-PACFLT as Port Royal never lost the lead again en route to the five-point win.

The loss for COMPACFLT was especially tough for Jackson, whose storied athletic career here on base included an intramural football championship and a rare three-peat as a member of the old Naval Station Pearl Harbor (NAVSTA) basketball squad.

'I'm sorry to say that I'm actually transferring out to Jacksonville in May," said the 33-year-old Jackson. "I've had my share of championships.'

Although Port Royal won the Summer Basketball Championship last year, it was, Waldon admitted, a different league and team.

The summer league is a pay-toplay league and isn't as tightly regulated when it comes to player participation from other ships or commands.

This one, stated Waldon, was all Port Roval.

"It's a big monkey off our backs," he said. "A lot of people didn't respect us. I guess we get our respect now.'

Big inning raises 67th Cyberspace Wing past Kraken

Story and photo by Randy Dela Cruz

Sports Editor

The 67th Cyberspace Wing (67 CW) strung together five hits to knock in five runs in the bottom of the second inning and then held on to defeat Naval Sea Systems Command (NSSC) Kraken, 7-2, April 8 in an season-opening intramural softball White Division game at Millican Field, Joint Base Pearl Harbor-Hickam.

Aided by back-to-back infield errors committed by the Kraken, the 67 CW took full advantage of the blunders by scoring three more times in the second inning en route to their first win of the season.

"It was just people mak-Jacob Dver who drove in

single in the bottom of the third inning before Freundner smashed a double to put runners on second and third.

Hanson then got his second single of the game to drive in two more runs and raise the team's lead to 7-0.

In the top of the fourth, Chief Electronics Technician Mike Heffne helped the Kraken tally their first run of the game when he led off the inning with a triple and later scored on a sacrifice to make it 7-1.

However, the team missed a golden opportunity in the inning when they loaded the bases with no outs, but saw their next three batters go down on an infield-fly rule, a line out to third and grounder back to the box.

"I think that's what ing solid contact with the killed us," Heffne admitted. ball," said Senior Airman "We had the momentum going, we got back into the game and we came out." Dyer agreed with Heffne that the Kraken's failure to capitalize in the inning might have sealed the team's doom. "That was pretty huge, to get bases loaded and stop them," Dyer said. "That was a big deal." Hensley worked himself out of a jam in the bottom of the fifth inning to keep the Kraken's hopes alive, but once again, the team could only muster a single run in the top of the six to make it 7-2 before Fiery set down the Kraken in order in the seventh to get the complete-game win. After the game, Heffne said that the loss confirms that Kraken, which just barely missed the playoffs last season, has a lot of work to do. "Everyone's transferred or will transfer in the next month, so we're calling this a rebuilding year," he said. We got to get out to Hickam during the week and get in some practice." Meanwhile, Dyer said that although it's good to get the win, it's too early in the season to tell how good the 67 will be. "We feel alright," he said. "We're working on it. We'll take it one game at a time. Airman 1st Class Robert I think we're capable of be-



two of the five runs. "We weren't trying to kill it or anything.

After both teams traded goose eggs in the first inning, 67 CW pitcher Tech. Sgt. Wayne Fiery got out of a jam in the top of the second inning by inducing a force out at second to strand two runners on base.

The close call seemed to put a spark in the 67's attack as the team quickly got to Kraken pitcher Command Master Chief Electronics Technician Marcus Hensley and put two runners on with back-to-back singles by Master Sgt. Erich Freundner and Senior Airman Louis Hanson.

Then, after both runners scored off two infield errors, Dyer picked up the team's third single of the inning to drive in two runs and put his team out in front by a score of 4-0.

The 67 completed the rally when Fiery helped his own cause with a clutch two-out single to drive in the fifth and final run of the inning.

Fiery returned to the mound and set the Kraken down in order to get his teammates back in the batter's box while their bats were still on fire.

Light delivered a one-out ing pretty good this year."



Tech. Sgt. Wayne Fiery, pitcher for 67th Cyberspace Wing, held Naval Sea Systems Command (NSSC) Kraken to two runs to help his team win by a score of 7-2.

My Favorite Photo...

Brandon Bosworth took this recent photo of a ae'o, or Hawaiian stilt, near the Mamala Bay Golf Course on Joint Base Pearl Harbor Hickam. The ae'o is an endangered species found only in Hawaii.



How to submit: Email your (non-posed) photos to editor@hookelenews.com

Ford Island Bridge Run draws big numbers





U.S. Navy photos by MC1 Daniel Barker Military and community members run across the bridge during the 17th annual Ford Island 10K Bridge Run at Joint Base Pearl Harbor-Hickam on April 5.

