

USS City of Corpus Christi returns to Pearl Harbor

Story and photo by
MC1 Steven Khor

Submarine Force Pacific Fleet
Public Affairs

The Los Angeles-class, fast attack submarine USS City of Corpus Christi (SSN 705) returned to Pearl Harbor from a deployment to the western Pacific region May 6, with families and friends gathered at the submarine piers at Joint Base Pearl Harbor-Hickam to welcome them back.

“This is my final underway in command, and I cannot be prouder than to sail with the dedicated warriors that comprise my crew,” said Cmdr. Chris Buziak, City of Corpus Christi’s commanding officer.

“Their positive attitude, tremendous commitment, and overwhelming professionalism are a testament for why they are representative of the best young Americans they are today,” Buziak said.

He said that despite half of the crew being on their first deployment, they consistently demonstrated the flexibility to meet numerous unique tasks with great enthusiasm as they supported the operational commander’s priorities.

The crew’s efforts also directly enhanced relationships with key regional allies through community relations projects in Guam and



Electrician’s Mate 3rd Class Erik Duwe of the Los Angeles-class, fast attack submarine USS City of Corpus Christi (SSN 705) hugs his girlfriend, Cate James, on the pier following the submarine’s return May 6 from deployment to the western Pacific region.

Yokosuka, Japan. In addition to gaining the experience of operating in the western Pacific, the deployment afforded Sailors the opportunity to work on qualifications, Buziak explained.

Twenty-two Sailors became submarine-qualified and are now entitled to wear the enlisted submarine warfare insignia. In addition, more than 100 watch stations were also qualified.

This was the submarine’s first deployment since changing home ports from Guam in 2011 and completing a 14-month maintenance availability period at Pearl Harbor Naval Shipyard.

“The crew handled themselves in the utmost tradition of honor, courage and commitment while conducting extended operations in the western Pacific region supporting both national tasking and fleet theater anti-submarine warfare requirements,” added Buziak.

City of Corpus Christi returned home to an excited crowd of families and friends on the pier. Many displayed signs and banners to welcome back crew members.

For spouse Shelbie McClain, having her husband, Sonar Technician (Submarines) 3rd Class Brandon McClain, back home after a long deployment meant they could take that long-awaited trip together.

“I’m just really that glad he’s home, and I’m looking forward to spending time with him and going on a vacation back home to California and Washington,” said Shelbie.

City of Corpus Christi is the second ship to be named after the Texas city and is capable of conducting both anti-surface and anti-submarine operations along with guided-missile strike operations using conventional Tomahawk land attack missiles.

Navy Region Hawaii conducts HURREX at joint base, PMRF

Story and photo by
MC3 Johans Chavarro

Navy Public Affairs
Support Element West,
Detachment Hawaii

In preparation for hurricane season, Navy Region Hawaii conducted its annual hurricane readiness exercise, HURREX, at Joint Base Pearl Harbor-Hickam (JBPHH) and the Pacific Missile Range Facility (PMRF) May 5-9.

Navy Region Hawaii conducted HURREX to teach personnel and family members how to prepare for hurricanes and associated effects brought on by a major storm event. Although the exercise storm is fictional, the need to prepare is real. This year, Navy Region Hawaii and Joint Base Pearl Harbor-Hickam conducted both before and after landfall



Personnel check in a participant during the “safe haven” drill at Hickam Gym during the hurricane exercise at Joint Base Pearl Harbor-Hickam.

components to the exercise.

According to Angela Perryman, Military and Family Support Center site manager, during an approaching hurricane personnel must be able to handle matters quickly and efficiently to more smoothly ride out the storm.

“We can have a disaster at any point,” said Perryman. “Whether it’s a natural

disaster or whether it’s a man-made disaster or some other kind of threat, it’s important to have time carved out so everyone can come together and practice the exercise.

It’s important to see how we would go through processing service members and their family members in a real-world situation. Determining housing situations and additional services they might need are the kinds of things that are good to practice now before hurricane season,” Perryman explained.

Participants role-played emergency situations and visited representatives from multiple organizations including the Navy Marine Corps Relief Society, Navy and Air Force medical groups and housing departments.

Hospital Corpsman 2nd Class Mishell Miyashiro, assigned to Naval Health Clinic Hawaii, explained how mock exercises like HURREX teach staff members how to remain flexible and think on their feet to accomplish the mission at hand.

“If something actually ends up happening, rarely will things ever go as planned,” said Miyashiro. “That’s when you need to learn how to improvise because maybe initially on paper, patients were supposed to go directly to medical, but as you go through the mock exercise you see that medical is being overwhelmed and patients are not actually being seen where they need to be seen, so then you may need to triage them at the door. Or maybe you realize checking in with social services should come first, or actually admin should come first, or some-

See HURREX, A-6

JBPHH implements hand-held scanners at gates, expect delays

Joint Base Pearl Harbor-Hickam Public Affairs

Hand-held scanners are now being implemented at all entry control points to Joint Base Pearl Harbor-Hickam and its annexes. Drivers can expect delays during the gradual implementation period, which began May 15 as the first week with one in 20 vehicles scanned. By the end of June, every vehicle will be scanned.

The scanners will read the following types of identification: DoD common access cards, family member and retiree ID cards, and locally issued Rapid Gate (NCACS) credentials. The scanners will identify and grant access for all personnel who have these credentials. The rollout plan is designed so that the first time a card is read, it can take up to 30 seconds for it to be “registered” in the system. Once registered, the scanners will operate near real-time.

Also effective May 15, all Transportation Worker Identification Credential (TWIC) cardholders must first report to the pass and ID office prior to gaining entry to the installation. TWIC cardholders requiring long-term access should contact the JBPHH Pass and ID Office at 449-0865 for further instructions.

Sailors ‘pull together’ at fitness fair

Sailors assigned to the Los Angeles-class submarine USS Cheyenne (SSN 773) compete in a fire truck pull competition during a fitness and health fair outside the Joint Base Pearl Harbor-Hickam (JBPHH) Fitness Center. (See story and additional photos on page B-1).

U.S. Navy photo by MC1 Daniel Barker



Memorial Day observances
scheduled
See page A-2



Olympic medalists visit joint
base on USO tour
See page A-3



Navy Marine Corps Relief
Society reopens thrift store,
concludes fund drive See page A-4



USS Chosin comes to rescue for
blood drive request
See page A-6



Focused on fitness
See page B-1



Pearl Harbor NEX to hold
series of events this month
See page B-6

Navy in Hawaii combats sexual harassment, assault

Navy Region Hawaii Public Affairs

The U.S. Navy is actively combating sexual harassment, sexual assault and reprisal. At Navy Region Hawaii the goal is to reduce sexual harassment and assault by creating a culture of prevention, education, response capability, victim support and accountability to enhance the safety and well-being of all personnel — civilian and military.

Rear Adm. Rick Williams, commander, Navy Region Hawaii and Naval Surface Group Middle Pacific, has addressed the issue several times in the past six months in “all hands” meetings with

Sailors and civilians and in his region/base newspaper commentaries.

Williams ties prevention of sexual harassment and assault to fitness and readiness of his civilian and military workforce.

“Sexual assault is a major crime that tears apart commands wherever it occurs. Ending sexual assaults will increase our readiness and resilience as we become a more fit team,” Williams said.

“I am committed to creating the right conditions for a positive command climate and professional associations that enhance teamwork and support cooperation. These intangibles improve coordination and generate important wartime

readiness,” Williams said.

Studies show that sexual harassment, unchecked, can lead to sexual abuse as part of a full spectrum/continuum of harm.

Trained counselors, victim advocates and resources are available to assist military service members or civilians who have been harassed or assaulted. Every work space or common area posts information on where to report incidents of sexual misconduct.

Service members are assigned trained and certified sexual assault prevention and response (SAPR) advocates or counselors, and employees are provided professional referrals and access to equal employment

opportunity counselors.

In April, service members and Department of Defense civilians in Hawaii participated in a month-long awareness campaign: “Live Our Values: Step Up and Stop Sexual Assault.”

The campaign — which included community outreach at the University of Hawaii West Oahu campus and other venues — reinforced Navy core values of honor, courage and commitment. Service members and civilian employees learned about preventing, confronting, reporting and addressing allegations while supporting victims of harassment and assault.

Mandatory training on the prevention of sexual harassment is

conducted annually. In addition, Navy Region Hawaii participated last year in a Navy-wide SAPR stand-down, in which every service member and civilian received mandatory training.

“It is our responsibility to combat sexual harassment and sexual assault wherever it occurs,” Williams said.

Unrestricted allegations of sexual harassment and sexual assault are always investigated, and a full range of services or referrals are offered to every victim. Every employee and service member is provided with information on where to seek assistance.

To learn more, call 474-1999 or visit: <http://www.sapr.mil/>.

Hill replaces Weiss as VP-9 commanding officer

Ensign

Zachary Gorevin

Patrol Squadron Nine Public Affairs

Cmdr. Katrina L. Hill assumed command of Patrol Squadron Nine (VP-9) from Cmdr. Brian D. Weiss in a ceremony which was held in flight on May 2. Hill became the 65th VP-9 commanding officer since the squadron's establishment in 1951.

