



WELCOME RIMPAC

"Navigator"

HO'OKELE

PEARL HARBOR - HICKAM NEWS

June 27, 2014

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RIMPAC 2014 UNDERWAY



Coverage of RIMPAC 2014 will be featured in Ho'okele over the next few weeks.

Photo illustration | U.S. Navy photos by
MC2 Tiarra Fulgham, MC3 Pyoung K. Yi,
MC3 Johans Chavarro



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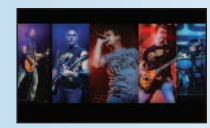
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Changes of command
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4th of July
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USS North Carolina holds change of command

Story and photo by
MC1 Steven Khor

Submarine Force Pacific
Fleet Public Affairs

Cmdr. Gary Montalvo relieved Cmdr. Richard Rhinehart as commanding officer of the Virginia-class, fast attack submarine USS North Carolina (SSN 777) during a time-honored change of command ceremony June 24 at the submarine piers at Joint Base Pearl Harbor-Hickam.

Rhinehart was emotional as he addressed his Sailors for the last time as their commander. He noted how proud he was that he had the opportunity to be in command of North Carolina and to work with some amazing Sailors.

"What makes this job so amazing are the people and the crew," said Rhinehart. "Each and every one of you have a shared heritage, not just being fellow brothers of the fin, but of being shipmates on the North Carolina. Together, we took the finest ship of the Pacific Fleet to sea."

In command for more than three years, Rhinehart took his submarine and crew on two lengthy western Pacific deployments and numerous shorter under-way periods.

"Together, we fought to keep the boat at sea, operationally proficient and ready to execute any and

all taskings," said Rhinehart. "I couldn't be more grateful for the sacrifices you made or more proud of what you accomplished."

The ceremony's guest speaker, Rear Adm. Phillip Sawyer, commander of the Pacific Fleet's submarine force, praised Rhinehart for a job well done, taking the submarine on every western Pacific deployment the submarine has made.

"Rich, you and your team have had across-the-board success," said Sawyer. "These are successes for the submarine force, the U.S. Navy and for our nation. You can be justifiably proud of what you've accomplished. Congratulations on a highly successful tour."

Sawyer also spoke to the assembled crew and guests about the Chief of Naval Operations' three guiding tenets of warfighting first, operate forward and be ready. Sawyer added that North Carolina exemplified these tenets while playing an important role in achieving national objectives.

During the ceremony, Rhinehart was awarded the Meritorious Service Medal for his successes in command of North Carolina from April 2011 to June 2014.

As Montalvo assumed command of North Carolina, he thanked Rhinehart for turning over a



Cmdr. Gary Montalvo (right) relieves Cmdr. Richard Rhinehart as commanding officer of the Virginia-class, fast attack submarine USS North Carolina (SSN 777), overseen by the commodore of Submarine Squadron 1, Capt. Harry Ganteaume (middle) at a change of command ceremony held June 24.

great ship and a highly enthusiastic crew.

"It is a time like this that reminds me that the strength of the North Carolina is more than just technology and design," said Montalvo, referring to the importance of the crew

on board. "I look forward to being a part of the North Carolina 'Tar Heel' team for the next few years."

Commissioned May 2008, North Carolina is the fourth U.S. Navy ship to carry the name North Carolina. The Virginia-class

boat was built by General Dynamics Electric Boat Division in Groton, Conn. and Newport News Shipbuilding in Newport News, Va. and joined the fleet in December 2006.

The state-of-the-art submarine is capable of

supporting a multitude of missions, including anti-submarine warfare, anti-surface ship warfare, strike, naval special warfare involving special operations forces, and intelligence, surveillance and reconnaissance.

USS Hopper assists successful missile intercept

American Forces Press
Service

WASHINGTON (NNS) — The U.S. military successfully intercepted an intermediate-range ballistic missile test target June 22. The target missile was launched from the U.S. Army's Reagan Test Site on Kwajalein Atoll in the Republic of the Marshall Islands, according to a Defense Department news release.

The Missile Defense Agency, U.S. Air Force 30th Space Wing, the Joint Functional Component Command, Integrated Missile Defense, U.S. Northern Command and the U.S. Navy completed an integrated exercise of the ground-based midcourse defense element of the nation's ballistic missile defense system, according to the release.

The U.S. Navy destroyer USS Hopper, homeported at Joint Base Pearl Harbor-Hickam, with its Aegis weapon system, detected and tracked the target using its onboard AN/SPY-1 radar, which



U.S. Navy file photo

The Arleigh Burke-class guided-missile, destroyer USS Hopper (DDG 70) sails port side along the aircraft carrier USS Ronald Reagan (CVN 76) during Rim of the Pacific (RIMPAC) 2010.

provided data to the GMD fire control system via the command, control, battle management and

communication system. The sea-based X-band radar also tracked the target and relayed information

to the GMD fire control system to assist in the target engagement and collect test data.

"I am very proud of the government and industry team conducting the test today. Their professionalism and dedication made this test a success," Navy Vice Adm. James D. Syring, the Missile Defense Agency's director, said in the release.

During the test, a long-range ground-based interceptor launched from Vandenberg Air Force Base, Calif. intercepted an intermediate-range ballistic missile target launched from Kwajalein.

The test, designated Flight Test Ground-Based Interceptor-06b, will provide necessary data to assess the performance of numerous ballistic missile defense elements for homeland defense.

The successful test "is a very important step in our continuing efforts to improve and increase the reliability of our homeland ballistic missile defense system," Syring said.

"We'll continue efforts to ensure our deployed ground-based interceptors and our overall homeland defensive architecture continue to provide the warfighter an effective and dependable system to defend the country," the admiral added.

Initial indications are that all components performed as designed, according to the release. Program officials will spend the next several months conducting an extensive assessment and evaluation of system performance based upon telemetry and other data obtained during the test.

The test was the 65th successful hit-to-kill intercept of 81 attempts since 2001 for the ballistic missile defense system. The GMD element of the system has completed four intercepts using the operationally configured interceptor since 2006. Operational ground-based interceptors are currently deployed at Fort Greely, Alaska and Vandenberg Air Force Base, protecting the nation and its friends and allies against a limited long-range ballistic missile attack.

USS North Carolina returns to Pearl Harbor after deployment

Story and photos by
MC1 Steven Khor

Submarine Force Pacific
Fleet Public Affairs

The Virginia-class, fast attack submarine USS North Carolina (SSN 777) returned home to Joint Base Pearl Harbor-Hickam on June 19 following a deployment to the western Pacific region.

The 140-man crew was greeted with signs, banners and lei as families and friends gathered at the submarine piers.

Cmdr. Richard Rhinehart, the submarine's commanding officer, said he is proud of his Sailors and their hard work.

"Conducting forward-deployed operations is one of the most professionally rewarding experiences a Sailor can have," said Rhinehart. "There is no more challenging or strategically more vital a region of the world than the western Pacific."

Rhinehart said being forward-deployed is a culmination of years of training and many months of preparation and certification.

In addition to gaining the experience of operating in the western Pacific for several months, the deployment afforded Sailors the opportunity to work on qualifications.

Despite half of the crew being on their first deployment, 22 enlisted personnel and



eight officers became submarine-qualified and are now entitled to wear their respective submarine warfare "dolphin" insignia.

"As a young Sailor, there is no better opportunity to learn than while on deployment," said Rhinehart. "Deployments pack a lot of

experience into a fairly short period of time. We spent more than 80 percent of our time deployed at sea."

For spouse Dani Allred, having her husband back home, Electronics Technician 1st Class Mike Allred, brought smiles of joy.

"I'm so overwhelmed, it's

surreal," said Allred. "I can't believe this day is here, and we are looking forward to starting our life together again."

Commissioned in May 2008, North Carolina is the fourth U.S. Navy ship to carry the name North Carolina. The Virginia-class boat



The Virginia-class, fast attack submarine USS North Carolina (SSN 777) moors at Joint Base Pearl Harbor-Hickam on June 19.



Lt. Andrew Hutchison reunites with his family on the pier.

was built by General Dynamics Electric Boat Division in Groton, Conn. and Newport News Shipbuilding in Newport News, Va. and joined the fleet in December 2006.

The state-of-the-art submarine is capable of supporting a multitude of missions, including anti-submarine

warfare, anti-surface ship warfare, strike, naval special warfare involving special operations forces, and intelligence, surveillance, and reconnaissance.

For more information about Submarine Force, U.S. Pacific Fleet, visit www.csp.navy.mil.



Commentary

Welcome and ‘aloha!’ to RIMPAC participants

**Rear Adm.
Rick Williams**

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

Yesterday was the formal opening of the Rim of the Pacific Exercise.

RIMPAC 2014 is hosted by Adm. Harry Harris, commander of the U.S. Pacific Fleet, and led by Vice Adm. Kenneth Floyd, commander of the U.S. 3rd Fleet, who is command task force commander for the exercise.

Our region is proud to serve as the primary base of operations for RIMPAC, and our MIDPAC ships are primed and ready to be part of the exercise.

This is the world's largest international maritime exercise and, in my opinion, it's being held in the best training and testing location anywhere.

I have the personal pleasure of helping to welcome the leaders, representatives and participants from dozens of countries who have come to Joint Base Pearl Harbor-Hickam and Pacific Missile Range Facility for this year's exercise.