Helen Ko

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation

More than 2,500 runners, joggers and walkers of all ages laced up their shoes for the Ford Island Bridge Run held April 5 by Joint Base

Pearl Harbor-Hickam's MWR Athletics Department. Runners of all ages participated in this annual event,

now in its 17th year. Juan Romero won the male open division with a time of 35 minutes, 28.4 seconds. Only seven seconds the first to cross the line in more than 80 years old.

the female open division, at 38:35.6.

Ryan Larson won the male military division while Jackie Geiger took first place in the female military division

Participants' ages for this year's run ranged from behind was Susie Stephen, younger than 9 years old to



(Top): Military and community members begin the run. (Above): Military and community members approach the finish line.

All-Military Bowling Tournament held

Helen Ko

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation

This year's Hawaii All-Military Bowling Tournament ended its four-day competition at Hickam Bowling Center April 4 with the Retiree Bowling Team taking first place.

The team included team captain Bev Ben-

nan, Laura Bullock, Julie Cobb, Sue Stephens, Annie Ortiz (sub), Darryl Debebar, Derrick McGee, Felix Mendiola, Scott Hunt, Blake Harrison, Kevin Becera and Vince

Second place went to the Marine team and the team from the Air Na-

competed for the title

Davis (sub).

tional Guard took third. A total of six teams

this year, including one from each branch of ser-

ed. Participants of all ages and all experience levels are welcome. Fees vary depending on the piece. FMI: 448-9907.

Pearl Harbor Valor Tour will be held from 8:30 a.m. to 3:30 p.m. on Tuesdays through Fridays, April 15 to 30, starting from ITT-Hickam. The tour includes the USS Arizona Memorial, the USS Utah Memorial, Oklahoma Memorial and the Navy Club Memorial. The cost is \$25 per person and free for children age 2 years and younger sitting on an adult's lap. FMI: 448-2295.

vice. The first game started at Naval Station Bowling Center, with the second and third day of competition at Kaneohe Bay Lanes and Schofield Bowl, respectively. The Navy Team took fourth place, Army took fifth and Air Force sixth.

For information about next year's 18th Annual Hawaii All-Military Bowling Tournament can call the bowling center at 473-2574.

starting from the ITT-Hickam office. The tour will include the USS Arizona Memorial, USS Utah Memorial, USS Oklahoma Memorial and the Navy Club Memorial on Ford Island. The cost is \$55 for adults and \$45 for children ages 3 to 11. FMI: 448-2295.

Day Hike to Nu'uanu-Judd/Hidden Palace will 20, begin at 9 a.m. April departing from the Outdoor Adventure Center at the Fleet Store. Participants should bring mosquito repellant and shoes to accommodate hiking through mud. The cost is \$10 per person and participants need to sign up by April 17. FMI: 473-1198.

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

Play Until Dusk Golf will be to sign up by April 11. FMI: 10:30 a.m. April 16. create painted masterpieces held from Monday through call 473-1198. Friday beginning at 2:30 p.m.

at Mamala Bay Golf Course. Library Know-How will be lot. The cost is \$25 for rience is necessary. The cost held beginning at 2 p.m. adults, \$20 for ages 3-11

Participants will meet at on stretched canvas while Rainbow Bay Marina parking nibbling on cookies. No expe-



Patrons can pay a green fee for nine holes, then play as many holes as they can until dusk. The cost for the cart fee is \$8. Rental equipment needs to be turned at dusk. FMI: 449-2304.

Moonlight Paddle at Hickam Aeration Special will be held Harbor will begin at 7:30 p.m. April 16, departing from the Outdoor Adventure Center-Fleet Store. Participants of all paddling abilities welcome. The trip includes kayaks, gear and professional guides. The cost is \$25 per person. Participants need

Saturday at Hickam Library. The event will include how to search the online catalogue, information about the Dewey Decimal System and demonstrations. FMI: 449-8299.

from April 15 to 20 at Navy-Marine Golf Course. Patrons can receive half-price green fees during the aeration. The course will be closed on April 14. FMI: 471-0142.

Ford Island Historical Tour will be held from 8:30 to

years. Free pickup of participants is also available at Royal Alaka'i Lodge. FMI: 448-2295.

Dollar Fifty Monday will be held from 5 to 9 p.m. on April 14, 21 and 28 at Naval Station Bowling Center. Shoe rental, bowling games and a hot dog are \$1.50 each. FMI: 473-2574.