During his tenure, Weiss led VP-9 through an intensive interdeployment readiness cycle (IDRC) and five months of a split site deployment with detachments operating successfully across three sites in the U.S. 6th Fleet area of responsibility.

Under Weiss' leadership, the Golden Eagles were recognized with the U.S. Pacific Fleet Arleigh Burke Fleet Trophy, the Jay Arnold Isbell Trophy for ASW and ASUW excellence, and surpassed a milestone 35 years and 200,000 hours of mishap free



U.S. Navy photo by MCSN Amber Porter

Cmdr. Brian Weiss (right), commanding officer of Patrol Squadron (VP) 9 and Master Chief Kenneth Parker, maintenance master chief petty officer of VP-9, hold up the commanding officer plaque from the squadron's P-3C Orion maritime patrol aircraft during a change of command ceremony May 2 at Naval Air Station Sigonella.

flying. Weiss' next assignment is at Commander Task Force 72.

“It has been a privilege and an honor to work with

the nation's finest Sailors every day at VP-9. The ‘Golden Eagles’ have answered every challenge, met every goal, and earned a

well-deserved reputation as the finest maritime patrol squadron in the Navy,” said Weiss.

This is Hill's first tour in

Hawaii. She previously served with the VP-40 “Fighting Marlins” as a division officer from 2000-2003 and later joined the “Grey Knights” of VP-46 where she was a department head during 2009.

“I would proudly follow Skipper Weiss anywhere, but following him as commanding officer is a daunting task. He is the best skipper I have ever served under, and I am incredibly fortunate to assume command of a squadron that has benefited from his leadership over the past two years,” said Hill.

Hill said her main objective as commanding officer of VP-9 is to continue the “Golden Eagle” tradition of leadership, excellence and safety, successfully executing the remainder of the command's U.S. 6th Fleet deployment.

“I am incredibly proud of all we have accomplished on deployment,” said Hill. “We will continue to focus on our mission here on the front lines, protecting our nation

and getting better at our job every day. Golden Eagles accept nothing less.”

Assuming the duties of executive officer will be Cmdr. Gonzalo Partida of Los Angeles, Calif. He is joining VP-9 from a tour at the Joint Staff, Nuclear Command and Control Directorate. This is Partida's second tour in Hawaii. He previously served in VP-9 as a division officer from 1999-2003.

VP-9 is assigned to Patrol and Reconnaissance Wing Two, Marine Corps Base Hawaii. The squadron consists of 71 officers and 276 enlisted personnel who maintain and operate eight P-3C Orion maritime patrol aircraft. The squadron is forward-deployed to the U.S. 6th Fleet area of responsibility and is currently assigned to CTF 67, responsible for tactical control of deployed maritime patrol and reconnaissance squadrons throughout the European and African areas of responsibility.

Memorial Day observances scheduled

Navy Region Hawaii Public Affairs

Upcoming Memorial Day observances and activities have been planned. They include:

- The National Park Service will conduct special white boat harbor tours at 2:45 p.m. May 23-25. Boat launches to the memorial after 2:45 p.m. will be suspended during this time. Reservations only will be accepted. For more information, visit www.nps.gov/valr.
- The Friends of the Natatorium Memorial Day event will be held from 10 to 11 a.m. May 25 at the Waikiki World War I War Memorial Natatorium. The event is open to the public. Speakers will include Air Force Gen. Herbert Carlisle and U.S. Rep. Tulsi Gabbard.
- Roll Call of Honor in Remembrance ceremony will be held from 10 to 11 a.m. May 25 at the National Memorial Cemetery of the Pacific at Punchbowl.
- Annual Veterans Candlelight Memorial Day Ceremony will be held from 4 to 8 p.m. May 25 at National Memorial Cemetery of the Pacific at Punchbowl.
- Commander Navy Region Hawaii and Naval Surface Group Middle Pacific Memorial Day ceremony will be held at a time to be announced May 26 at the USS Utah Memorial.

- National Park Service morning colors special joint-service flag raising will begin at 8 a.m. May 26 at the Pearl Harbor Visitors Center.
- Mayor's Memorial Day Ceremony will be from 8 to 10:30 a.m. May 26 at National Memorial Cemetery of the Pacific at Punchbowl.
- Kauai Veterans Memorial Day Ceremony will start at 10 a.m. May 26 in Hanapepe.
- Pacific Fleet Band performance is planned from 10 to 11 a.m. May 26 at the Pearl Harbor Visitors Center.
- Joint Base Pearl Harbor-Hickam will conduct a 21-gun salute at noon May 26 from the Ford Island saluting battery in observance of Memorial Day.
- Bowfin Sub Vets Memorial Day Ceremony will begin at 11 a.m. May 26 at the USS Parche Submarine Memorial Park.
- Governor's 2014 Memorial Day Ceremony will be held from 12:30 to 2:30 p.m. May 26 at the Hawaii State Veterans Cemetery at Kaneohe.
- National Park Service Memorial Day Sunset Tour will begin at 3:45 p.m. May 26. The Pacific Fleet Band bugler and Joint Base Pearl Harbor-Hickam Honors and Ceremonies flag detail will perform evening Taps on the Arizona Memorial. Attendance at the event is by reservation only.

Leptospirosis: Don't let it ruin your health

SrA Tiffanie Gaines and Kia Meadows

15th Medical Group Public Health

Leptospirosis is one of the most common infectious diseases in Hawaii, averaging 30 to 40 cases per year. While everyone is susceptible to the disease, tourists are the most at risk.

“Tourists tend to be more at risk because they have less awareness of the local hazards and have more free time to experience them,” said Lt. Col. Chris Cieurzo, 15th Medical Group chief of aerospace medicine.

Maunawili Falls in the Kailua area of Oahu is one area where leptospirosis is frequently found. The water becomes contaminated when rainfall washes the urine of infected rodents off of the rocks above the falls into the water.

After hiking up the rocky trail, many people like to swim in the falls to

cool off. If they consume the water, or if it gets into their eyes, nose or an open cut, they can become infected. Exposure can occur other ways, including coming into contact with food or soil that has been urinated on by infected animals.

“There are plenty of ways you can protect yourself against leptospirosis while hiking or swimming,” said Tech. Sgt. Patricia Scott, 15th Aeromedical Dental Squadron community health element chief.

“Research the area where you will be traveling to. If there have been a high number of reported cases or signs posted, you should definitely avoid swimming. Do not go in the water if you have cuts or abrasions, and you should never submerge your head or swallow the water.

When hiking it's also important to wear closed-toe shoes to avoid getting cuts on your feet which can provide the bacteria an entry way into your

body,” Scott said.

There are a wide range of signs and symptoms including high fever, headache, chills, muscle aches, vomiting, diarrhea and rash. Without treatment leptospirosis can lead to kidney damage, meningitis, liver failure, respiratory distress, and in severe cases, death.

Prevention of leptospirosis is very simple. Do not swim or wade in the water if you suspect it might be contaminated, or if you see warning signs posted at the locations.

People who are at greater risk of exposure due to occupational or recreational activities should wear protective clothing and footwear. Contact your primary care manager if you suspect you may have leptospirosis, so treatment can begin as early as possible.

For more information on leptospirosis and ways of prevention, contact public health at 448-6240.

USS Michael Murphy celebrates birthday events

Story and photo by
Ensign
Joshua Flanagan

USS Michael Murphy (DDG 112)
Public Affairs

PACIFIC OCEAN — The guided missile destroyer USS Michael Murphy (DDG 112) recently celebrated the anniversaries of two important events in its history: its namesake's birthday and the ship's christening.

The 510-foot Arleigh Burke-class, guided missile destroyer is named for Navy Lt. Michael Murphy, born May 7, 1976 in Suffolk County, N.Y.

A Navy SEAL [sea, air, land] of the Pearl Harbor, Hawaii-based Seal Delivery Team One, Murphy was killed in action leading his team of four during Operation Red Wings in the Hindu Kush mountains of Afghanistan.

Stumbled upon by a group of goat herders during a reconnaissance mission, the team, comprised of Murphy, Hospital



Sailors on USS Michael Murphy form the letters from the ship's motto, LTF (Lead the Fight).

Corpsman 2nd Class (SEAL) Marcus Luttrell, Sonar Technician (Surface) 2nd Class (SEAL) Matt Axelson and Gunner's Mate 2nd Class (SEAL) Danny Dietz, were soon involved in a fierce firefight with a massive, numerically superior force of Taliban fighters.

Suffering from multiple wounds, the squad of Sailors began a fighting withdrawal while

trying to call in reinforcements via radio. Due to the mountainous terrain, these broadcasts were not received by the quick reaction force awaiting such an eventuality.

Realizing the desperation of their situation, Murphy selflessly broke cover and exposed himself to enemy fire to make a satellite phone call for help to save his

men. Wounded several times during the call, Murphy successfully called in for reinforcements and returned to his cover, where he continued fighting until he succumbed to his wounds. He was awarded the Medal of Honor for his actions.

Unfortunately, upon arrival, one of the two quick reaction force helicopters, a U.S. Army CH-46 Chinook of the 160th Special Operations Aviation Regiment Nightstalkers, carrying SEALs, was shot down by an RPG, killing 16 Sailors and Soldiers. The other helicopter was forced to return to base. Luttrell was the only surviving member of Murphy's team. The ill-fated operation is remembered in the book and movie, "Lone Survivor."