Our international participants and guests are there to get realistic and relevant training. I'm con-



Rear Adm. Rick Williams

fident our installations and key tenant commands are ready to support a safe, secure and successful training experience. We train to be ready.

Another goal of RIMPAC is to foster and sustain cooperative relationships. Such relationships are critical to ensuring the safety of sea lanes and build speed of trust when we operate forward.

Many of our Sailors and other service members will have a chance to meet and make friends with sailors from other countries. Our morale, welfare and recreation team will offer tours, adventure, entertainment and tickets and transportation to shows,

including *luau*.

We have planned many sporting events, including a RIMPAC Cup (not to be confused with the World Cup). There will be opportunities to enjoy golf, basketball, soccer, sand volleyball, softball, tennis, bowling, bench press, indoor triathlon, swimming, surfing, kayaking, water polo and a sailing regatta, and many more competitive and fun events.

MWR will provide many other opportunities for interaction between host ships and guest participants. Read our region/base paper “Ho’okele” each week to see what’s available. We look forward to friendly get-togethers and healthy competition.

Adm. Arleigh Burke once wrote: “One of the most essential elements of an effective combat force is team work ... A good team player has reconciled in his heart the true correlation between competition and co-operation.”

So, to our teammates here for RIMPAC — on behalf of every service member, family member and DoD civilian in Navy Region Hawaii and Naval Surface Group Middle Pacific — welcome! And as we say here in Hawaii, “*aloha!*”



U.S. Navy photo by MC2 Daniel Viramontes
The amphibious assault ship USS Peleliu (LHA 5) transits while in formation during a photo exercise. Peleliu will participate in exercise Rim of the Pacific (RIMPAC) 2014.

Feds Feed Families campaign launches at joint base

Brandon Bosworth

Assistant Editor, Ho'okele

Joint Base Pearl Harbor-Hickam (JBPHH) is once again participating in the annual Feds Feed Families program. Feds Feed Families is a charitable campaign led by the United States Department of Agriculture that collects canned goods and non-perishable food items for those in need. The campaign began this

month and runs through the end of August.

Since the campaign began in 2009, service members and federal workers have donated and collected 24.1 million pounds of food and other non-perishable items to support families across America. Nearly 9 million pounds of food were collected in 2014 alone.

Collection boxes for canned goods and non-perishable food items have been placed at several locations

around JBPHH, including base chapels, the Naval Surface Group Mid-Pacific administration building, and the third floor of building 150. Individual commands will be placing their own collection boxes.

The Feds Feed Families program will accept donations through Aug. 31.

For more information, call Chief Religious Program Specialist Kimberly Bell at 473-4512 or visit www.fedsfeedfamilies.gov.

Diverse Views



If you could put some item from today into a time capsule that would be opened in 100 years, what item would that be?



Lt. j.g. Bryan Lay
USS Halsey (DDG 97)

The book ‘Tin Can Sailors.’ That way Sailors even 100 years from now won’t ever forget our roots and what it means to be a true Sailor.”

Master Sgt. Jason Kabutan
735th Air Mobility Squadron

“I would place the American flag that was flown over Kabul, Afghanistan for my dad during my one year deployment. His patriotism continued even on his final breath. Rest in peace, Wayne!”



LS1 Carmen Admire
NOSC Springfield, Ore.

“The view from my hotel window.”

Brenda Nonnweiler
Hickam Chapel

“An aerial photo of the base to show the changes that take place over the next 100 years.”



GM2 Eric Haro
USS Michael Murphy (DDG 112)

“A photo album or SD card with 1,000 photos on it. I can’t imagine showing people what life was like now better than with photos.”

Senior Airman Emanuel Atwater
8th Intelligence Squadron

“I would put a newspaper from today to see the differences of what was going on in today’s world.”



GSCS Kay Resurreccion
CNSG MIDPAC

“Time that I spent with my family. Going back from now I think it would be more beneficial for me to see my kids growing up.”

*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

Ponchatoula refuels Kitty Hawk in RIMPAC 1975



Official U.S. Navy photograph
USS Ponchatoula (AO-148) refuels USS Kitty Hawk (CV-63) while underway in the Pacific Ocean during Operation “RimPac 75” on April 7, 1975. A Canadian navy frigate and HMCS Provider are in the left background with a U.S. Navy Knox-class escort ship following them. The Australian and New Zealand navies also took part in this operation. This year’s Rim of the Pacific (RIMPAC) 2014 exercise began yesterday and is scheduled to run through Aug. 1.

HO'OKELE

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Hawaii Public Affairs
Agnes Tauyan**

**Deputy Director,
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Bill Doughty**

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Pearl Harbor-Hickam
Public Affairs
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Karen Spangler**

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Commentary

WINDOW ON JOINT BASE PEARL HARBOR-HICKAM

Welcome to our RIMPAC friends

Karen S. Spangler

Managing Editor, Ho'okele

RIMPAC has arrived. Welcome to our friends from 22 Pacific area nations – Australia, Brunei, Canada, Chile, Colombia, France, India, Indonesia, Japan, Malaysia, Mexico, Netherlands, New Zealand, Norway, People's Republic of China, Peru, Republic of Korea, Republic of the Philippines, Singapore, Tonga and United Kingdom – currently here in the Hawaiian Islands to participate in Rim of the Pacific (RIMPAC) exercises 2014 with the United States Navy.

This is the 24th year since 1971 that the RIMPAC participants have converged on Hawaii for the multi-national maritime exercise.

Although the duration of time that the RIMPAC participants will spend here in the islands is brief – only about a month – the joint exercise will help them to hone their warfighting skills, test their capabilities, and practice a variety of scenarios that will foster and sustain cooperative relationships.

Through it all, approximately 25,000 military

personnel will have the opportunity to improve communication and teamwork, develop even better cooperation with other RIMPAC allies, and establish solid military relationships and friendships with other nations from the Rim of the Pacific.

The show of international presence integrates 49 surface ships and the might of the aircraft carrier, USS Ronald Reagan, along with six submarines and more than 200 aircraft. But although RIMPAC is all about improving multi-national cooperation and inter-operability between allies on the high seas and in a combat scenario, it also affords numerous opportunities to build friendships and camaraderie among nations.

It offers the chance for some stiff, but friendly competition in sports and athletic events. It provides the chance for RIMPAC participants to learn about each other's countries and cultures. And, since it all takes place here in paradise, it gives those of us who live here the opportunity to extend to our visitors the spirit of *aloha* and *ohana* for which Hawaii is well-known.

Hopefully, while they are here for RIMPAC, our visitors from many nations will have the chance to try a snorkeling or scuba diving adventure or just relax on a sunny beach overlooking the azure waters of the Pacific Ocean.

Maybe they will enjoy a climb to a perch on Diamond Head – high above Waikiki. Perhaps they will take advantage of the varied music venues at the island's popular nightspots.

And, certainly, they will have many chances to appease their taste buds with a variety of foods from many cultures – our very untypical “local” cuisine.

But mostly, we hope that they will return to their native countries with pleasant memories of time spent in a paradise in the middle of the blue Pacific – imbued with the welcoming spirit and hospitality from this land of *aloha*.

As we foster a spirit of cooperation and communication between our allied nations, we also extend our sincerest welcome. Aloha to our RIMPAC friends!

(We welcome photos, stories and comments from readers. If you have comments, please send them to: Karen.spangler@navy.mil.)

Take care of Hawaii's environment during RIMPAC

Rebecca Hommon

*Navy Region Hawaii
Environmental Counsel*

Many Hawaii residents believe in the concept of “*aloha aina*” — love of the land, which is marked by stewardship and reverence for the environment, attributing spiritual power to the Earth and its features as well as wildlife.

•While on rest and relaxation or during an operation, watch out for the highly endangered Hawaiian monk seal resting on beaches as well as turtles near coral or on the near shore. Both are endangered species and have the right of way. Don't get near them even though others might do so. Take pictures with high-powered lenses.

•While snorkeling or diving, do not step on or hit coral with fins. Please watch where you put your feet. Coral is alive, and hitting it breaks and kills it.

•Exposing your bare skin to coral can result in painful cuts and possible infection.

•Hiking near or in fresh water streams has two invisible risks beyond the usual trip and fall: flash floods and catching a disease called leptospirosis due to wild animals (pigs mostly) that live in the uplands. Their feces contain bacteria that drains into the streams. The disease can cause severe nausea, chills, high fever which manifests seven to 14 days after exposure and, in worst cases, can be fatal.

Hikes that lead off usual trails can lead to a very narrow, steep

path where turning around is impossible. Deaths have occurred when hikers lost their way or tried to take short cuts only to fall to their deaths. Don't make a rescuer risk his or her life to come get you, based on your bad choice.

•Kayaking to, or landing on, several of the islands offshore of Oahu is illegal as they are bird sanctuaries and monk seal resting places. People are on shore watching with binoculars and will report the trespass. Authorities could be waiting upon your return to shore.

•Rip tides kill several every year as people swim off shore and get caught, then try to fight their way back. Swim parallel to the shore until the tide shifts, which could be a very long time.

•Jellyfish can be seen in the water and can cause burns as they tangle around feet or arms. Signs are usually posted when they are present. They usually arrive on the tides seven to 11 days after full moon.