Cookies & Canvas class will be held from 3 to 5 p.m. April 16 at the Hickam Arts & Crafts Center. Patrons can

is \$25 per person fe 12 years and includes supplies. FMI: 448-9907.

Pick-n-Paint is ongoing 9 a.m. to 5 p.m. from Tuesday through Saturday in the Hickam Arts & Crafts Center. Patrons can pick an item and paint it, then the crafts center will fire it. No experience or appointment is need-

Patriot Tour will be held from 8:30 a.m. to 3:30 p.m. on Thursdays, April 17 and 24,

APRIL

BOOT CAMP FOR NEW DADS

SATURDAY — A Boot Camp for New Dads will be held from 9 a.m. to 12:30 p.m. at Halsey Terrace Community Center. Dads with two-to-four-month old babies help the rookies with hands-on experience. This dads-only three-and-a-half hour workshop is coached by dads with topics including holding, feeding, diaper-changing and working with mom. FMI: 474-1999 or www.greatlifehawaii.com.

MWR NEWCOMERS' LUNCHEON

16 — The free Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation (MWR) Newcomers' luncheon will be held from 11 a.m. to 12:30 p.m. at J.R. Rockers ballroom. Military-affiliated personnel who are new to Oahu can receive a free buffet lunch, visit MWR information booths and sponsor tables, and participate in giveaways. Activities for children will be available. FMI: www.greatlifehawaii.com.

NEX EARTH DAY EXPO

18 — The Pearl Harbor Navy Exchange (NEX) Earth Day Expo: Partnering for a Greener Future will be held from 10 a.m. to 4 p.m. at the NEX mall-side tent. The event will include eco-friendly demonstrations, information booths, children's games, earth-friendly products and awards to an environmental coloring contest winner. FMI: 423-3274.

EARTH DAY FESTIVAL AT HICKAM HARBOR

19 — An Earth Day festival will be held from 10 a.m. to 2 p.m. at Hickam Harbor. The event will include boat rides, a touch tide pool and information booths. FMI: www.greatlifehawaii.com.

BUNNY HOP 5K RUN/WALK

19 — A Bunny Hop 5K Run/Walk will begin at 8 a.m. at the Hickam Fitness Center. The free event is open to all authorized patrons. FMI: 448-2214.

BREAKFAST WITH THE EASTER BUNNY

19 — Breakfast with the Easter bunny will be held from 8 to 9 a.m. at the Pearl Harbor Navy Exchange food court lanai. All military families (authorized patrons) and their children can participate in the breakfast. The event will also include games, prizes, balloon art, glitter tattoos, crafts and a goody bag. Tickets are on sale at the NEX main mall rotunda. FMI: 423-3287.

EASTER BRUNCH BUFFET

20 — An Easter brunch buffet will be held at the Historic Hickam Officers' Club. Seating times are 10 a.m. and 1 p.m. for the lanai and 11 a.m. for the dining room. Patrons of all ranks are welcome to attend. The cost is \$29.95 for adults, \$15.50 for children ages 7 to 12 and \$8.25 for children ages 4 to 6. Reservations are required and will be accepted until noon April 18. FMI: 448-4608.

EASTER SUNRISE SERVICE

20 — This year's Easter sunrise service will begin at 6:30 a.m. on the Battleship Missouri Memorial. The chapel is looking for volunteers to help before and after the Easter sunrise service. Uniform for the sunrise service is aloha crisp. FMI: email Fruji.mills@navy.mil or call 473-3971.

NAVSUP FLCPH EARTH DAY FAIR

22 — The fifth annual Naval Supply Systems Command Fleet Logistics Center Earth Day Fair (NAVSUP FLCPH) will be held from 10 a.m. to 1 p.m. at building 473 at Kilo 7/8 Piers. The event will include environmental displays, a clean islands oil spill response vessel and alternative fuel vehicle displays. FMI: 473-7818 or email Christopher.I.heber1@navy.mil.

CORE SPRING SEMINAR

24 — The Continuation of Spouse Education Program (CORE) spring education seminar will be held from 5:30 to 8:30 p.m. at Lockwood Hall, Joint Base Pearl Harbor-Hickam. The registration deadline is April 14. Discussion will focus on how to transfer the post 9/11 GI Bill. The event is open to all Navy or Coast Guard, commanding officers, executive officers, junior officers (chief warrant officers 1 and lieutenant commanders) and master chief petty officers/senior chief petty officers spouses. FMI: http://corespouseworkshop.eventbrite.com.