May 7 is also the anniversary of the christening of USS Michael Murphy. On May 7, 2011, Maureen Murphy, Murphy's mother, smashed a bottle of champagne against the bow of the ship at Bath Iron Works in Bath, Maine. The ship was commissioned Oct.

6, 2012 at pier 88 in New York City and is now homeported in Pearl Harbor.

The crew of Michael Murphy, currently underway off the coast of San Diego, Calif. in support of training operations, celebrated the two events with a cake cutting, an ice cream social and watching the movie "Lone Survivor."

The evening was also marked by the pinning of five Sailors with the enlisted surface warfare specialist device.

"This ship has a proud heritage and tradition. We are honored to have such a worthy namesake as Lt. Michael Murphy and such a heritage as the bravery of the Sailors and Soldiers who gave their lives in Operation Red Wings," said Cmdr. Corey Turner, USS Michael Murphy commanding officer.

"Evenings like this allow our ship's company to reflect on this hallowed legacy as we live out the ship's motto: 'Lead the fight!'" Turner said.

Olympic medalists visit joint base on USO tour

MC2 Laurie Dexter

Navy Public Affairs
Support Element West,
Detachment Hawaii

Three-time Olympic medalist Kelly Clark, three-time Olympic medalist Steven Holcomb and two-time Olympic medalist Andrew Weibrecht visited Joint Base Pearl Harbor-Hickam May 9 during a United Service Organizations (USO) tour on Oahu.

During the tour, the Olympians went aboard the guided-missile cruiser USS Chosin (CG 65) for a meet and greet with the Sailors.

One of the Sailors had the

chance to meet her childhood hero and inspiration. "I've been snowboarding since I was seven years old," said Operations Specialist 2nd Class Danielle Howard.

"I've watched Kelly Clark for years, and I can't believe I'm meeting her while being in the Navy. I've watched her since I was little, and she's probably the reason why I snowboard today," Howard added.

According to Clark, inspiration and morale is what it's all about.

"I've been inspired—to say the least—and that's really what I hope to achieve in snowboarding," said Clark.

"I want to make sure I am

inspiring people to be their best. It's amazing to hear that maybe someone would dare to dream and be inspired by what I've done."

American 300 Tours founder and managing director, Robi Powers, explained a comparable connection between the Olympians and service members.

"Olympians and armed forces members work under the same premises: duty, sacrifice, commitment, honor and integrity, in everything they do," said Powers.

"What we have found is that by bringing Olympians out, we're really just bringing individuals from a parallel universe. The time away from home, the commitment to training, the ability to take directions from coaches, is so parallel to what our armed forces do," Powers said.

After their visit to the Chosin, the Olympians conducted a meet and greet with members of the Air Force and observed demonstrations at the joint-services



U.S. Navy photo by MC3 Johans Chavarro

Sochi 2014 U.S. Winter Olympics medalist snowboarder Kelly Clark meets with Sailors aboard the guided-missile cruiser USS Chosin (CG 65) during a United Service Organizations (USO) tour at Joint Base Pearl Harbor-Hickam.

military working dog kennels.

The Olympians also participated in a fitness and wellness fair at the Joint Base Pearl Harbor-Hickam Fitness Center. The activities at the fair included a fire truck pull, bench press competition, aerobic workouts,

health evaluations and informational booths from various organizations.

The USO plans and creates events around the world designed to lift the spirits of America's troops and their families. A non-profit, congressionally chartered, private organization, the USO

relies on individuals, organizations and corporations to support its activities. The USO is not part of the U.S. government, but is recognized by the Department of Defense, Congress and president of the United States, who serves as honorary chairman of the USO.

Diverse Views



What is your fondest memory of prom season?



Capt. Nate Cavender
15th Wing

"I remember eating at the nicest restaurant I had ever been to and ordering steak. All my buddies used to make fun of how fast I ate and had bets on how fast I would finish my steak. My date

was not impressed, especially since I had no idea they even had a bet going on until they all started laughing. That was my first and last date with her."

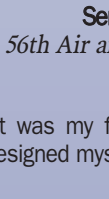
YN2 Katrina Cromwell
Naval Surface Group Middle Pacific

"I didn't actually go to junior or senior prom. I wasn't allowed to date in high school, no guys ever asked me to a dance, and I was taller than half the guys. The prom is a big milestone in a girl's life."



STSSN Benjamin Field
USS Columbia (SSN 771)

"Probably taking pictures at Pemaquid Lighthouse before prom. My date brought two French exchange students to prom. It's pretty awesome."



Senior Airman Lanita Jackson
56th Air and Space Communications Squadron

"It was my first time wearing a dress I designed myself, and I won prom queen!"



Staff Sgt. Adam Hershey
15th Medical Group

"I got out of surgery four hours before the start of prom. I didn't want to let down my date, so I manned up and went anyway. I later married her and have been happily married for over seven years now."

IT2 Casey McGuire
NCTAMS

"The party afterwards."



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

West Loch Disaster remembered



Photo courtesy of the U.S. Army Signal Corps

On May 21, 1944, 34 ships gathered in Pearl Harbor's West Loch to load ammunition and supplies in preparation for the invasion of Saipan. The LSTs (landing ship, tank) or ships designed to land battle-ready tanks, were closely nested together along six berths. At 3:08 p.m., an explosion rocked the deck of LST 353. A chain reaction of explosions followed that left six LSTs sunk and several more severely damaged, including LST 480 shown in this photo. In all, 163 men were killed and 396 wounded. The official ceremonies with military honors to remember the disaster will begin at 3 p.m. May 21 at the National Memorial Cemetery of the Pacific at Punchbowl. Gen. Vincent Brooks, commander, U.S. Army, will be the keynote speaker. The public is invited to attend this one-hour service.

HO'OKELE

PEARL HARBOR - HICKAM NEWS

Director, Navy Region
Hawaii Public Affairs
Agnes Tauyan

Deputy Director,
Public Affairs
Bill Doughty

Director, Joint Base
Pearl Harbor-Hickam
Public Affairs
Grace Hew Len

Managing Editor
Karen Spangler

Editor
Don Robbins
Assistant Editor
Brandon Bosworth

Sports Editor
Randy Dela Cruz

Sr. Graphic Artist
Antonio Verceluz

Graphic Artist
Richard Onaha Hutter

Ho'okele is a free unofficial paper published every Friday by The Honolulu Star Advertiser 500 Ala Moana Boulevard Suite 7-500 Honolulu Hawaii 96813, a private firm in no way connected with DoD, the U. S. Navy, Air Force or Marine Corps, under exclusive contract with Commander, Navy Region Hawaii. All editorial content is prepared, edited, provided and approved by the staff of the Commander, Navy Region Hawaii Public Affairs Office: 850 Ticonderoga, Suite 110, Pearl Harbor, Hawaii, 96860-4884. Telephone: (808) 473-2888; fax (808) 473-2876; e-mail address: editor@hookelenews.com World Wide Web address: <https://www.cnrc.navy.mil/Hawaii/> or www.hookelenews.com. This civilian enterprise newspaper is an authorized publication primarily for members of the Navy, Air Force and Marine Corps military services and their families in Hawaii. Its contents do not necessarily reflect the official views of the U. S. Government, the Department of Defense, the U.S. Navy, Air Force or Marine Corps and do not imply endorsement thereof.

The civilian publisher, The Honolulu Star Advertiser, is responsible for commercial advertising, which may be purchased by calling (808) 521-9111. The appearance of advertising in this newspaper, including inserts or supplements, does not constitute endorsement of the products and services advertised by the Department of Defense, the U.S. Navy, Air Force or Marine Corps, Commander, Navy Region Hawaii or The Honolulu Star Advertiser. Everything advertised in this paper shall be made available for purchase, use or patronage without regard to race, color, religion, gender, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron. A confirmed violation of this policy of equal opportunity by an advertiser will result in the refusal to print advertising from that source. Ho'okele is delivered weekly to Navy & Air Force housing units and Navy and Air Force installations throughout Oahu. Housing residents may contact the publisher directly at (808) 690-8864 if they wish to discontinue home delivery.

Navy Information Operations Command welcomes back 2014 SOY winner

CTRC (IDW/SW/AW)
Frank Migliaccio

Navy Information
Operations Command

HONOLULU INTERNATIONAL AIRPORT — Navy Information Operations Command (NIOC), Hawaii, had much to celebrate when their command master chief, CMDCM Toby Ruiz, recently brought a team of chief petty officers to the airport baggage claim at Honolulu International Airport.

The team watched with anticipation as one of their Sailors came down the escalator and through the security doors. Cryptologic Technician (Collection) 1st Class Patricia Madigan's face lit up with surprise as she saw the sea of blue Navy working uniforms and chiefs in khakis waiting for her.

Madigan is the Chief of Naval Operations (CNO) Navy Shore Sailor of the



Chief Frank Migliaccio presents Cryptologic Technician (Collection) 1st Class Patricia Madigan, the 2014 CNO Sailor of the Year, with a welcome home lei at Honolulu International Airport.