•Portuguese man-of-war are present year-round, usually on windward (east-facing) beaches such as Bellows. Both stings can be extremely painful.

Reef fish are not good eating as they may contain a toxin (ciguatera) and are usually too small to be of much value. While no fishing license is needed to fish from shore in Hawaii, there are size minimums and catch limits for many kinds of fish. The best choice is to leave the fish in the sea and enjoy them while snorkeling rather than injuring and wasting them.

E komo mai means welcome

Karen S. Spangler

Managing Editor, Ho'okele

Here is a handy reference to some of the most frequently used Hawaiian words, especially those that you may come across during your time here in Hawaii:

Aloha – *Aloha* means hello, *aloha* means good-bye, *aloha* means love. You'll hear it a lot.

Mahalo – Don't be confused when you see this word on litter cans and trash bins throughout the islands. It isn't the Hawaiian word for trash – it means “thank you” and in this usage, *mahalo* for placing your litter in the trash cans and helping to keep paradise beautiful.

Ono – This is a special word used to describe food that is yummy or delicious. Saying that something is *ono* is pay-

ing a huge compliment.

Shaka – *Shaka*, meaning “hang loose” or chill, or be laid back, is a greeting used in Hawaii which is sometimes associated with the surfer community. To give the *shaka*, extend the thumb and smallest finger while holding the three middle fingers curled. Raise the hand in greeting while extending the back; it can be rotated back and forth for extra emphasis. People in Hawaii use the *shaka* to convey the “*aloha* spirit,” a gesture of friendship and understanding between the various ethnic cultures that reside within Hawaii.

Pau hana – This is something that everyone looks forward to – the end of the work day. *Pau hana* is especially good on *aloha* Friday.

Ohana – Family and a sense of family are very impor-

tant in Hawaii and *ohana* means extended family. Our RIMPAC participants are part of our Hawaii *ohana*.

Kane – This is the Hawaiian word for man or male and you will see it frequently on the door of the men's restroom.

Wahine – This is the Hawaiian word for woman or female and you will see this Hawaiian word on the door of the ladies' restroom.

Keiki – Children in Hawaii are frequently called *keiki*, a Hawaiian word for children.

Mauka and **makai** – To give you some sense of where you are or where you are trying to go, directions are frequently given using *mauka* (toward the mountain) or *makai* (toward the sea).

Luuu – You will see many *luau* here in Hawaii. A *luau* is a traditional Hawaiian feast or

party which usually also includes entertainment. The cuisine at a *luau* will typically feature such Hawaiian foods as *kalua* pig, *poi*, *lomi* salmon and *haupia* (coconut). Hawaiian music and *hula* dancers, and perhaps an opportunity to learn a few *hula* moves, are part of the festivities.

Pupu – This also refers to food, but more of a finger food, appetizer, or hors d'oeuvres. Many of Hawaii's *pupu* are also *ono*.

Malama pono – This means take good care with or take good care of yourself and we hope that you do.

A hui hou – This is a common expression used in Hawaii and it means until we meet again. When you depart Hawaii after RIMPAC, you will probably be wished a fond *a hui hou*.

Crash course in Hawaiian pronunciations: As you travel throughout the state of Hawaii, you will notice many street names, places and venues using Hawaiian words. There are only 13 letters in the Hawaiian alphabet, five vowels (a, e, i, o and u) and eight consonants (h, k, l, m, n, p, w, '). The final Hawaiian consonant, the `okina (‘), indicates a glottal stop which means your breath stops briefly as between the two parts of the English term “oh-oh.” For the most part, all vowels are pronounced. Got it?

Then try twisting your tongue around the pronunciation of Hawaii's state fish, the *Humuhumunukunukuapua'a*. It is also called the Hawaiian trigger fish.

To our RIMPAC visitors, *e komo mai*, which means come in or welcome, to Hawaii.

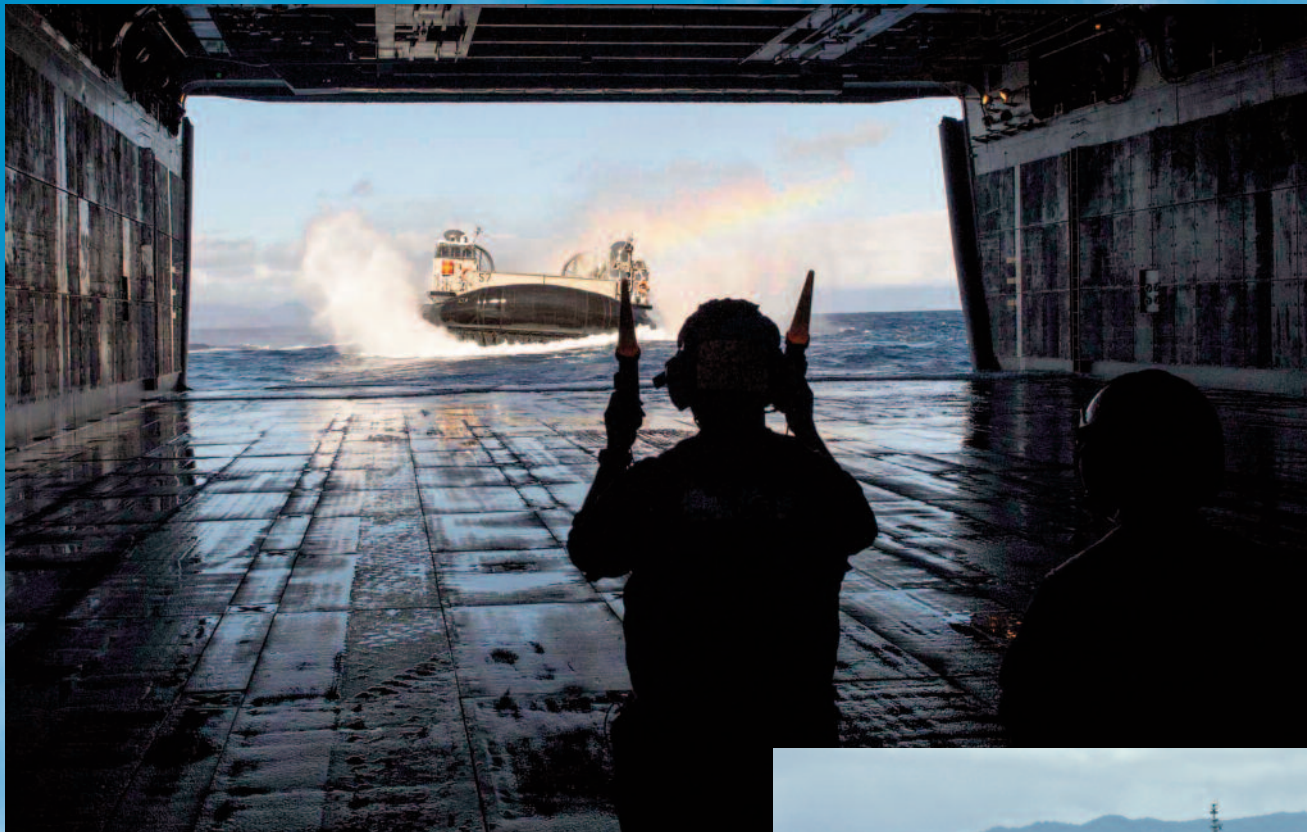
A multinational task force consisting of ships from Brunei, Singapore, the People's Republic of China and the United States, led by the guided-missile cruiser USS Chosin (CG 65) and including the guided-missile destroyer USS Howard (DDG 83), transits the Pacific in formation during a group sail from Guam to Pearl Harbor.

U.S. Navy photo by MC2 Brian T. Glunt





Pearl Harbor-Hickam Highlights



Boatswain's Mate 2nd Class Brooks Graham from Ludington, Mich. directs a landing craft air cushion (LCAC) assigned to Amphibious Craft Unit (ACU) 5 into the well deck of the amphibious assault ship USS Peleliu (LHA 5) following a training exercise.

U.S. Navy photo by MC3 Will Gaskill

(Below) The Ticonderoga-class, guided-missile cruiser USS Chosin (CG 65) transits into Joint Base Pearl Harbor-Hickam.

U.S. Navy photo by MC2 Laurie Dexter



(Left) U.S. Navy Sailors assist to moor Republic of Singapore frigate RSS Intrepid (F 69) following its arrival at Joint Base Pearl Harbor-Hickam for the Rim of the Pacific (RIMPAC) 2014 exercise.

U.S. Navy photo by MC2 Tierra Fulgham

(Below) The Military Sealift Command hospital ship USNS Mercy (T-AH 19) passes the USS Missouri and USS Arizona memorials as the ship arrives in Hawaii for Rim of the Pacific (RIMPAC) 2014.

U.S. Navy photo by MC2 Tim D. Godbee



(Above left) Lt. Col. Michael Fea (center), former 15th Medical Operations Squadron commander, renders a salute to Col. Virginia Garner (left), 15th Medical Group commander, just prior to handing over command to Lt. Col. Jennifer Vecchione (right), in a ceremony June 20 at the Missing Man Formation at Joint Base Pearl Harbor-Hickam. Fea is headed to attend the Air War College at Maxwell Air Force Base, Ala.

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

(Above right) Col. Michael Merritt (center), 15th Operations Group commander, addresses the audience during the 65th Airlift Squadron change of command ceremony.