FOREST CITY SPRING CULTURAL FESTIVAL

26 — The Forest City Spring Cultural Festival will be held from **11** a.m. to 3 p.m. at Richardson Field. The event will include bounce houses for children, prizes, food trucks, snacks, drinks and free entertainment. FMI: www.fcnavyhawaii.com or www.facebook.com/fcnavyhawaii.





NEED FOR SPEED (PG-13)

A mechanic who moonlights as an underground race-car driver strives to take the top prize in America's most prominent street race in order to have his revenge against the ambitious ex-NASCAR champ who had him framed and sent to prison. Desperate to keep his family-owned business afloat, Marshall forms an uncomfortable partnership with wealthy ex-NASCAR star Dino Brewster (Dominic Cooper).

SHARKEY THEATER

TODAY 4/11 7:00 PM Son of God (PG-13)

SATURDAY 4/12 2:30 PM Muppets Most Wanted (PG) 5:00 PM 3 Days to Kill (PG-13) 7:20 PM Tyler Perry's: Single Mom's Club (PG-13)

SUNDAY 4/132:30 PMMuppets Most Wanted (PG)4:50 PMNeed for Speed (PG-13)7:20 PM(3D) Pompei (PG-13)

HICKAM MEMORIAL THEATER

TODAY 4/11 6:00 PM 300: Rise of an Empire (R)

SATURDAY 4/12 4:00 PM 300: Rise of an Empire (R) 7:00 PM Son of God (PG-13)

SUNDAY 4/13 2:00 PM 300: Rise of an Empire (R)

 THURSDAY 4/17

 7:00 PM
 Son of God (PG-13)

assists with making moving transition easier ГМO

SrA Christopher Stoltz

Joint Base Pearl Harbor-Hickam Public Affairs

When it comes to moving and changing permanent duty stations (PCS), preparation and proper decision-making by a military service member can be the difference between a seamless move or one which is unforgettable for all of the wrong reasons.

According to the transportation management office (TMO) at Joint Base Pearl Harbor-Hickam, the months of May through August are the busiest months of the year when it comes to moving and PCSing.

Within these few months, thousands of military personnel move to new bases, often creating confusion and headaches as many people scramble to complete this task.

"You should really start planning your move the moment you receive your orders," said Denise Mattos, transportation assistant, traffic management office, passenger travel section. "Being prepared and proactive will make the moving process an easy one."

Mattos also said anyone can



U.S. Navy file photo

Personnel from a local moving firm ensure that no cartons of household goods were dampened by ground moisture as they conducted a packout for a Hospital Point family who transferred to the east coast last summer after two years in Hawaii.

visit the website http://www .move.mil to obtain moving tips and the website can answer many questions if TMO is closed. She also provided the following tips for those who will face this task this summer.

Things to do

First, understand your timeline and be patient, especially during the busy season ahead, Mattos said.

She also said that it is important to pay attention to details.

"Just like any career in the military, attention to detail is critical when moving," she said. "Missing a signature or a piece of paperwork can prolong the process and further upset a customer."

Remember your pets, too, Mattos emphasized.

"This is especially critical because summer flights sell out fast," she said. "The number of airlines who will actually let nonservice animals travel with you are dwindling."

Military service members

of any and all paperwork, she emphasized.

"In addition to having attention to detail, having copies of your paperwork is important," said Mattos. "Having copies of your paperwork keeps you safe.'

Know the rules and regulations before signing anything, Mattos advised.

One problem we see occasionally is some people do not understand the weight limits when it comes to moving," she said. "This often leads to issues, and the customer has to pay for the difference out of his or her pocket."

Things not to do

Don't rely on past experiences, because the process is everchanging, Mattos said.

'Even if you have recently moved, it doesn't mean your next move will be the same," she said. "It seems the process changes all of the time, so make sure you listen to our advice and pay attention."

Don't wait until the last minute to plan the move either, she said.

Waiting until the last minute to plan a move can lead to many problems," Mattos said. "It can

should also keep and make copies slow the process, not only for the outbound person, but the incoming one as well."

Don't throw away any paperwork, she advised.

"If you throw away your paperwork, it can sometimes lead to problems, especially if something is damaged or broken during the move," she said. "Keep all of your paperwork easily accessible and together, just in case the 'what-if' scenario actually happens."

Don't have a bad attitude either, Mattos said.