Year for 2014 and was returning from her recent selection in Washington, D.C.

As one of four Navy-wide Sailors of the Year, she is now a “chief select” and

will be meritoriously promoted to chief petty officer in May.

She started her journey in January as the NIOC Hawaii Shore Sailor of the Year and then moved on to be selected as the SOY for U.S. 10th Fleet, then U.S. Fleet Forces Command before finally competing against several other outstanding Sailors to achieve the highest honor as one of the top four first class petty officers.

One of the chiefs couldn't let the moment go unnoticed by the other passengers at the luggage carousel. “Attention in the terminal! Out of 350,000 United States Sailors currently serving on active duty, this one here just won Navy Sailor of the Year,” he shouted to cheers and applause by everyone.

“It's kind of a big deal,” he added a little more quietly as everyone laughed and several civilians lined up to personally congratulate her.

Ruiz summed up how the chiefs felt. “I'm ecstatic. We

have one of the Navy's four Sailors of the Year at our command. So welcoming her home is a great start off to what, you know, her next four months are going to be and her future as a chief petty officer is going to be.”

When asked how important it was to meet her at the airport, he said, “Very important because again, she is going to see from the very beginning that, as a future chief petty officer, we do this for all of our chiefs. She will soon be welcomed into our [chiefs] mess and she will understand what we all do here.”

Madigan said she was equally excited. “I'm stoked! I'm really glad to see that there are so many chiefs here in support. It's kind of overwhelming. And I have so many flower lei around my neck right now, I think it has to be a record.”

“I'm ready to learn. I'm ready to be part of this process,” she said.

Navy Marine Corps Relief Society reopens thrift store, concludes fund drive

Story and photo by
Brandon Bosworth

Assistant Editor, Ho'okele

The Navy Marine Corps Relief Society (NMCRS) Pearl Harbor Thrift Shop reopened May 15. The thrift store had been closed for cleaning and sanitizing since April 21 due to flooding from a water main break.

The thrift shop is located in building 1492 on the lower level of a barracks building near Utah Hall.

“We have lots and lots of new donations we want to sell,” said Paul Belanger, director of NMCRS Pearl Harbor. “We need the space!”

The shop features separate rooms for men's and women's uniforms, household goods, toys, children's clothing, men's and

women's clothing, books, DVDs, CDs and many other items. Many items in the store is priced at \$1 or less. All of the thrift store merchandise is donated. Sales raise funds to be used to assist Sailors, Marines, family members and retirees in time of need.

The NMCRS Thrift Shop is open Thursdays and Fridays from 8 a.m. to 1 p.m. Anyone with base access is welcome to shop there.

NMCRS Pearl Harbor also recently wrapped up the main portion of their annual fund drive.

“The fund drive is an annual event to raise money to continue to provide services such as loans and grants,” said Belanger. “This year, we'll have raised a little over \$400,000. As usual, Hawaii Sailors and Marines



Volunteers sort donated merchandise at the NMCRS Pearl Harbor Thrift Shop.

did an excellent job of taking care of their own.”

Even though the fund drive is officially over, NMCRS accepts donations all year long. For Sailors and Marines interested in having allotments taken out of their paychecks to go to NMCRS, the deadline for 12-month allotments is May 20. However, allotments for shorter time periods are available throughout the year. To set up allotments, service members can contact their command's fund drive coordinator.

Volunteers operate the NMCRS Pearl Harbor thrift shop, and additional volunteers are always needed at both the thrift shop and the NMCRS offices. Those interested in volunteering can contact Felix Navarro at 473-0282.

Pearl Harbor-Hickam *Highlights*



(Above) Sochi 2014 U.S. Winter Olympics medalists downhill skier Andrew Weibrecht, snowboarder Kelly Clark and bobsledder Steven Holcomb board the guided-missile cruiser USS Chosin (CG 65) during a United Service Organizations (USO) tour at Joint Base Pearl Harbor-Hickam.
U.S. Navy photo by MC3 Johans Chavarro



(Right) Sailors meet with Sochi 2014 U.S. Winter Olympics medalists downhill skier Andrew Weibrecht, snowboarder Kelly Clark and bobsledder Steven Holcomb visit the guided-missile cruiser USS Chosin (CG 65) during a United Service Organizations (USO) tour at Joint Base Pearl Harbor-Hickam.
U.S. Navy photo by MC3 Johans Chavarro



(Above) The Noble Industrial Shop Store, in coordination with NAVSUP Fleet Logistics Center Pearl Harbor's Installation Support Department, recently conducted a trade show at the shop store's location in hanger 11 at JBPHH. Twenty-two vendors representing 49 different manufacturers participated in the six-hour event. Hundreds of NAVFAC managers and end-users observed the displays, viewing cutting-edge technology available in the market.

Photo by Zosima Richards

Sonar Technician Submarines 3rd Class Brandon McClain of the Los Angeles-class, fast attack submarine USS City of Corpus Christi (SSN 705) hugs his wife Shelbie following the submarine's return May 6 from a deployment to the western Pacific region.

U.S. Navy photo by MC1 Steven Khor

USS Chosin comes to rescue for blood drive request

Michelle Lele

ASBP Blood Donor
Recruiter, Tripler, Hawaii

The guided-missile cruiser USS Chosin (CG-65) came to the rescue after a last-minute blood drive request to the U.S. naval ships was announced by the Tripler Army Medical Center Blood Donor Center in Hawaii.

After another ship unexpectedly had to cancel a scheduled blood drive, crew members aboard USS Chosin were ready and eager to roll up their sleeves to support the Armed Services Blood Program.

“We have a great crew onboard the USS Chosin,” said Chief Hospital Corpsman Ryan De La Cruz, USS Chosin surface force independent duty corpsman.

“Our Sailors are always willing to lend a helping hand any way they can. Despite our busy workload, our Sailors are happy to support (the ASBP),” De La Cruz said.



U.S. Navy photo courtesy of USS Chosin

Service members aboard the guided-missile, cruiser USS Chosin (CG-65) recently came to the rescue after a last-minute blood drive cancellation left the Tripler Army Medical Center Blood Donor Center in need of donors. The crew donated 58 units of blood to the ASBP over the course of the four-hour blood drive.

Because the Tripler Blood Donor Center does not have a blood mobile, the blood drive was set up in a hangar of the ship.

This required some extra work to get the blood drive equipment where it needed to be. With some help from Chosin Sailors,

all of the equipment had to be carried from the pier, up two flights of stairs, across the ship's brow — with a stop to

salute the American flag — down a narrow passageway, up a narrow ladder and finally through the hangar doors.

Despite the limited amount of space, 80 Sailors lined up to donate over the course of a four-hour blood drive. Some potential donors were deferred for various reasons, but the ASBP was still able to collect 58 pints of blood. All of the donors who were able to roll up their sleeves said they were excited to be given the opportunity to save a life.

One such donor was Gas Turbine Systems Technician 1st Class Clayton Wheeler. He said he is a proud regular donor and was the first in line to donate.

“Whether it goes directly to the frontlines or is stored for use later, knowing I have saved another life is a very humbling feeling,” Wheeler said. “When the subject of blood donation comes up, there are always a lot of people with excuses not to donate. The

fact is that once you donate and (are able to) see the professionals at work making sure you are taken care of and how very grateful and appreciative they are of your lifesaving donation, well that should be enough to wash away any fear, doubt or hesitation.”

“I hope to generate as much awareness as possible about the value of donating blood to ensure that it is available for those in need,” Wheeler added.

The Tripler Blood Donor Center is currently searching for local commands to host mobile blood drives for the ASBP. For more information about sponsoring a blood drive, call the donor center at 808-433-6699.

For more information about the Armed Services Blood Program or to schedule an appointment, visit www.militaryblood.dod.mil. For more news and photos visit www.facebook.com/militaryblood, www.flickr.com/militaryblood and www.twitter.com/militaryblood.

HURREX held at joint base, PMRF, helps increase readiness

Continued from A-1

thing else. So whenever you get to do hands-on, you see the pros and cons which helps you prepare better for the next time,” Miyashiro added.

Perryman echoed Miyashiro's sentiments, noting, how the mock exercises gets staff members engaged with people, something that a structured classroom setting can never fully replicate.

“When you have actual players coming in with situations already in their heads or with given scenarios and you have the staff engage with them on that level, it takes them away from that classroom training situation and puts them in a real-world event where they actually have to think through on how they would respond to that person

and what organization they would refer that person to,” said Perryman.

Lt. Evelyn Palm, assigned to Naval Health Clinic Hawaii, said events like HURREX help to teach and improve operations at the command level as well.

“Participating in this real-world exercise, we are looking at our current capabilities and the services we can offer, be it tending to both active-duty service members and civilians or any other situation we might be presented with. In the case of an emergency, we understand that our plans need to remain flexible and allow for changes where necessary as the situation changes. So this is a fine way of learning where to make those changes and also how to imple-

ment them, so we can expand our capabilities,” Palm said.

In the end, Perryman said the goal of HURREX is to set a stage where participants can rehearse, learn and teach what channels are available in the case of emergency situations.