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

(Left) Chief Machinist's Mate Michael Sears Jr. provides a guided tour to members of Boy Scout Troop 70 from Austin, Texas during a small boat tour of Pearl Harbor. During their visit to Joint Base Pearl Harbor-Hickam, Troop 70 visited the USS Arizona Memorial and Surface Warfare Officer School Command. Troop 70's aim is to foster citizenship, build character, and develop fitness through monthly camp-outs, weekly meetings and community service projects.

U.S. Navy photo by MC2 Tierra Fulgham





RIMPAC to include sports tournaments, recreation

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

RIMPAC sports tournaments will run during in-port periods. The deadline has passed and most are at full capacity. Awards will be given for each event listed below:

First in-port period events (June 28 to July 7), will be eligible toward RIMPAC Cup.

The following events will be held from June 28 through July 7:

- Basketball tournament at Joint Base Pearl Harbor-Hickam Fitness Center.
 - Soccer tournament at Ward Field.
 - Indoor volleyball tournament at Joint Base Pearl Harbor-Hickam Fitness Center and Naval Station Gym.
 - Four-person sand volleyball tournament at Wentworth Volleyball Sand Courts.
 - Softball tournament at Millican Field.
- The following events will be held on June 30:**
- Bowling team tournament at Naval Station Bowling Center (three start times).
 - Swim meet at Scott Pool.
 - Outrigger canoe race at Rainbow Bay Marina.

From June 30 to July 7, there will be a singles and doubles tennis tournament at Wentworth Tennis Facility.

- July 2 - 5K run will begin at RIMPAC Central across from Bravo Pier.
- July 2 - Golf tournament will be held at Mamala Bay Golf Course.
- July 3 - Bench press contest will be held at Joint Base Pearl Harbor-Hickam Fitness Center.
- July 3 - Strong arm contest (pull-ups and chin-ups) will be held at Joint Base Pearl Harbor-Hickam Fitness Center.

Second in-port period events (from July 31 to Aug. 2), will not be eligible toward the RIMPAC Cup.

- July 31, a sailing regatta will be held at Rainbow Bay Marina.
- The following events will be held from July to Aug. 2:
- Basketball tournament will be held at Joint Base Pearl Harbor-Hickam Fitness Center.
- Soccer tournament at Ward Field.
- Indoor volleyball tournament at Joint Base Pearl Harbor-Hickam Fitness Center and Naval Station Gym.
- Softball tournament at Millican Field.
- On Aug. 1, a 5K run will begin at RIM-

PAC Central across from Bravo Pier
Liberty

Daily events for single Sailors/Airmen modified for RIMPAC.

- June 28 - hiking trip and paintball.
- June 29 - shuttle for souvenirs and beach bay at Bellows Air Force Station.
- June 30 - go kart racing.
- July 1 - horseback riding and golf at Kealahi.
- July 2 - dinner cruise in Honolulu.
- July 3 - casino night at Beeman Center.
- July 4 - Independence Day celebration at Ward Field.
- July 5 - kayaking trip and waterpark trip.
- July 6 - mini golf/zipline trip and day hike.
- July 7 - night fishing at Hickam Harbor.

Information, Tickets & Travel (ITT)

Scheduled daily outings are scheduled with various ITT vendors across the island. The price includes transportation from Joint Base Pearl Harbor-Hickam. Activities include local island tours, helicopter rides, luaus, parasailing, shows, ATV rides, go karts and water park. Many already have a high amount of confirmed purchases.

Outdoor recreation

Daily outdoor activities with MWR Outdoor Adventure Center and Outdoor Recreation guides are scheduled on base and around the island. Activities include surfing, snorkeling, hiking, fishing, paddle boarding, kayaking and bicycling. Many activities are already sold out.

Club Pearl

- Various promotions will be held nightly in the clubs.
- Brews & Cues will host pool challenges.
- The Country Bar will have various promotions and contests.

Sam Choy's Island Style Seafood Grille

- The restaurant will have expanded hours, open until 10 p.m. during the in-port period.
- The afternoon music schedule will be expanded to daily from June 26-30 (normally only on Fridays). The July schedule is to be determined.
- Random parties and promotions.

For detailed information on the RIMPAC events, visit the <http://www.greatlifehawaii.com/index/RIMPAC.html> website.

RIMPAC 2014 facts

Held every two years by Commander, U.S. Pacific Fleet, RIMPAC is a multinational maritime exercise that takes place in and around the Hawaiian Islands.

RIMPAC is intended to provide a unique training opportunity that helps participants foster and sustain the cooperative relationships that are critical to ensuring the safety of the sea-lanes and security of the world's oceans.

RIMPAC 2014 is the 24th in a series of Pacific naval exercises, which began in 1971 as an annual exercise and became a biannual exercise in 1974. It is the world's largest multi-national exercise. The participating nations and forces will exercise a wide range of capabilities and demonstrate the inherent

flexibility of maritime forces.

Twenty-two nations, 49 surface ships, six submarines, more than 200 aircraft and approximately 25,000 personnel will participate. This year's exercise includes units or personnel from Australia, Brunei, Canada, Chile, Colombia, France, India, Indonesia, Japan, Malaysia, Mexico, Netherlands, New Zealand, Norway, People's Republic of China, Peru, the Republic of Korea, the Republic of the Philippines, Singapore, Tonga, the United Kingdom and the United States.

The first RIMPAC exercise in 1971 involved the U.S., U.K., Canada, Australia and New Zealand. The U.S., Canada and Australia have participated in every RIMPAC.

Summer safety advice for RIMPAC participants

Navy Region Hawaii Public Affairs

Hawaii summer is practically year-round. Sun, warm weather, beaches, mountains, volcanoes and tropical forests attract outdoors enthusiasts from all over the world, but for military service members visiting for RIMPAC or living here, it is especially important to maintain outdoor safety awareness.

Here are some tips to keep safe while enjoying outdoor activities in Hawaii:

- Always use sunscreen outdoors to avoid sunburn.
- Take plenty of water to stay hydrated and look for beach shade.
- Research planned outdoor activities and develop a risk-prevention strategy before venturing out.

• Make sure you have the proper skills and training before participating in any sport and remember to play at your level. Use the proper protective gear for the particular sport you are playing to lessen the chances of being injured.

• Unseen dangers can occur for those who enjoy hiking trips. Trails become very slick when wet, so stay on marked trails.

• Wear proper footwear and, for water sport activities, obey posted signs for ocean currents and talk to the lifeguards who may know something particular about that location. Search for online jellyfish warnings.

• While swimming or engaging in any other outdoor activity, don't let peer pressure get you into a situation for which you are not trained and conditioned.

• If hiking, things to bring are a medical kit, water and emergency supplies in case it gets dark or in case of heavy rains, as well as having a fully charged cell phone. Bring a friend to hike with you, rather than hiking alone.

- When kayaking, always have a life vest.

• Avoid alcohol consumption when engaging in potentially dangerous outdoor activities.

For more information, visit <http://safetycenter.navy.mil> on summer safety resources and <http://www.greatlifehawaii.com> for safe and fun summer activities.

(Editor's note: Ho'okele recently published two articles on summer safety in the May 23 and June 13 issues. Visit the following links to read the articles: <http://www.hookelenews.com/tips-for-summer-safety/> and <http://www.hookelenews.com/military-urged-to-stay-safe-while-enjoying-summer-activities/>.)



The aircraft carrier USS Ronald Reagan (CVN 76) is en route to Hawaii for Rim of the Pacific (RIMPAC) 2014.

U.S. Navy photo by MC1 Dustin Kelling

Hickam NCO proves ‘everybody is a hero to somebody’

**Staff Sgt.
Alexander Martinez**

15th Wing Public Affairs

Balancing an Air Force career and being a mother didn't seem to be enough for Tech. Sgt. ShaDonna McPhaul, the 324th Intelligence Squadron NCO in charge of knowledge operations. In addition to those fulltime jobs, she decided to add another project to her life — one that makes a positive difference in the homeless veteran community.

After researching online and with the help of volunteers, McPhaul started the process of creating a non-profit organization, Mo's Heroes, Inc., an organization that provides services and information to assist homeless veterans in reintegrating into the labor force.

“This is a passion of mine, and I've always been the type of person to help others,” McPhaul said. “Our veterans need all the help they can get, so I pulled my resources together to start this project and help get the vets back on their feet and reintegrated into society.”

McPhaul, a native of Fayetteville, N.C., can recall growing up



Photo courtesy of Tech. Sgt. ShaDonna McPhaul
Tech Sgt. ShaDonna McPhaul (far left) helps out at a homeless outreach event June 14 at Tripler Army Medical Center Chapel.

near Fort Bragg and seeing homeless veterans and veterans in need. One evening in late 2013, she decided it was time to make a difference and help. From that point on, the planning of Mo's Heroes

was in full swing. “I knew that I had the knowledge and the resources to do this,” McPhaul said. “Most people that volunteer with us are veterans themselves, so they were more

than willing to help us get organized and put their professions together to get things done.”

Mo's Heroes, Inc. is an employment-focused organization, providing services to help with job placement, training, job development, career counseling and resume preparation. In addition, the organization will provide supportive services such as clothing assistance, housing assistance, referrals to medical and substance abuse treatment, and transportation assistance.