"The worst thing any person can do in the entire process is have a bad attitude," she said. "Not only does it make the process miserable for the parties involved, but it often leads to mistakes, which only makes things worse."

Mattos said by following these simple guidelines, the transition from here to wherever you are going should be seamless.

For more information or to make an appointment, call the transportation management office at 448-0747, or visit them in their location in hangar two. next to Military Personnel and Finance.

Racquetball court reopens on PMRF

Stefan Alford

Pacific Missile Range Facility Public Affairs

Rocky Ruiz hadn't picked up a racquetball racquet in so long that he couldn't recall the last time he played at Pacific Missile Range Facility on Kauai.

"It's been many, many years," said the former Pacific Missile Range Facility ordnance worker who retired in 2010 after 42 years on base. He used to be a regular on the court back when it first opened here in the heyday of the booming sport in the mid-1970s.

"It was really popular back then with the Sailors. They all used to play," he reminisced. "But it wasn't a great court. It was all cement — the floors, the walls — it got hot in there like a sauna." Without air conditioning, the walls sweat as much as the players and sometimes affected the play of the ball.

The lone, free-standing building near the fitness center that served as the court hadn't changed much in almost 40 years-until

major renovations to improve it began last fall by Manu Kai contractors. The refurbished facility was unveiled with a local version of a ribbon-cutting ceremony held March 31 with Capt. Bruce Hay, PMRF commanding officer presiding over a lei untying.

With the re-opening, the Navy court is once again the only racquetball facility on Kauai, following the shuttering of the five courts in 2010 that were part of the Kauai Athletic Club, said Philip Eliana, arguably Kauai's top racquetball player.

Ruiz came back for the event by invite of Eliana, who offered a free clinic and demonstration after the grand opening for about a dozen players of all levels.

'Rocky was my mentor out here; I learned from him," said Eliana, who has won 10 national medals since 2010, including the Hawaiian State Doubles Championship, and is the current U.S. national champion of the Military Racquetball Federation (MRF) in the over-50s, single division.

shiny wooden floor and nod-

ded approvingly at the temperature-controlled environment, one could almost see a glimmer of longing about coming out of his self-imposed retirement.

"It's beautiful," he said. "It looks like a genuine racquetball court now."

The contrast also wasn't lost on George Evanoff, one of the current crop of regulars who had been waiting since October to get back on the court.

"It's a real court now," he echoed Ruiz' assessment. "Before, half the ceiling was open to the rafters and there'd be birds up there, and the ceiling leaked, so that created a water hazard. The walls were bowed outward in places, and the big skylight windows created a lot of glare from the sun."

But while Evanoff and others are grateful to again enjoy the sport, for Eliana having the court back is more than just a recreational outlet. It's the only place on island that he can train for this year's MRF Nationals.

"This is the only court As Ruiz surveyed the here," said the 55-year-old Air National Guard mem-

ber, who has been a part of the 14-person Air Force national team the past three years - the only Guard player on the primarily active duty roster. "I'm fortunate to be able to train here.

Prior to using the PMRF facility, Eliana was a regular at the Kauai Athletic Club, where he organized the annual Garden Island Classic racquetball tournaments

"Today is even more special by having Rocky out here," Eliana said. "He's a racquetball legend on the west side and inspired me to get to where I am today. Even though he was 10 years older than me, he used to whip me all the time and made it look easy. He made me a better player."

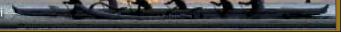
By the end of the ceremony, it didn't take much coaxing from those gathered to convince Rocky to lace his shoes, don some goggles, pick up a racquet for the first time in "many, many years," and return to the court in a friendly match with his one-time protégé to break in the hardwood floor.



U.S. Navy photo by MC2 Mathew J. Diendorf

Rocky Ruiz serves a ball to Philip Eliana during the first match on the refurbished racquetball court at Pacific Missile Range Facility.







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USO Hawaii highlights volunteers



Airman 1st Class Garrett Smith with 392nd Intelligence Squadron volunteers for USO Hawaii.

Don Robbins

Editor Ho'okele

This week is Volunteer Appreciation Week, and military service members from active duty Navy and Air Force units provide valuable ongoing service to the USO Hawaii, said Kristin Tierney, the organization's program manager.

Tierney said she wants to highlight the fact that the USO Hawaii has several units that host weekly shifts at both its centers, and many of them have done so consistently for several years.