“It's an exercise for a reason,” said Perryman. “So it gives us an opportunity to look at ways to improve things we need to do differently, communications that may need to happen differently, and to prepare ourselves for when a real-world event was going to happen because you never know what an event is going to be.

“We just have to remember to be flexible and have everybody trained so the roles are easily interchangeable. That way, anybody here can pick up a role and

know exactly what it is they are supposed to do,” she said.

According to emergency management experts, personnel should have a number of things ready in case of an emergency, especially one that may require evacuation like a hurricane. Individuals and family members should have a firm plan in place of where to go, what to do, and what to take if they need to evacuate during a hurricane.

Emergency kits should include enough food and water to last several days, necessary medications, and other items such as maps, tools, flashlights and a first aid kit. Evacuees should also stay informed of up-to-date information regarding road and base closures, unsafe traveling conditions and weather warnings.

In case of a hurricane or tropical storm, residents are advised to avoid using the phone except for serious emergencies. They should listen to the radio or TV for more information and further instructions, secure their home by closing storm shutters and bringing outdoor furniture inside, ensure a supply of water for household purposes, turn the refrigerator to the coldest setting and keep the door closed, and turn off utilities, if told to do so.

If an evacuation order comes, residents are advised not to ignore it but to follow the guidelines given regarding times and routes and take only essential items and their emergency kit.

For more information on emergency preparedness, visit <http://ow.ly/wQYOR>.

U.S. Coast Guard JRCC watch standers coordinate Pacific rescue efforts

Story and photo by
Staff Sgt.
Christopher Hubenthal

Defense Media Activity Hawaii

JOINT RESCUE COORDINATION CENTER, Honolulu – U.S. Coast Guard watch standers operating out of the joint rescue coordination center (JRCC) coordinated a rescue operation after receiving a distress call May 2 at approximately 8:30 a.m. U.S. Coast Guardsmen Lt. Jason Hagen, JRCC command duty officer; Lt. Craig Dente, JRCC command duty officer; and Operations Specialist 1st Class Andrew Lincoln, JRCC operations unit controller; were on watch during the distress call.

Falcon, a Venezuelan fishing vessel, reported that a Chinese fishing boat had caught fire and was sinking approximately 1,500 nautical miles east of the Big Island of Hawaii. Two of the 11 crew members suffered from second and third degree burns and, on its own, the Venezuelan ship's crew was not properly equipped to handle the situation.

The JRCC's search and rescue capability allowed the watch standers to react and provide assistance in the effort despite the distance.

"The JRCC has an expansive area of responsibility (AOR) that covers a little more than 12 million nautical square miles," Hagen said.

"We rely on a lot of DOD resources such as aircraft and vessels and merchant vessels in the area who belong to the automated mutual-assistance vessel rescue (AMVER) system."



U.S. Coast Guard Lt. Craig Dente, 14th Coast Guard District Command Center command duty officer, and Operations Specialist 1st Class Andrew Lincoln, 14th Coast Guard District Command Center operations unit controller, monitor vessel traffic with the automated mutual-assistance vessel rescue (AMVER) system.

The AMVER system is a voluntary partnership involving foreign and U.S. vessels. The names of the ships and their positions are tracked in the system so those who work in the JRCC can see who may be near a distress scene to help.

After communicating with Falcon, JRCC members were able to evaluate the next steps to take in the rescue.

"An immediate medical evacuation was required with this mass casualty that [Falcon] found," Hagen said. "We called

our duty flight surgeon and got some medical advice and passed that along to the fishing vessel Falcon."

The flight surgeon identified what treatment was required and what steps should be made to help provide medical aid to the Chinese fishing vessel's crew.

"The duty flight surgeon offered a treatment plan, everything from how to dress the wounds to offering intravenous hydration, O2, pain relievers, and antibiotics, all of which the fishing vessel Falcon had in very

limited supply on board," Hagen said.

The JRCC Coast Guardsmen used the AMVER system capability to see what other vessels were in the area to provide support to the situation.

"Luckily we found a nearby tanker vessel that was about 100 miles away that had a surplus of supplies on board," Hagen said. "[The vessel] later rendezvoused with Falcon and passed along some additional medical supplies which helped stabilize the situation."

The JRCC helped coordinate the U.S. Air Force deployment of Airmen from Davis-Monthan Air Force Base, Ariz. as part of a pararescue search and rescue effort to help with the extraction of the injured.

"It's definitely an inter-service and interagency coordination," Hagen said. "We can't do it alone and, in this case, it was a great use of not only international engagement with the Falcon that was a Venezuelan fishing vessel, but also with the U.S. Air Force. It was a solid partnership."

Dente attributes training he received to the mission's success.

"Watch standers in JRCC Honolulu complete nearly four months of dedicated training prior to qualifying at their watch station," Dente said. "This training conditions us to be able to manage and respond to any conceivable event of maritime distress in JRCC Honolulu's expansive SAR [search and rescue] region."

Hagen gave praise to the Venezuelan crew who were the first on scene.

"The Falcon crew did a fantastic job," Hagen said. "A lot of credit goes to them; they were the first on scene. Had the Falcon not been there, it's hard to say how this case would have turned out."

Nine crew members that were aboard the burning Chinese fishing vessel survived the event but two succumbed to their injuries underway. The survivors were able to receive further medical aid once transported to Cabo San Lucas, Mexico.

"We offer our deepest sympathy to the family and friends of those who lost loved ones," Hagen said.

STORY IDEAS?

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

Phone: (808) 473-2890/2895

Email: editor@hookelenews.com



To report...

Fraud, Waste or Abuse

CONTACT COMMANDER, NAVY REGION HAWAII INSPECTOR GENERAL

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

HOTLINE:
808-473-1782

EMAIL:
PRLH-CNRHIG@NAVY.MIL

Life&Leisure

B

Focused on fitness

Joint Base Pearl Harbor Hickam Public Affairs

The Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation Fitness and Wellness Fair took place May 9 at the Joint Base Pearl Harbor-Hickam Fitness Center. The free event included mini-workouts, fitness evaluation, healthy foods and the second annual fire truck pull. In addition, U.S. Olympians also attended the fitness fair. Sochi 2014 U.S. Winter Olympics medalists snowboarder Kelly Clark, bobsledder Steven Holcomb and downhill skier Andrew Weibrecht met with members of the base community.

(For additional information on the fair, see page B-4).

Demonstrations including traditional Hawaiian dance are shown during a fitness and health fair at the Joint Base Pearl Harbor-Hickam (JBPHH) Fitness Center.



(Above) Left to right at table, U.S. Olympic athletes Steven Holcomb (bobsledder), Kelly Clark (snowboarder) and Andrew Weibrecht (alpine skier) sign autographs and meet with military members and family members during a fitness and health fair. (Above right) Sailors assigned to the Los Angeles-class submarine USS Cheyenne (SSN 773) hold their trophy from a fire truck pull competition during a fitness and health fair.



An all female team competes in a fire truck pull competition during a fitness and health fair outside the Joint Base Pearl Harbor-Hickam (JBPHH) Fitness Center.



Military service members, Department of Defense civilians and contractors participate in the fitness and health fair.

NIOC scores six runs in sixth to beat Coast Guard

Story and photo by
Randy Dela Cruz

Sports Editor, Ho'okele

Navy Information Operations Command (NIOC) Sup broke up a 7-7 tie by scoring six times in the bottom of the sixth inning to outlast United States Coast Guard (USCG), 13-9, on May 13 in a White Division intramural softball game at Ward Field, Joint Base Pearl Harbor-Hickam.

The win was a slight upset for NIOC, which entered the game in eighth place with a record of 2-3, while the Coast Guard was tied for second with a mark of 4-1.

"We played pretty well," said NIOC pitcher Cryptologic Technician (Maintenance) 1st Class Robert Peterson. "We started off with the lead and just kind of kept going. Guys played great defense, we hit the ball well tonight and that's all you can ask for as a pitcher."

While NIOC has always been one of the top softball teams on base, this season has been a tough year so far for the perennial power.

Against the Coast Guard, NIOC resembled their squads of the past by getting out to a quick start in their first turn at bat.

Down by 1-0, after a Coast Guard RBI single from Maritime Law Enforcement Specialist 3rd Ryan Buoniconti, NIOC got things started immediately in the bottom of the first inning with a double off the bat of Cryptologic Technician (Technical) 1st Class Jose Ocana

Ocana came in to score on



Cryptologic Technician (Interpretive) 3rd Class Zac Metz is about to pounce on a pitch.

an infield grounder by Cryptologic Technician (Interpretive) 3rd Class Zac Metz, who later touched home for the team's second run on a single by Peterson.

Up 2-1, NIOC went on to load the bases with two outs before Cryptologic Techni-

cian (Collection) 2nd Class Ryan Smith spanked a single to drive in two more runs for a 4-1 advantage heading into the second inning.

Peterson retired the side without a run in the second and NIOC hitters re-

sponded with another big inning in the bottom of the frame.

This time, the big knock came off the bat of Metz who, with two runners on base, blasted a deep fly over the head of the Coast Guard's right fielder for a

three-run, inside-the-park homer and a 7-1 lead.

"He gave me an outside pitch, and I just swung and the ball kind of went," Metz said. "I think I got a little lucky on it. The outfielder had a misjudgment on it."