“No veteran deserves to be living underneath a bridge or in their car,” McPhaul said. “We want to give them peace of mind by securing a roof over their head.”

So far, Mo's Heroes has partnered with a Honolulu homeless shelter, assisting the homeless and people at risk of being homeless, on a trial basis in order to further build the organization's plan. This helps Mo's Heroes better assess what local homeless veterans need in order to maximize assistance.

Chaplain (Capt.) Deborah Hughley from the 15th Wing volunteered with Mo's Heroes during a visit to a local homeless shelter. Volunteers served food to homeless veterans

and listened to their stories about how they got into their current situation.

“I was happy to be there, and [the veterans] were happy to have us come out to visit,” Hughley said. “It let them know we are thinking about them and taking steps to help them further in the future, so no homeless veteran is left behind. Just because a person no longer serves in the military doesn't mean we aren't still family.”

McPhaul said another part of creating Mo's Heroes is the positive impact it can have on her son.

“It's important to be a good example for my son and help him understand how important veterans are to this country, and we should always find ways to help them,” McPhaul said.

While working full-time, taking care of her family and managing a non-profit organization seems like a lot, McPhaul finds satisfaction in knowing she is helping others earn what she has and cherishes.

“It takes a lot out of me but when everything is up and running helping veterans, that's my payoff,” McPhaul said. “We'll be helping these people get back on their feet, and it will be so worth it to see.”

Soil vapor extraction system to be installed at Onizuka Village housing

**Story and photo by
Denise Emsley**

*Naval Facilities
Engineering Command
Hawaii*

The Navy has hired a contractor to install a soil vapor extraction (SVE) system at Joint Base Pearl Harbor-Hickam (JBPHH) at Onizuka Villages, Hickam near the base commissary and exchange, beginning with drilling efforts scheduled from June to July.

“The installation of the SVE system is completely safe and will require drilling beneath some buildings and roads within Onizuka Village,” said Brian Whitehouse, Naval Facilities Engineer-



An employee from contractor AECOM operates a horizontal drill rig June 10 that will install a soil vapor extraction (SVE) system at Onizuka Village housing at Joint Base Pearl Harbor-Hickam.

ing Command (NAVFAC) Hawaii remedial project manager.

“Residents and base personnel passing by the housing area began seeing workers outside around May 19, performing utility surveys and marking drilling locations,” he said.

In 2013, the Navy conducted an environmental investigation in Onizuka Village to determine the locations and amount of petroleum stained soil beneath the area. The investigation concluded that while there were no detections of petroleum vapors inside homes or immediately beneath building foundations, three areas have elevated concentrations of petroleum in soil

vapor above recommended action levels at depths of four to six feet below ground surface outside some residences.

An SVE system with horizontal wells beneath residences will remove and treat elevated soil vapor. It has a vacuum pump which will extract soil vapors from soil pore spaces into the underground wells and pull them to the SVE enclosure across Freedom Avenue.

Drilling began the week of June 2 and is expected to last for approximately six to seven weeks, on weekdays and during daylight hours.

For the protection of all residents from construction hazards, a temporary

fence will encompass the work zones.

After completion of the horizontal drilling, shallow vertical borings will be drilled into the soil at the 10 locations. A soil vapor monitoring point will be installed in the soil at each of these locations with work expected to be completed within two days.

“NAVFAC Hawaii recognizes the concerns expressed by many residents and appreciates their patience while it performs construction and testing,” said Whitehouse. “We will continue to work with base leadership and Hickam Communities to keep residents informed of work schedules and the latest developments.”

Life&Leisure

B

Pound Town defeats Chung-Hoon for softball title

Story and photos by
Randy Dela Cruz

Sports Editor, Ho'okele

The 647th Security Forces Squadron (647 SFS) Pound Town rallied for six runs in the second inning and got a two-run shot from Airman 1st Class Derric Ross in the fourth to defeat USS Chung-Hoon (DDG 93), 9-2, on June 22 and capture the 2014 Joint Base Pearl Harbor-Hickam intramural softball championship at Millican Field.

The win was Pound Town's second base softball title. The team won the inaugural base trophy four years ago and marked the team's third appearance in the championship game in four years.

"This is my third year now, so this is sweet," said Pound Town pitcher Eddie Silva, a Department of Defense civilian, who even at 58 is still going strong. "We finally got the opportunity. Myself and a lot of the guys are new, so I don't think anyone was here for the first one."

Silva pitched an outstanding game and started off by holding Chung-Hoon to only two base runners in the first three innings.

In the bottom of the second, after one out, Ross got things started for Pound Town by slamming a double.

Senior Airman Tweeter Riddle followed up with another two-bagger to drive in Ross with the first run of the game.

The next hitter, Senior Airman Keith Munson, drilled a single to put runners on first and third be-



Airman 1st Class Derric Ross slams a double that ignited a six-run rally in the bottom of the second inning for 647th Security Forces Squadron (647 SFS) Pound Town.

fore Staff Sgt. Justin Klukan delivered a base hit down the left-field line to drive in Riddle.

Master-at-Arms 2nd Class William Bryan singled to drive in another run, and then with two runners in scoring position at second and third, Silva came through with a double to drive in two runners for a 5-0 lead.

"Looking at it, one out, just trying to hit the ball

backdoor at least," said Silva about his clutch hit. "Anything to get the runners to move up and I think I got all of it."

Later, Silva scored the final run of the inning on a single by Master-at-Arms 1st Class Jami Tedrow.

"We're looking for innings like that," Silva said following the rally. "That's what keeps us going. This game is all about momentum."

Another one, two, three

inning by Silva in the top of the third kept the score at 6-0, but the veteran pitcher experienced his first bit of trouble after giving up back-to-back singles by Sonar Technician (Surface) 2nd Class Corey Cauffiel and All-Armed Forces infielder Electrician's Mate 1st Class Jake Alicuban to open the top of the fourth.

However, Silva settled down to get the next two hitters on infield pop-ups to re-

gain control of the game.

Although Silva did give up an RBI single to Chung-Hoon pitcher Electronics Technician 1st Class Stephan Raymond, he was able to get out of the inning without any further damage.

"You just got to try your best and don't give them too much opportunities," Silva said. "You just throw strikes and see what they can do with it."

With the score at 6-1, Pound Town went right back to work in the bottom of the frame and got a lead-off single from Tedrow.

After the next batter was called out on a deadball back to the box, Ross walloped a long fly ball over the head of the Chung-Hoon centerfielder and then rounded the bases for a two-run, inside-the-park homer.

"For me, this is still only my second year playing," Ross admitted. "I don't think I've got the skills of placing it where I want. I just kind of swing and see what happens."

In the top of the sixth, Chung-Hoon picked up a run on a sacrifice by Cauffiel, but Pound Town finished off their opponent with an RBI single by Riddle for the final score.

Raymond, who pitched a solid game overall for Chung-Hoon, said all it took was a bad inning and Pound Town took full advantage of it.

"I switched up the way I pitched," Raymond said about Pound Town's big inning. "I was spinning the ball instead of throwing the knuckleball. Once I started going back to the knuckleball, they were popping it up a lot."

While Silva might be one of the oldest players in the league, he said after getting his first championship, he has no thoughts of hanging up his cleats just yet.

"They keep me going," said Silva about his teammates. "We got some guys that will be here to carry on again. I guarantee we'll be taking again the same time next year."



(Clockwise from above left): Staff Sgt. Justin Klukan slides safely into third base. Pound Town pitcher Eddie Silva delivers a pitch. Senior Airman Keith Munson reaches for his first-place trophy from teammate Senior Airman Tweeter Riddle. Electrician's Mate 1st Class Jake Alicuban moves into position to catch an infield fly.

Summer youth camps reach out with more variety

Story and photo by
Randy Dela Cruz

Sports Editor, Ho'okele

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation (MWR) Youth Sports division has always provided a positive environment for kids to develop and grow within activities, such as basketball, soccer, flag football and a whole lot more.

Always seeking to supply the base's youth with more fun things to do, MWR Youth Sports has taken the summer youth camps to an even higher level for 2014.

"We have expanded," said Jim Cosper, youth sports and fitness director for MWR at Joint Base Pearl Harbor-Hickam. "We've opened about three more camps than usual. I know we're adding gymnastics and we're looking at doing paintball and cheer. We're excited and hoping to reach every different kind of population."

Judging from the recent basketball clinic, base parents have responded with a rousing endorsement for the summer programs as 32 kids from ages 10-15 attended the five-day hoops instruction in the afternoon session. An equal amount of youth, ages 7-9, participated in the morning session.

The camp, run by former collegiate basketball player Bershuan Thompson with the assistance of MWR recreational assistants Randall Cayco and Kimary Colean, was divided into two four-hour sessions that began with drills and progressed into live scrimmages that were used to reinforce the day's earlier lessons.

"This builds their skills," said Colean, who added that the camps go hand-in-hand with the various youth programs on base.



Nathan Olsen goes up for a shot during the MWR Youth Sports basketball camp. Olsen, who is 13 years old, also plays in the MWR Youth Sports summer basketball league as a member of the Heat.

"Some of them have never played the sport before, so then learning the fundamentals and the basics skills help them move fur-

ther and join a team."