"Additionally, our active duty volunteers are some of our best, and in 2013 two of our Volunteer of the Quarter winners were active duty status service members. We have five Navy and Air Force units that host weekly shifts with us, at both our Hickam and Honolulu centers. Some even host two-plus shifts in

a week," Tierney said. They include the 747th Communications Squadron, Joint Intelligence Operations Center, Air Force Sergeants Association, 324th Intelligence Squadron, 392nd Intelligence Squadron (IS) and Honolulu Airport USO the Airlift /Tanker Association

Other USO Hawaii staff members added that they also appreciate the volunteer efforts of active duty service members.

"I am most appreciative for the hearts of our active POC [point of contact] to duty volunteers as they have made a commitment lots of opportunities for acto give back to their fellow service members — past and present," said Charity Howe, USO Hickam Center manager. "Even though the services we provide are for them, our active duty volunteers are a big part of people is to help further our volunteer *ohana*. Most of them have personal experiences with USO throughout their military career, stateside or while lapena, a USO volunteer deployed, so volunteering since January.

here is a way they can payit-forward," said Sheila "Kanoe" Sampaga of the USO Honolulu International Airport location.

As much as their efforts are appreciated by USO Hawaii, the active duty volunteers said they are equally appreciative of the USO mission and glad to assist the effort.

"I enjoy volunteering. I believe that giving a little bit of your free time is something everyone should do. The USO is a great place to volunteer, talk to other service members and vets, and lend a helping hand wherever I can," said Airman 1st Class Garrett Smith, of the 392nd IS, a USO volunteer for the past three months.

"It feels absolutely great to assist others. Volunteering with USO Hawaii is the least I can do to provide comfort to service members and their families while they are visiting," said Senior Airman Zach Gates of the 647 Civil Engineers Squadron. A volunteer for USO since September 2012, Gates was also named Volunteer of the Quarter for the fourth quarter of 2013.

Volunteer Sailors at the Center explained how they became involved in the effort and why they participate.

"I received a newsletter from JIOC stating the opportunities with the USO and followed up with the get involved. There are tive duty, including unit recognition, peer interaction, and the Volunteer Service Medal," said Intelligence Specialist 3rd Class Turquoise Bagwell, a USO volunteer since 2012. "An incentive for a lot of your military career, earn hours, and give back," said Construction Electrician 1st Class Emmanuel De-

That Guy.com



Spring special meal planned at Silver Dolphin April 21

The Silver Dolphin Bistro will host a spring special meal from 11 a.m. to 12:30 p.m. April 21. The price is \$4.65.

The menu will include a salad bar, crab salad, potato salad and fruit salad.

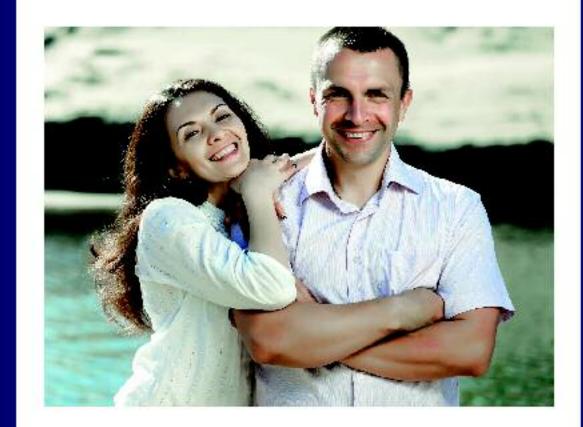
Other items on the menu are prime rib with au jus. roasted Cornish hens, baked lobster tails, bacon wrapped scallops, jasmine rice, au gratin potatoes, steamed broccoli, calico corn and French onion soup. Assorted breads will include French bread and dinner rolls.

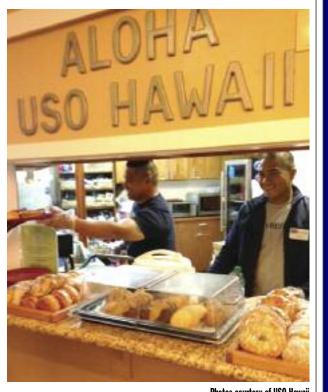
Desserts will feature carrot cake with cream cheese frosting, chocolate chip cookies and an ice cream bar.

This special meal will be open to active duty military. Department of Defense employees, retirees and family members of active duty with valid identification cards. For more information. call 473-2948.



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Photos courtesy of USO Hawaii Construction Electrician 1st Class Emmanuel Delapena serves chicken to a Soldier as part of his volunteer efforts. Gas Turbine Technician Electrical 1st Class Bernard Clemente of Pearl Harbor Naval Shipyard is seen at right.

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