Although NIOC looked

like they had a comfortable lead, Coast Guard bats made it clear that no lead is safe in softball.

In the top of the third, Coast Guard posted four runs after Peterson experienced control problems and walked three batters, including one with the bases loaded.

Then in the top of the fourth, Coast Guard tied the score at 7-7 on an RBI single by Storekeeper 2nd Class Niko Langas.

The teams remained deadlocked all the way until the bottom of the sixth inning when NIOC, helped by two fielding errors, tallied six times.

Cryptologic Technician (Collection) 2nd Class Tracy Padgett drove in the first run, but the rally was helped by two fielding errors that allowed three runs to cross home plate.

"We haven't had one of those innings where we've really come out when we needed runs," Metz said. "I think this was the first time where we've really come out and hit the ball."

Coast Guard added two runs in the top of the seventh on a two-run, inside-the-park homer from Yeoman 3rd Class Taylor Fenner, but it wasn't enough as NIOC picked up their third win of the season.

Metz said that the win over a tough team like the Coast Guard was needed by NIOC, which is still trying to get back on the winning track.

"Hopefully, this carries because we need a few wins," he said. "Coming out and beating a good team maybe gives us a little forward momentum."

WWII veteran receives award from Hawaii students for 'Heart of A Hero'

Story and photos by Brister
Thomas

Takashi Kitaoka, a retired Hawaii circuit judge and World War II veteran, was honored by the Young Patriot's Club of Navy Hale Keiki School (NHKS) at the third annual "Heart of a Hero" award event held May 2 at the school.

The idea of the Heart of a Hero award was designed by the students in grades first through fourth of NHKS Young Patriot's Club to honor military heroes. Young Patriot's Club is for students of active-duty parents.

Kitaoka's story begins when he was born in Hana, Maui in 1912 as the youngest of four children. As the son of Japanese immigrants, Kitaoka received his law degree from Baylor University and was quickly drafted into the Hawaii National Guard.

After the Pearl Harbor attack, the Hawaii National Guard Soldiers of Japanese background were separated from their unit because of their ancestry and became the Hawaiian Provisional Infantry Battalion in May of 1942. The name was changed in June to the 100th Infantry Battalion and was con-



Members of the Young Patriot's Club of Navy Hale Keiki School share stories with Takashi Kitaoka, a World War II veteran and retired circuit judge, and his son Lloyd Kitaoka, following a special tribute where they honored the elder Kitaoka May 2 at the third annual "Heart of a Hero" event.

sidered an orphan battalion, as it was not assigned to a larger Army unit.

Kitaoka was injured in battle and received the Purple Heart, Bronze Star and Congressional

Gold Medal. He continued to serve his community when he became the first Maui-born circuit court judge in 1962. He has also served as the president of the 100th Infantry Battalion Veterans Club.

"It felt great to honor someone who was in World War II. They fought for our country," said one of the students, Sebastian Rojas.

The Young Patriots Club votes

on the military hero for the year. They selected Kitaoka because "he embodies all that a hero is: selfless service, continued giving and tenacity," as stated by the students in their announcement.

"The Heart of a Hero ceremony and volunteer recognition luncheon helps our students connect with adults that we hope they grow up to emulate. Heroes that are dedicated, loyal, courageous and service oriented," said Shari Gullledge, NHKS school director.

Kitaoka is more than 100 years old and the students were pleased that he attended the ceremony.

He was escorted by his son, Lloyd Kitaoka, who accepted the award on behalf of his father, and said, "My father and all of his family are touched by this award. Our family is grateful that our father is still remembered for his many contributions. He was very proud to serve the United States of America."

"The ceremony gives the children an opportunity to give back and honor those who serve. It also offers a 'living history' to make what they learn about real," said Monique Raduziner, faculty advisor and club founder.

My Favorite Photo...

A day's last light casts multi-hued bands above
Pu O Waina stream on Oahu's north shore.



Photo by Rico Onaha Hutter

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

Air Force band to 'sound off' at upcoming concerts

U.S. Air Force Band of
the Pacific-Hawaii

The U.S. Air Force Band of the Pacific-Hawaii has many free concerts coming up in the next few months.

- May, 17, 6 p.m., Combined Military Concert at Hawaii Theatre, 1130 Bethel St., Honolulu.

- June 4, 5:30 p.m., the group Papana (eight-piece jazz ensemble) will perform at Hale Koa Hotel, 2055 Kalia Road, Honolulu.

- June 14, 1 p.m., the group Hana Hou! (pop, Hawaiian, rock and country music) will perform at Sea Life Park, 41-202 Kalaniana'ole Highway, Waimanalo.

- July 4, 7 p.m., Hana Hou! will perform at Queen's Garden, Suite 2601, Waikoloa, Big Island.

- July 9, 6 p.m., Papana will perform at the Town Center of Mililani.



U.S. Air Force file photo by Don Robbins

Members of the U.S. Air Force Band of the Pacific-Hawaii perform at a recent concert.

- July 10, 5:45 p.m. Papana will perform at Foster Botanical Garden, 180 N. Vineyard Blvd., Honolulu.

- July 13, noon to 1 p.m., Papana will perform at

Windward Mall, 46-56 Kamehameha Highway, Kaneohe.

For more information, visit the website <http://www.bandofthepacific-hawaii.af.mil/>.



Live the Great Life

Wellness fair shows patrons healthier way



Experts were on hand to share information about nutrition and ways to get fit and healthy at the Fitness and Wellness Fair held May 9.

MWR Marketing photo

Helen Ko

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

The Joint Base Pearl Harbor-Hickam MWR Fitness and Wellness Fair took place May 9 at the Joint Base Pearl Harbor-Hickam Fitness Center to provide information for a healthy lifestyle.

The fair featured several booths including snacks from the commissary, a massage center, gait analysis and other

activities. Patrons received advice from experts on nutrition and fitness.

The lineup of events included the second annual fire truck pull, a Zumbathon, a bench press competition and more.

A meet and greet with 2014 U.S. Winter Olympians Kelly Clark, Steven Holcombe and Andrew Weinbrecht added to the activities. Clark won multiple medals in snowboarding, while Holcombe and Weinbrecht are multiple medalists in bobsledding and downhill skiing respectively.

Fireworks to return for July 4 celebration

Reid Tokeshi

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

Last year's fiscal cutbacks had wide-reaching effects, and 2013's Independence Day Celebration on Joint Base Pearl Harbor-Hickam wasn't immune. For the first time in years, there were no fireworks lighting up the base in the night sky.

Joint Base Pearl Harbor-Hickam's Morale, Welfare and Recreation recently announced that America's birthday will be

celebrated again this year in a big way.

The spectacular fireworks show will return, and headliner entertainment will also return with national recording artists 3 Doors Down scheduled to perform at the base. Presented by Armed Forces Entertainment, the multi-platinum rock band will take the stage on Ward Field before the fireworks display.

Food and rides will again be available for purchase at the event, plus other surprises will add to the festivities. MWR will reveal the complete lineup of activities next month.



Fireworks will return to the July 4 celebration at Joint Base Pearl Harbor-Hickam this year.

MWR Marketing photo

Your Weekly Fun with MWR

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



America's Armed Forces Kids Run will begin at 9 a.m. Saturday at Ward Field. Youth ages five to 13 years old on military bases worldwide will participate in this free event. FMI: 473-0789.

All-Military Surf Classic Registration is open now until May 28. This annual surf meet will be held June 7 and June 8 at White Plains Beach with longboard and shortboard competitions in men's and women's categories. Entry fees are \$40 for the Department of Defense division, \$30 for active-duty division

and \$20 for the *keiki* division (12 years and younger). Application forms are available at Hickam Beach or the White Plains Beach Surf Shack. No same-day beach entries will be accepted. FMI: 682-4925, 449-5215.

Summer Craft Camp Registration is open now at the Hickam Arts & Crafts Center. Weekly sessions for youth ages seven years and older will be held Tuesdays through Fridays from 10 a.m. to noon. Seven sessions are available: June 3-6, June 10-13, June 17-20, June 24-27, July 8-11, July 15-18 and July 22-25. New cre-

ative projects will be offered each session. The cost is \$55 per session. FMI: 448-9907.

Free Golf Clinic will begin at 9 a.m. Saturday at Mamala Bay Golf Course. FMI: 449-2304.

Library Know-How will begin at 2 p.m. Saturday at the Hickam Library. This free class will cover how to use the online catalog and the Dewey Decimal system and will include demonstrations of available online resources. FMI: 449-8299.

Advanced Screening of "Blended" will begin at 7 p.m. Saturday at Sharkey Theater. Admission is free to the first 400 authorized patrons. Assigned seating tickets will be issued at the ticket box office at 5:30 p.m. Active-duty ID cardholders can receive up to four tickets. Family members, retirees and Department of Defense ID cardholders can receive up to two tickets. FMI: 473-0726.

Peewee Flag Football Registration will open May 19 and close June 13. The season runs July 12 to Sept. 20 for children ages three to five years old. The fee is \$35. Registration is available at www.greatlifehawaii.com. FMI: 473-0789.