The basic camp foundation, Cayco said, is not only applied in basketball but in all of the other camps that

will be held on base this summer.

"We want to focus on introducing these kids to different kinds of sports," he

said. "For instance, we have soccer camps, golf camps and a multitude of different camps. Hopefully, they'll get interested and

take it even further."

Thompson, who has been coming to Hawaii for the past seven years to run the basketball camp, said that while the kids seem to have fun, he definitely has a blast in passing on his love of the sport.

"I used to live in the islands, but now I live in North Carolina," Thompson said. "I really like coming back to give back to the kids because I feel it's important for the next generation to know how to play the game. I was in their shoes years ago, and that's what helped me go to college and get some court experience."

While North Carolina is a long way to travel to offer his help to the base's youth, Thompson said he couldn't think of being in a better place.

"This is vacation for me," he said. "I really enjoy it, and it's just really refreshing to give back to the kids."

In addition to teaching skills in sports, Thompson said that, like league sports, the camps are a great way to keep children active and moving.

"We're really interested in interweaving discipline with staying fit," he admitted. "Obesity is so much of an issue, so it's one of the things we try and get kids moving. And while we're getting them moving, we're getting their brains moving as well."

Cosper said that while he is happy with the response of base families this year, he added that there is always room for more and that there is still time to sign up their kids.

"If parents would like to sign up for an upcoming camp, it's not a problem," Cosper said. "They are more than welcome to register, either through our office or at www.greatlife.hawaii.com."

FOURTH OF JULY CELEBRATION IS ONE WEEK AWAY

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation

July 4 Celebration - Ward Field



Safety guidelines for July 4

For the safety and security of patrons, and to expedite entry into the event, the following guidelines have been issued for the July 4 celebration at Joint Base Pearl Harbor-Hickam.

The following items are not permitted:

- Audio and video recording devices and cameras, including tablets and computers, computer bags and camera bags.
- Purses larger than a clutch bag.
- Food and beverage, water bottles, coolers or thermoses.
- All bags including backpacks, briefcases, fanny packs and cinch bags.
- Seat cushions, wagons, umbrellas or luggage of any kind.
- Tents or barbecues.
- Weapons and blades of any type.
- Pets and animals with the exception of service animals.

The following are permitted items:

- Cell phones.
- Strollers for infants and/or children in attendance and diaper bags with dia-

The Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation July 4 Celebration will begin at 3:30 p.m. Friday on Ward Field.

Multi-platinum recording artists 3 Doors Down will headline the evening's entertainment at 7:30 p.m.

The event finale will consist of a fireworks show which begins at 9 p.m.

Free activities will include a petting zoo, "Xpress Train," airbrush tattoos, batting cage and a 360-degree photo booth. The event will also include free pizza samples while supplies last and a car show exhibit.

Rides will be available for purchase. There will be food and beverage booths.

Food choices will include hot dogs, burgers, plate lunches and sweets.

Participants can register and have their sponsor's punch card filled before turning it in at the sponsor's tent. They will have a shot at prizes including gift cards and a trip to Las Vegas.

Safety and security guidelines have been established for the event. (See info box below).

pers, infant bottles with formula, infant and toddler food.

- Hand-carried ponchos, hats, sunscreen, jackets, blankets, folding chairs not to exceed 32 inches in height. Leave all chair bags in your car.
- Clutch purses or clutch bags, with or without handle or strap, five inches height by seven inches by one inch deep.
- Items can be carried in a clear, disposable plastic bag, no larger than quart size (seven inches by eight inches).

Exceptions may be made for those with extenuating medical circumstances.

All personnel and items are subject to search.

North Road will be closed from noon until the end of event from Nimitz Gate to the Pearl Harbor Boulevard intersection street along Ward Field.

Pearl Harbor Boulevard will be closed from 8 p.m. until the end of event from North Road to Scott Pool (the street along Bravo piers).

Hawaii's Finest Flag Football connects with armed forces

Story and photo by
Randy Dela Cruz

Sports Editor, Ho'okele

On athletic fields across the island, Oahu's military are making a huge impact on local sports from softball to soccer and even flag football.

Since taking over Hawaii's Finest Flag Football (HFFF), Mike Todd, a military veteran and current Department of Defense civilian at Joint Intelligence Operation Center, has provided a direct pipeline for the armed forces to not only compete in, but also share camaraderie with local communities.

While just beginning its second season, the league is held year-round. HFFF is home to six all-military teams, with three of them coming directly from Joint Base Pearl Harbor-Hickam.

On June 21, the JBPHH All-Stars, which competes as Empire in the HFFF, took on the second-place Da Goons at Mililani 10-Acres Park.

While Empire gave the Da Goons all they could handle in the first half, a couple of turnovers changed the base team's fortunes in a hurry.

After a pick-six by Staff Sgt. Nick Brandenburg, 647th Civil Engineer Squadron (647 CES), put Empire up by four points at 20-16, Da Goons responded by posting 30 unanswered points to take a 46-20 lead en route to a 58-28 victory.

"It's frustrating to lose," Turner said. "But we're a young team and



Master Sgt. Armando Chavez reaches for a pass thrown by quarterback Tech. Sgt. Terrance Turner in a Hawaii's Finest Flag Football league game.

we're coming together. We're getting better and better every week."

After falling behind, Da Goons came back right away on only four plays with quarterback Kealii Perbera finding Troy Matautia for six and a 22-20 advantage.

The two-point conversion made it 24-20, which stood

through halftime.

Perbera kept the hot hand going into the second and opened with another scoring strike to make it 32-20 before his brother Kekoa intercepted a Turner pass to set up Da Goons at the Empire five.

On first down, the Perbera brothers hooked up on a short toss

to the end zone to extend the lead to 20 after the two-point conversion.

Empire gave up one more touchdown before the team finally broke through to get one more score in the books.

Turner connected with Master Sgt. Armando Chavez (HQ

PACAF) for the team's final score of the game before Da Goons tacked on two more touchdowns on a pass from Perbera and another pick-six from the defense.

"That's a great defense," Turner acknowledged. "A couple of our routes were there and a couple weren't there. They just played all-around defense."

In addition to Da Goons' tight defense, the team also stepped up to dominate on offense.

Matautia, who had a pick-six to go along with one touchdown reception, said that he and his teammates saw a soft spot in the Empire's defense.

"We noticed that their safeties played wide, so we attacked the middle," he said. "The middle backer was left there by himself."

Although the game pitted an all-local team against an all-military squad, Matautia said that on the field, everybody is a brother.

Besides Empire, two more teams, Rise up (HQ PACAF) and Overrated, Hawaii Air National Guard are from JBPHH.

"We're all local boys. We're all good friends," he said. "We're just trying to play a sport that we love. It's cool having them (military)."

Turner said that while getting an opportunity to play football is always attractive, spending time in communities around the island is even more rewarding.

"This is definitely helpful," Turner said. "Coming in here, I think this creates camaraderie with the local community. Win or lose, we definitely look forward to coming out into the community."

Embracing the evolution of social media while mindful of OPSEC

Anna Marie General

Joint Base Pearl Harbor-Hickam Public Affairs

As technology changes over time and communication shifts to a digital age, the use of social media continues to rise in the military.

"Leveraging assets that we already have from our news releases, videos and photos, can be integrated through the use of social media as an effective communication tool," said Jason Kelly, director of U.S. Navy's Social and Emerging Media.

According to the Navy Command Social Media Handbook, social media, as

part of the overall communications strategy, helps fulfill the obligation to communicate with stakeholders by providing another means of sharing information with internal and external audiences.

"The amount of information that's out there is increasing each year, and as we progress, these numbers can only be expected to increase again. So it's no longer a question of why we are doing this, but how we can leverage it and make it work better for the fleet," added Kelly.

Social media continues to be popular among service members and their families as a means of communication to stay in touch in real

time. In past generations, families were only able to stay in touch through letters and long distance landline telephones. Now, the use of smartphone devices, tablets and the Internet has evolved, making instant communication possible.

While social media allows people to network, interact and share information worldwide, service members and their families should also consider the risks and vulnerabilities in both personal and command activities by practicing Operations Security (OPSEC).

Some tips provided by the Naval OPSEC Support Team are as follows:

- Remember computer

security. Do not be an easy target for computer crimes. Antivirus software is critical to protect from viruses and other malicious attacks.

- Verify all friend requests. Those with ulterior motives often initiate contact with a friend request.
- Utilize all available privacy settings. Customize available settings to be as secure as possible. Be careful of what you and your friends post and make available to the world.

- Closely monitor your children's use of the Internet. Children are especially vulnerable on the Internet and make easy targets. Monitor to insure they are not posting critical and personal information.

Each military branch provides social media guidance on what and what not to post as a service member or family member. Following these guidelines not only protects from potential adversaries, it also educates on keeping sensitive information safe and being careful what you share online.

Even when you think you are just talking to families and friends on social net-

works, you never know who

- Understand the risks associated with Geotagging. From virtual check-ins to uploading photos with geographical information, users are posting detailed physical location online for the world to see.

Each military branch provides social media guidance on what and what not to post as a service member or family member. Following these guidelines not only protects from potential adversaries, it also educates on keeping sensitive information safe and being careful what you share online.

Even when you think you are just talking to families and friends on social net-

works, you never know who is watching and collecting information about you. Once information is posted online, it's there forever, even after it has been deleted.

With the evolution of new technology, social media platforms are great communication tools to get the word out for a command event, to reconnect and to share your stories with your family and friends. Service members are encouraged to make use of the benefits of instant communication through social media, but to be mindful of the best practices of OPSEC. Visit <http://www.defense.gov/socialmedia/> to view social media guidelines.



Live the Great Life



MWR Marketing photo

Active duty military receive half-off admission on July 4 at Sharkey Theater.

More to do on July 4 with MWR

Reid Tokeshi

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation

For those looking to escape the summer heat before stepping out for the Fourth of July fireworks at Joint Base Pearl Harbor-Hickam, Morale, Welfare and Recreation has some alternatives to help keep cool before the sun goes down.

For example, the Naval Station Bowling Center will hold a

teens' night out on July 4 for those ages 13 to 19 years old. From 5 to 7 p.m. teens can munch on a cheeseburger, fries and have a drink while bowling for \$15. Shoe rentals are also included in the price. The time allows customers to finish their game and head over to Ward Field to see 3 Doors Down in concert.

For active duty looking for a place to relax in air-conditioned comfort, Sharkey Theater will offer half-off admission for their two

showings. The 5 p.m. showing is the Tom Cruise movie "Edge of Tomorrow" while comedy fans can see "A Million Ways to Die in the West" at 7:20 p.m. "Edge of Tomorrow" ends before 7 p.m., leaving enough time to catch the concert and fireworks.

For more information on the teens' night out, call the Naval Station Bowling Center at 473-2574. For the latest on what's playing at Sharkey Theater, call the movie hotline at 473-0726.



U.S. Navy photo by Randy Dela Cruz

Nate Hogue, a Department of Defense civilian, goes for a shot during the 2013 Summer Soccer League's championship game between Pearl Harbor Futbol Club and 324th Intelligence Squadron (324 IS).

Fun runs, sports leagues fuel MWR summer athletics

Reid Tokeshi

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation

MWR will hold an assortment of upcoming runs and summer sports leagues. Three runs will take place between now and the end of August.

For starters, a Stars & Stripes 5K run will begin at 7 a.m. July 10 at the Wahiawa Annex fitness center. The event is open to all eligible patrons, and everyone is encouraged to dress up in red, white and blue. For more information, call the Wahiawa Annex Fitness Center at 653-5542.

The Super Hero 5K run will be held on July 12 beginning at the Hickam Fitness Center. Runners are invited to dress up as their favorite superhero. For more information, call the fitness center at 448-2214. Participation in the July 10 and July 12

runs are free.

Both runs can serve as training or warm-ups to a big event at the end of August. The Eighth Annual Hickam Half-Marathon will be held on Aug. 30.

The 13.1-mile course starts and finishes at Hickam Track. The cost is \$30 before Aug. 13 and includes a T-shirt. The cost to register on Aug. 14 or later is \$40 (no T-shirt). Prizes will be awarded to the top three finishers for men and women in several age categories.

Beginning July 12, soccer and basketball leagues rev up and continue into September. Both leagues are open to active duty, family members and JBPHH-assigned Department of Defense employees. The cost for soccer is \$360 per team while the basketball league is \$450 per team.

For more information, call the MWR Athletics office at 473-2494 or 473-2437.

Your Weekly Fun with MWR



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

Chinatown Food & Historic Tour will be held from 8:45 a.m. to 1 p.m. Saturday. Participants can discover the history of Honolulu's Chinatown, sample Chinese treats and have a traditional dim sum lunch. The tour departs from the Information, Tickets & Travel Hickam office. FMI: 448-2295.

Youth Fall NFL Flag Football Registration period opens June 30 and closes Aug. 1 for youth ages 5 to 15 years old. The season runs from September to December. The

fee is \$70. Registration is available at www.greatlifehawaii.com. FMI: 473-0789.

Youth Fall Volleyball Registration period opens June 30 and closes Aug. 1 for youth ages 7 to 14 years old. The season runs September to December. The fee is \$70. Registration is available at www.greatlifehawaii.com. FMI: 473-0789.

The Art Farm class for youth ages 5 to 9 years old will be held from 1

to 3 p.m. June 30 through July 3 at the Hickam Arts & Crafts Center. The focus of this class will be on drawing and painting animals. Tuition is \$55 and includes supplies. FMI: 448-9907.

Free Ladies Golf Clinic will begin at

9:30 a.m. July 2 at Barbers Point Golf Course. Registration and FMI: 682-1911.

Wii Wednesday will be held from 2 to 4 p.m. July 2 at the Hickam Library. The Nintendo Wii game console will be available free for use by

youth ages 6 to 16 years old. FMI: 449-8299.

Golf Demo Day will be held from 4 to 6:30 p.m. July 2 at Navy-Marine Golf Course. Golfers can try out some of the latest golf equipment for free at the driving range. FMI: 471-0142.

Community Calendar

JUNE

PHYSICALS AND IMMUNIZATION CLINIC

28 — Tripler Family Medicine Clinic will hold Saturday school and sports physicals and immunization clinic from 8 a.m. to 1 p.m. June 28. The clinic will also be held on July 19 and 26. Walk-ins will be accepted until noon. The clinic is open to Tripler Family Medicine Clinic enrollees ages 4-18 years only. Participants need to bring military ID and immunization records. FMI: 433-2778.

BLOOD DRIVE SCHEDULE

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).

- June 30, 9 a.m. to 1 p.m., Marine Aviation Logistics Squadron 24, building 375, Marine Corps Base Hawaii.
- July 1, 9 a.m. to 1 p.m., Naval Submarine Training Center Pacific, building 1262, Joint Base Pearl Harbor-Hickam
- July 8, 11 a.m. to 3 p.m., NEX, Tripler Army Medical Center.
- July 10, 9 a.m. to 1 p.m., Pearl Harbor Naval Shipyard, building 2, Joint Base Pearl Harbor-Hickam.

FMI: 433-6699 or 433-6148, email michelle.lele@amedd.army.mil or www.militaryblood.dod.mil.

MILLION DOLLAR SAILOR/AIRMAN

30 — The Million Dollar Sailor/Airman two-day class will begin at 7:30 a.m. June 30 at Military and Family Support Center (MFSC) Hickam and end July 1. This two-day class is designed for junior Navy and Air Force personnel who will learn about proper budgeting techniques, credit management, savings and investment options, insurance, military pay and allowances, consumer rip-offs, how to obtain a loan, credit scores, report, and new and used car purchasing techniques. The class will also be held from July 8 to 9 at MFSC Pearl Harbor. FMI: 474-1999 or www.greatlifehawaii.com.

JULY

HUMAN CAMERA

2 — The “Human Camera, Artemio” will be available to draw three-minute portraits of people and animals from 3 to 6 p.m. at the Pearl Harbor Navy Exchange, second floor. This is a free event for authorized patrons only. FMI: 423-3287.

PICK & PAINT

2,3 — The Hickam Craft Center will hold a “Pick & Paint” event from 11 a.m. to 3 p.m. at the Pearl Harbor Navy Exchange, second floor books department. Participants can choose a piece, color it and take it home that day. Children and adults are welcome to attend the free event for authorized patrons only. FMI: 423-3287.

STORY-TELLING AND SUMMER READING CRAFTS

3 — Hickam Library will hold a story-telling and craft-making event from noon to 3 p.m. at the Pearl Harbor Navy Exchange, second floor books department. This is a free event for authorized patrons only. FMI: 423-3287.

COLORING WITH SPIDERMAN

3 — Authorized patrons can color their favorite portrait of Spiderman with web-wonder himself from 3 to 5 p.m. at the Pearl Harbor Navy Exchange. Picture-taking is also welcome. This is a free event for authorized patrons only. FMI: 423-3287.

SUMMER BASH LUNCHEON

3 — The Silver Dolphin Bistro will hold a summer bash luncheon from 11 a.m. to 12:30 p.m. The price is \$4.65 and the meal is open to all active duty military, Department of Defense employees, retirees and family members of active duty with valid IDs. Menu items will include ribs with dry rub, hamburgers, hot dogs and more. FMI: 473-2948.

PMRF FREEDOM FEST

3 — The Pacific Missile Range Facility’s annual fireworks show is open to the public and will be held from 4 p.m. to midnight. It will feature live bands, food and crafts vendors and games and rides for *keiki*. The celebration takes place on the grounds and beach surrounding Shenanigans restaurant and features Hawaii bands: The Bootleggers, Ho’aikane, Ekolu and Greenstone Project.

COMMISSARIES HOLIDAY HOURS

4 — On Independence Day, the Pearl Harbor Commissary will be open from 9 a.m. to 5 p.m. and the Hickam Commissary will be open from 10 a.m. to 6 p.m. FMI: Pearl Harbor Commissary at 471-8402, ext. 101 and Hickam Commissary at 449-1363.

JOINT RE-ENLISTMENT CEREMONY

4 — The USS Missouri Memorial will host a joint re-enlistment ceremony at 9 a.m. under turret one. Service members from all branches of the military are invited to participate. Re-enlistments should be scheduled no later than today via the following link: <http://ow.ly/ys5RO>. Guests are welcome to attend and should arrive by 8:30 a.m. at the pier. FMI: Jenny Moss at jennym@ussmissouri.org.