MWR Newcomers Luncheon will be held from 11 a.m. to 12:30 p.m. May 21 at Tradewinds Enlisted Club ballroom. There will be a free buffet lunch, MWR information booths, sponsor tables and giveaways and activities for children. The event is open to all military-affiliated personnel. FMI: www.greatlifehawaii.com.

Cookies & Canvas: Blue Dog children's art class will be held from 3 to 5 p.m. May 21 at the Hickam Arts & Crafts Center for youth ages five to 12 years old. Tuition is \$25, and paint, canvas and a snack are included. FMI: 448-9907.

Community Calendar

MAY
MFSC VOLUNTEER OPPORTUNITIES

NOW — Volunteer opportunities are available at the Joint Base Pearl Harbor-Hickam Military and Family Support Center (MFSC). Opportunities include areas such as deployment and readiness, JEMS jobs, customer service and transition assistance program. FMI: 474-1999.

CAREER FAIR

TODAY — The Joint Employment Management System (JEMS) and Army Career Alumni Program career fair will be held from 10:30 a.m. to 2 p.m. at the Makai Recreation Center, Joint Base Pearl Harbor-Hickam. The recreation center is located at 1859 McChord St. on the Hickam side of the base. The fair is to support active duty service members who are leaving the military due to downsizing. FMI: 474-1999.

PINEAPPLE RUN

SATURDAY — The Central Oahu Chief Petty Officer Association is seeking service members to participate in the 39th annual Pineapple Run 10K beginning at 7 a.m. in Wahiawa. Trophies will be awarded to the top three overall male and female finishers. Finisher medals will be provided to the first 500 finishers. First, second and third place medals for male and female in each age group will be awarded. Registration can be done online at www.active.com. FMI: email pineapplerunhi@gmail.com and visit the Pineapple Run 10K Facebook page.

COMBINED MILITARY BAND CONCERT

SATURDAY — The Hawaii Theatre Center and the Honolulu Council of the Navy League will celebrate Military Appreciation Month with the 29th Annual Combined Military Concert beginning at 6 p.m. at the historic Hawaii Theatre. This year the United States Air Force is the military lead band and will be conducted by Capt. Haley Armstrong, U.S. Air Force Band of the Pacific. The event is free to the public. Public, general admission seating for ticket holders will begin at 5:30 p.m. Those without tickets will be admitted at 5:50 p.m., depending on available seating. Tickets are available from the Hawaii Theatre box office, 1130 Bethel St., Honolulu. FMI: 528-0506 or www.hawaiitheatre.com.

OPEN COCKPIT DAY

SATURDAY — Visitors will have the opportunity to sit in the seat, man the controls and feel the history of World War II and modern fighters at Open Cockpit Day from 9 a.m. to 4 p.m. at Pacific Aviation Museum Pearl Harbor. The event is free with paid museum admission and free for museum members. Guests younger than 10 years of age will require parental supervision to climb up and into the aircraft. Guests must also be able to climb boarding stairs and into a cockpit to participate. Museum visitors are invited to bring cameras. FMI: www.pacificaviationmuseum.org or 441-1007.

FINANCIALLY SAVVY RETIREES

21 — A Financially Savvy Retirees class will be offered from 9:30 to 11 a.m. at Military and Family Service Center (MFSC) Pearl

Harbor. The class will discuss how to keep from becoming a victim of identity theft. This class will cover how thieves and scams work, how to protect against both, how to determine if you’ve become a victim and what to do if your personal information is stolen. FMI: www.greatlifehawaii.com or call 474-1999.

COMEDIAN JEFF DUNHAM

24 — Comedian Jeff Dunham will perform at 7 p.m. at Ward Field, Joint Base Pearl Harbor-Hickam. Doors open at 5 p.m. Admission is free for all military-affiliated personnel and their guests. The show is recommended for mature audiences. FMI: www.greatlifehawaii.com.

NORTH SHORE BIKE RIDE

24 — A North Shore bike ride excursion will begin at 8:30 a.m. Outdoor Adventure Center staff will lead participants on a seven-mile round-trip on level terrain from Waimea Bay to Sunset Beach. The cost is \$25 including a bicycle or \$20 without. The sign-up deadline is May 21. FMI: 473-1198.

WAIMANO POOLS HIKE

25 — A Waimano Pools hike will begin at 9 a.m. Outdoor Adventure Center staff will take participants on a trail through a strawberry guava forest. This is a moderate to strenuous hike. The cost is \$15 and the sign-up deadline is May 22. FMI: 473-1198.

SPOUSE ALOHA ORIENTATION

29 — Navy and Air Force spouses new to the islands can attend an informational Spouse Aloha Orientation from 8 a.m. to noon at Military and Family Support Center (MFSC) Pearl Harbor. The event will include experts in the fields of employment, education, volunteerism, financial aid services, personal financial management, recreation, shopping, pets and a bit of the Hawaiian culture. Participants will also have an opportunity to meet other new spouses in an informal setting. FMI: www.greatlifehawaii.com or call 474-1999.

ASIAN AMERICAN PACIFIC HERITAGE EVENT

29 — U.S. Sen. Mazie Hirono is scheduled to be the guest speaker at the Naval Computer and Telecommunications Area Master Station Pacific Asian American and Pacific Heritage Month event from 11:30 a.m. to 1 p.m. at Hale Anuenue chief petty officer mess, building 235 at Wahiawa Annex.

JUNE
RUGBY TRYOUTS

The Navy and Marine Corps have been invited to participate in the Commonwealth Navies Rugby Cup’s Four Nations Maritime Cup tournament in Auckland, New Zealand from Sept. 18 to Oct. 5. All-Navy Sports is seeking applications for tryouts to be held at Camp Pendleton, Calif. beginning Aug. 18. Applications are due to All-Navy Sports no late than June 15. FMI: http://www.navyfitness.org/all-navy_sports/.



BLENDED (PG13)

After a disastrous blind date, single parents Lauren and Jim agree on only one thing: they never want to see each other again. But when they each sign up separately for a fabulous family vacation with their kids, they are all stuck sharing a suite at a luxurious African safari resort for a week.

Movie Showtimes

SHARKEY THEATER

TODAY 5/16

7:00 PM Heaven is for Real (PG)

SATURDAY 5/17

2:30 PM Rio 2 (3-D) (G)

7:00 PM Free advanced screening of “Blended” (PG-13) is free to the first 400 authorized patrons. Assigned seating tickets will be distributed at the ticket booth at 5:30 PM. Active duty personnel can receive up to four tickets. Others; military family members, military retirees, DoD personnel with ID card can receive up to two tickets.

SUNDAY 5/18

2:30 PM Rio 2 (3-D) (G)

4:50 PM Heaven is for Real (PG)

7:20 PM A Haunted House 2 (R)

THURSDAY 5/22

7:00 PM Transcendence (PG-13)

HICKAM MEMORIAL THEATER

TODAY 5/16

6:00 PM Heaven is for Real (PG)

SATURDAY 5/17

4:00 PM Heaven is for Real (PG)

7:00 PM Studio appreciation advance screening — free admission — Tickets available at local exchange food courts. Seating is open to non-ticket holders 30 minutes prior to showtime (PG-13)

SUNDAY 5/18

2:00 PM Mr. Peabody & Sherman (PG)

THURSDAY 5/22

7:00 PM Heaven is for Real (PG)



Pearl Harbor NEX to hold series of events this month

Pearl Harbor Navy Exchange

The Pearl Harbor Navy Exchange (NEX) has planned a series of free events for authorized patrons to commemorate Memorial Day week and Military Appreciation Month.

- Memorial Day event will be held from May 21 to 26 at the NEX mall tent in the lower parking lot. The celebration will include entertainment, demonstrations, giveaways, special appearances and health and fitness education.

- Car seat inspection will be held from 9 a.m. to 2 p.m. May 22 in the NEX mall parking lot. Authorized patrons can bring their vehicle and children's car seat to the NEX to have a certified inspector check the seat. The event is hosted by the Marine Corps Base Hawaii safety directorate.

- NEX movie night will be held on May 23. Seating



Pearl Harbor Navy Exchange file photo

Hello Kitty will make an appearance from 10 a.m. to 1:30 p.m. May 24 in the Pearl Harbor NEX mall children's department.

begins at 7 p.m. and the movie "Frozen" starts at 7:30 p.m. in the NEX parking lot. Beach mats, chairs

and towels are allowed. Tickets are available on a first come, first served basis at the NEX aloha center.

Tickets will be good for one free beverage and one free bag of popcorn during the movie. Prior to the movie, there will be entertainment and giveaways.

- Drug Education For Youth (DEFY) program will be held from 10 a.m. to 5 p.m. May 23-24 in the NEX parking lot. NEX and the Navy's DEFY program have partnered in teaching children the importance of saying "no" to drugs. Parents and children are welcome to come and learn about social peer pressure, classes and

programs that DEFY have to offer to promote and protect Navy families.

- Marine Corps Jazz Band will perform from 5 to 6 p.m. May 23 in the NEX parking lot entertainment stage. The band will play popular music from several genres.

- Keiki (children's) ID event with the Honolulu Police Department will be held from 11 a.m. to 3 p.m. May 24 in the NEX mall children's department.