STRESS MANAGEMENT

8 — A stress management class will be held from 8 to 11 a.m. at MFSC Pearl Harbor. The class will discuss how stress affects personal and professional lives, how to decrease the stress, and how to interrupt the stress cycle and use relaxation techniques. FMI: FMI: 474-1999 or www.greatlifehawaii.com.

BUILDING GOOD SELF-ESTEEM IN CHILDREN

9 — A class called “Building Good Self-Esteem in Your Children” will be held from 10 a.m. to noon at MFSC Pearl Harbor. FMI: 474-1999 or www.greatlifehawaii.com.

EFFECTIVE COMMUNICATION FOR COUPLES

10 — A class called “Effective Communication for Couples” will be held from 8 to 11 a.m. at MFSC Wahiawa. FMI: 474-1999 or www.greatlifehawaii.com.

SMOOTH MOVE

10 — A “Smooth Move” workshop will be held from 8 to 11:30 a.m. at Makai Recreation Center, 1859 McChord St. This workshop features speakers from various departments to give you a better understanding of the permanent change of station (PCS) process such entitlements, travel regulations, shipping your vehicle, filling out necessary paperwork, clearing quarters, researching new base and location, and financial planning. FMI: 474-1999 or www.greatlifehawaii.com.

MONEY SKILLS CLASSES

11 — A Money Skills for Kids class will be held from 9 to 10:30 a.m. at MFSC Pearl Harbor and a Money Skills for Teens class will be held from noon to 1:30 p.m. at the same location. FMI: 474-1999 or www.greatlifehawaii.com.



TAMMY (R)

Tammy is having a bad day. She’s totaled her clunker car, gotten fired from her thankless job at a greasy burger joint, and instead of finding comfort at home, finds her husband Greg getting comfortable with the neighbor, Missi. It’s time to hit the road with her grandmother, Pearl. Not exactly the escape Tammy had in mind, but may be just what Tammy needs.

SHARKEY THEATER

TODAY 6/27
7:00 PM X-Men: Days of Future Past (3-D) (PG-13)

SATURDAY 6/28
2:30 PM Maleficent (3-D) (PG)
7:00 PM Advance screening / sneak preview - Tammy (R)

SUNDAY 6/29
2:30 PM Maleficent (PG)
4:40 PM Godzilla (3-D) (PG-13)
7:10 PM X-Men: Days of Future Past (PG-13)

HICKAM MEMORIAL THEATER

TODAY 6/27
6:00 PM The Amazing Spider-Man 2 (PG-13)

SATURDAY 6/28
4:00 PM Godzilla 2014 (PG-13)
7:00 PM Blended (PG-13)

SUNDAY 6/29
2:00 PM The Amazing Spider-Man 2 (PG-13)

THURSDAY 7/3
7:00 PM Neighbors (R)

Movie Showtimes



Local community members take walk through Hickam history

**Story and photos
by Tech. Sgt.
Terri Paden**

15th Wing Public Affairs

Honorary commanders from 15th Wing and local community leaders had the unique opportunity to burn calories and take in historical sites during a walking tour of Hickam on June 18.

The tour, which was hosted by Jessie Higa, Hickam History Club president, was the first of its kind and took the crowd of 35 on a three-mile trek around joint base. Higa took the group back in time as she walked them through the events that took place on Dec. 7, 1941 and the days that followed.

According to Higa, the tour stops were chosen based upon their significance to the base's history.

The stops included the Hickam Field Installation Flag Memorial, the Freedom Tower, Hickam Elementary School and the 15th Medical Group as well as many of the sites that were directly hit in the Dec. 7 attacks, such as the Pacific Air Forces Headquarters building, which was formerly the Hickam Field barracks.

"The purpose of this tour was to educate members of the community about the history of Hickam," said Higa. "We wanted to promote exercise and good health but also education, and we wanted to bridge the gap between the local community and the history that is here on base because it's not just Air Force history, it's Hawaiian history here as well."

Col. Johnny Roscoe, 15th Wing commander, spoke to the group before the tour and thanked them for their continued support and service to Hickam Airmen and encouraged them to value the his-



Jessie Higa, Hickam History Club president, explains historical memorabilia on display in the 15th Wing headquarters building to a group of local community members and honorary commanders during a walking tour of the historical sites of Hickam on June 18 .

torical history of the base.

"Every time you walk on this base, you actually step onto history," he said. "Over the years, Hickam has been continuously filled with people and families who have served this country and all of them had an impact on this base, this country and our Air Force."

In fact, the walking tour proved to be an eye-opening experience even for tour participants who were not first time visitors of the base.

Nancy Daniels, the spouse of a retired Air Force member, said she frequently visits the base though the tour was the first opportunity she had taken to appreciate its history.

"To be able to take the time to really get to know the history of this place is truly special," she said. "Time is passing, and it's important for us to stop and take advantage of these opportuni-

ties to remember our history. I've seen the buildings and the bullet holes before, so to hear the personal stories about the heroes, survivors and their families was really interesting for me."

As the tour wrapped up, Higa described hosting her first walking tour ever as exhilarating.

"I felt like I was breathing in the environment and the sites," she said. "The scenery felt different for me this time. You're definitely more aware of your surroundings. You pay attention to the birds chirping and the way the flowers smell. You don't get that same feeling on the trolley tour."

"I felt like we were walking back in time and reliving all the stories that have been told to me. It felt like I was really walking these people through that day, and I really realized how beautiful the base is," Higa said.



Members of the local community listen as Jessie Higa, Hickam History Club president, explains the history behind the Freedom Tower during a walking tour of the historical sites on Hickam.

Partners in Care course provides free OTC medications

Tech. Sgt. Terri Paden

15th Wing Public Affairs

Free over-the-counter (OTC) medications are available at the Hickam pharmacy for TriCare Prime beneficiaries enrolled at the 15th Medical Group (15th MDG) who attend the Partners in Care class.

Partners in Care is a one-hour self-care class that provides attendees with the knowledge and tools needed to self-treat minor injuries and illnesses, such as colds and fevers, at home.

Future classes will be held every second and fourth Wednesday of each month and are open to all TriCare beneficiaries.

Laura Pladson, 15th MDG utilization manager and medical management, said Partners in Care has been around for many years, but was reborn at Hickam in 2000 after the medical staff became aware of patients’ increased frustration with being diagnosed to home care.

“We could tell the patients were frustrated that they were being prescribed over-the-counter medications and were feeling like they had made an appointment to get medications they could have gotten themselves, so we wanted to give them the tools to be able to do just that,” she said. “We want to improve the quality of self-care provided at home by giving attendees skills and resources.”

Though the course is intended to keep patients from having to make unnecessary trips to the clinic, Pladson said it is no way intended to completely replace professional medical care.

“Our goal here is not to tell you not to go to the doc-

tor, but to make your home care the best it can be,” she said. “We want to help you become an active partner in your healthcare. For minor illnesses and injuries, yes, this course is a suitable replacement but if you are at all unsure, then certainly make an appointment.”

In addition to the Partners in Care course, which covers methods to self-treat the entire family at home, the 15th MDG also offers a pediatric version of the course which focuses on caring for children under 12 and expectant parents.

The class offers a more in-depth look at common illnesses, such as ear infections, fevers and colds, typically seen in a pediatrics clinic.

“I would recommend anyone who has children or are expecting a child to take this course,” said Capt. Nicole Ward, 15th MDG executive officer and nurse.

“This course is especially good for expecting parents because it could help prepare them for their first year of being a parent. The first year is usually when we see parents in the clinic the most, and often times it’s for a minor injury or illness they might be able to treat at home. I wish I’d had this class when I was a new mom, and I’m a nurse.”

Ward said the class also offers new parents a place to network and learn about the other resources available to them in the community.

“This course saves time, money and is a more overall effective way to use the Air Force’s resources,” said Ward. “It frees up the PCMs to handle more complicated cases which cuts back the wait times. It’s a win-win for everybody.”

Hickam Communities residents awarded WinningEdge Scholarships

Hickam Communities

WinnCompanies, the firm providing property management and maintenance services at Hickam Communities, awarded WinningEdge scholarships to distinguished residents living in their communities nationwide, with three national scholarship winners chosen from Hickam Communities’ residents.

Meg Franklin, daughter of Maj. Edward and Margaret Franklin;

Thomas Killough, son of Lt. Col. William and Holly Killough; and Sara Carter Rushing, daughter of Maj. Kirk and Rebecca Smith, each received \$1,000 to be applied to their educational pursuits in the 2014-2015 academic year.

Meg will attend Anderson University, Thomas will attend the University of Hawaii at Manoa, and Sara, who is a high school senior at Radford High School, will be part of the Running Start/Dual Enrollment program

at Leeward Community College.

We are incredibly proud of these outstanding students and are confident they will excel in their chosen fields,” said Steve Quinn, director of property management.

A total of \$19,000 was awarded to residents at military installations nationwide. Residents are encouraged to prepare for the 2015-2016 school year, with applications available February 2015 at www.hickamcommunities.com.

My Favorite Photo...

Jim Murray of Naval Supply Systems Command Fleet Logistics Center (FLC) Pearl Harbor Public Affairs took this photo of Shark’s Cove on the island of Lanai. Murray said that Lanai is his favorite island.



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