- Hello Kitty appearance will be held from 10 a.m. to 1:30 p.m. May 24 in the NEX mall children's department. The event will include balloons and participants can take their own photos with Hello Kitty.

- TRICARE benefits event will be held from 11 a.m. to 3 p.m. May 24 at the NEX mall second floor self-service department. A local TRICARE representative will be available for advice and consultation on health benefits.

- Isle 5 Band will perform from 4 to 5 p.m. May 24 at the NEX parking lot entertainment stage. Patrons can bring their beach chairs, put on their dancing shoes and listen to the band.

- Hula Halau Kehaulani will perform from 5 to 6 p.m. May 24 at the NEX parking lot entertainment stage. Kumu Kehaulani and her hula students will be showing dance from Hawaii,

Samoa and Tahiti.

- NEX movie night will feature "Planes" May 24. Seating is at 6:30 p.m. and the movie starts at 7:30 p.m. in the NEX parking lot. Beach mats, chairs, towels are allowed. Tickets are on a first come, first served basis at the NEX aloha center. A ticket will be good for one free beverage and one free bag of popcorn during the movie. Prior to the movie, there will be entertainment and giveaways.

- "501 Legion: Star Wars" characters will make an appearance from 10 a.m. to 2 p.m. May 25 at the NEX mall. Authorized patrons can meet and greet the Star Wars storm troopers and emperors. They will be able to take pictures and get autographs from their favorite characters.

- NEX annual Diaper Derby will be held from 1 to 2 p.m. May 26 at the NEX mall children's department. Patrons who have a speedy little crawler at home, 12 months and under can join the event. Applications are available now, and can be picked up at aloha center concierge desk. Applications must be submitted prior to competition day to be a considered contestant.

For more information on the events, call Stephanie Lau, NEX customer relations manager at 423-3287.

Special meal planned at Silver Dolphin

A special Asian American and Pacific Islander Heritage Month luncheon will be held from 11 a.m. to 12:30 p.m. May 21 at the Silver Dolphin Bistro. The cost of the luncheon is \$4.65.

The menu includes fried lumpia, lechon roasted pig, beef teriyaki, sweet and sour chicken, shrimp pancit, vegetable fried rice, steamed jasmine rice, stir-fried vegetables, sesame snow peas, pork sinigang soup and dinner rolls.

Other items on the menu include Korean broccoli salad, Asian coleslaw, assorted desserts and an ice cream bar.

The meal is open to active duty service members, Department of Defense employees, retirees and family members of active duty with valid IDs.

For more information, call 473-2948.

Anonymous tips can be submitted to NCIS

Naval Criminal Investigative Service (NCIS) offers a reward of up to \$1,000 for information leading to a felony arrest, the recovery of drugs or stolen property.

Those providing the information do not have to give their name.

Text NCIS plus the tip information to 274637 (CRIMES). On the Internet, log on to www.ncis.navy.mil and submit the tip.

In addition, visit the iTunes or Android mobile store to download the TipSubmit App.



DoD initiatives counter mental health issues

Armed Forces Press Service

WASHINGTON (NNS) — Nearly 1 million cases of mental health conditions in service members were documented between 2000 and 2011, according to a senior psychologist with the Defense Centers of Excellence (DCOE) for Psychological Health and Traumatic Brain Injury.

In an interview with American Forces Press Service and the Pentagon Channel to mark Mental Health Awareness Month, Navy Capt. Dr. Anthony Arita, director, Deployment Health Clinical Center, said the 1 million cases recorded by the Armed Forces Health Surveillance Center show that mental health conditions are “quite common.”

A Rand Corp. study in 2008 on the invisible wounds of war, such as post-traumatic stress disorder and traumatic brain injuries (TBI), found one in five deployed service members returned home with significant psychological health and TBI symptoms “at a level warranting medical attention,” Arita said.

Recognized each May since 1949, the Department of Defense (DoD) is promoting Mental Health Awareness Month this year to show that psychological health is “critical to one’s overall health,” Arita said, noting that sound psychological health is critical to military readiness.

“Psychological health permeates all aspects of our ability to function optimally to carry out our mission, to function at our best cognitively, to really give it [our] best,” he said.

DCOE is leveraging this month’s recognition to relay four key messages: “Psychological health is essential to one’s health, prevention works, treatment is effective, and people recover,” Arita noted.

“We have very effective treatments. [Patients] can expect their lives [to] noticeably get better, [and they] can return to active duty at a fuller level of function,” he added.

It’s also vital for people with mental health symptoms to recognize they are not alone in their struggle, Arita said.

“We recognize when people have concerns about their psychological symptoms, there is a reluctance to step forward and seek care,” Arita said. “We see it in people who need it most.”

The Defense Department has come far in its understanding and treatment of psychological illnesses, he said.

“We’ve been able to answer a lot of questions about psychological health to promote normalization and seeking care. But there’s still more to be done. While we’ve done much to combat the stigma around seeking treatment, we still have significant challenges ahead of us,” he said.

Arita said key to meeting the challenges is to understand the stigma against psychological conditions and treatment.

“There’s a need to address the stigma at a cultural level, and getting at the biases, prejudice and discrimination is tough to do to gauge progress,” he said, “Yet DoD is taking this on.”

Resources abound in the area of military mental health. One such outlet is a “living blog” appearing this month on DCOE’s website. Service members, veterans and families can post questions about mental health, and psychology experts provide answers within 24 hours, Arita said. Questions so far have included identifying the signs and symptoms of PTSD, how it impacts deployment, and moral injury.

Launched in 2009 as a help-seeking resource, the Real Warriors Campaign features success-story vignettes of people of all ranks and demographics who faced tough challenges and sought the care they needed, he noted.

The vignettes, Arita said, “highlight how care and recovery made a difference in their lives. They have given people the ease of thinking, ‘If they can do it, I can do it too.’”

In one of its newest initiatives to diagnose and treat psychological ills during early onset, DOD is placing behavioral health specialists in military primary care facilities for use by service members, families and retirees.

A range of issues such as depression, PTSD, anxiety, stress, grief, relationship problems, sleep difficulties, obesity, chronic pain, diabetes, tobacco use and other substance challenges often can be treated effectively in primary care, Arita said.

Because some people might not feel comfortable approaching mental health specialists, they often are at ease with their primary doctors and, by staffing such specialists, the Military Health System is making dramatic changes in the way behavioral health concerns are identified, assessed and treated within the primary-care setting, he said.

“As part of the DoD Primary Care Behavioral Health initiative, all three services have implemented or greatly expanded programs that integrate behavioral health services into primary care,” Arita said.

For more information and to learn about the signs, symptoms and treatment of psychological ills, contact the DCOE Call Center at 1-866-966-1020. Anyone in a psychological crisis should call the Military Crisis Line at 1-800-273-TALK (8255).

Blood drive schedule updated by Tripler

Tripler Army Medical Center Blood Donor Center has updated its schedule of upcoming blood drives as part of the Armed Services Blood Donor Program (ASBP).

Currently scheduled drives include:

- May 19, 9 a.m. to 1 p.m., Club 14, U.S. Coast Guard Sector Honolulu, Sand Island.
- May 20, 9 a.m. to 1 p.m., oceanside lobby, Tripler Army Medical Center.

- May 21, 8 a.m. to 3 p.m., blood donor center, room 2A207, Tripler Army Medical Center.

- May 22, 11 a.m. to 3 p.m., Hickam BX, building 1235, Joint Base Pearl Harbor-Hickam.

For more information, call 433-6699 or 6148 or email michelle.lele@amedd.army.mil. Check www.militaryblood.dod.mil for the latest information.

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

Phone:
(808) 473-2890

or email:
editor@hookelenews.com

HO’OKELE

Kids can learn to ‘soar’ at PAM this summer

Pacific Aviation Museum Pearl Harbor

Students in sixth through eighth grade have an opportunity this summer to soar at Pacific Aviation Museum

Pearl Harbor’s new “Aviation Adventure” and returning “Flight School” program.

The Aviation Adventure immerses teens in the rich history of Ford Island and Pearl Harbor, as well as science, technology, engineering and math concepts of aviation. Hands-on, practical experiences bring these concepts to life in the museum’s historic hangars and aboard Battleship Missouri Memorial.

This program is open to everyone who has completed the basic flight school program or is at least 13 years of age. Overnight accommodations are provided aboard Battleship Missouri Memorial.

Cost of the three-day program is \$300, which includes all materials, meals, snacks, overnight accommodations, and an Aviation

Adventure logo tee shirt. The program begins at 9 a.m. on Tuesday and ends at 4 p.m. on Thursday. Aviation Adventure launches July 15-17 and July 22-24.

For more information and to register go to www.PacificAviationMuseum.org/Education/AviationAdventure.

In addition, the museum’s Flight School program returns this year for boys and girls. The program introduces sixth through eighth grade students to the history and science of flight on three consecutive weekdays from 9 a.m. to 4 p.m. The cost is \$165, which includes all materials, lunches, snacks, and a “Flight School” logo tee shirt. Flight School for Boys is June 3-5, 17-19, and 24-26. Flight School for Girls is June 10-12, and July 8-10.

For more information and to register go to www.PacificAviationMuseum.org/Education/FlightSchool.