

# Green energy powers humanitarian training

Brandon Bosworth

Assistant Editor, Ho`okele

Task Force Energy and Environment (TFEE), Joint Base Pearl Harbor-Hickam, utilized green “energy” renewable to fuel the humanitarian assistance and disaster relief (HA/DR) training held last week on Ford Island as part of the Rim of the Pacific (RIMPAC) Exercise 2014.

Renewable energy sources were the sole source of power for the HA/DR Logistics Support Area (medical, galley, administration and berthing). Eleven different systems were deployed to generate 329 kilowatt hours per day, which offset diesel fuel use by 37 gallons a day. All power requirements for 400 Sailors were met.

Lt. Cmdr. Robert Franklin, Naval Surface Group Middle Pacific, said the TFEE’s work on the HA/DR training provided the Navy with an opportunity to work with and learn from other organi-



U.S. Army photo by Staff Sgt. Kyle J. Richardson

Sgt. Roy Gano, a carpenter/masonry technician with the 871st Engineer Company, 9th Mission Support Command, along with other support elements, becket-lace the solar shade canopy together during the setup of a humanitarian aid and disaster relief event for Rim of the Pacific 2014 training exercise at Ford Island on July 7.

zations and commands.

“We worked with new partners, including United States Army Pacific, 249th Engineer Battalion, 9th Mission Support Command and Naval Facilities Engineering and Expeditionary Warfare Center,” he said.

“We also had Destroyer Squadron 31 set up an experiment at sea to measure energy savings using fuel efficient platforms. This was truly a team effort,” he added.

Franklin said that the exercise provided an opportunity for the Navy to explore possible maritime applications of new green technology. The Navy’s RIMPAC partners have also expressed interest in TFEE’s initiatives.

“Our international partners may have been more conservative than we have been. I think there’s a lot we can learn and achieve together in the years ahead,” said Capt. Chris Bushnell, commodore of Destroyer Squadron 31.

See TFEE, A-10

## RIMPAC air commander: ‘Relationships are key to interoperability’

Maj. Ben Sakrisson

15th Wing Public Affairs

In any large-scale contingency, interoperability among participating multinational forces is essential.

The world’s largest maritime exercise, Rim of the Pacific (RIMPAC) 2014, comprises 22 nations operating around the Hawaiian Islands and southern California to foster and sustain cooperative relationships that are critical to ensuring the safety of sea lanes and security on the world’s oceans.

“When people talk interoperability, they often think immediately about the technical interoperability, but personally I think the technical interoperability is actually the easy part,” said Air Commodore Chris Westwood of the Royal Australian Air Force. “It’s the human side of interoperability which is the most important.”

The human element is especially apparent in RIMPAC’s command structure. Westwood, as the com-

bined forces air component commander (CFACC), is the first Australian in the exercise’s history to command all of the participating aerial assets. Likewise, Rear Adm. Simon Cullen is RIMPAC’s first Australian deputy commander.

“Perhaps the key is the enduring relationships that are formed as you exercise together. A great example of that is the relationship between Australia and the U.S.,” Westwood said.

“The fact that Australia has a CFACC for RIMPAC ‘14 is a great indicator of how close that relationship is, how trusted it is, and how it has evolved, particularly in the command-and-control of the air component.”

Both Australia and Canada have participated in all 24 iterations of RIMPAC since it began in 1971.

“The [current state of] interoperability has come out of many years of working together. I think it has put us in a pretty good position to get this right,” Westwood said. “The main benefit of working with

key partners and allies is the continual improvement in interoperability. It’s about technology, it’s about doctrine, but most of all, it is about relationships.”

Other key leaders of the multinational force include Japan Maritime Self-Defense Force Rear Adm. Yasuki Nakahata as vice commander of the combined task force, Royal Canadian Navy Rear Adm. Gilles Couturier as combined forces maritime component commander, Chilean Navy Capt. Luis Sanchez as deputy commander of the

maritime component, and Royal Canadian Air Force Col. Dave Lowthian as air component deputy commander.

“Every exercise that we do integrates new players and nations from around the Pacific Rim and helps us do the job when we need to do it,” Westwood said. “That’s the basic reason that we run these complex exercises.”

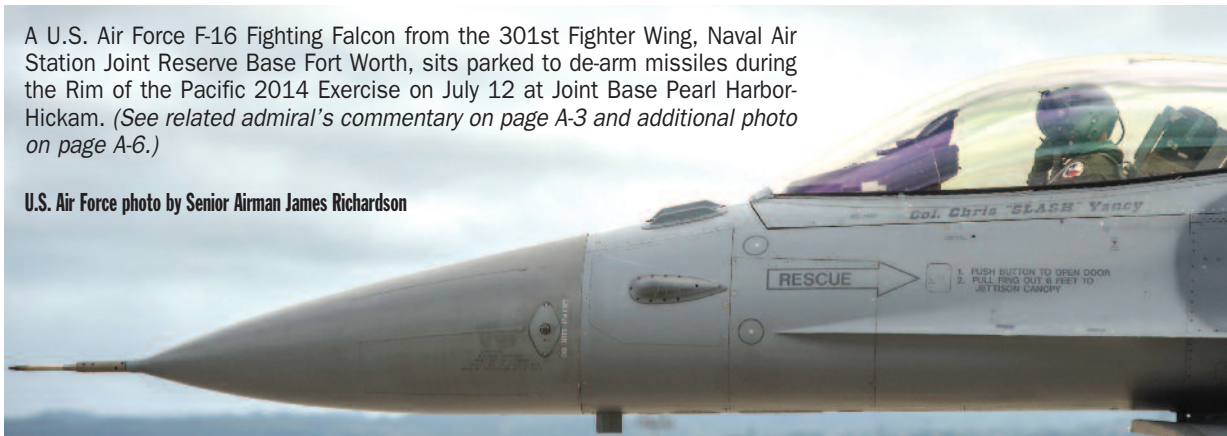
Through the course of RIMPAC, participants are working to build upon past successes and bring new partners, such as China and Brunei, into the fold.

“One of the primary goals of the exercise is to work on integration and to exercise integration at sea and in the air,” said Westwood. “We’d like to think that we will be integrated from the start, but no doubt we will be learning integration lessons as we progress.”

About 4,000 of the approximately 25,000 total RIMPAC participants are involved in the aviation component. More than 200 multinational aircraft will take part in flying operations including about 100 fighters, a substantial

maritime patrol force, a sizeable helicopter force and numerous command-and-control airplanes. In total, exercise participants from 22 countries expect to fly roughly 4,000 sorties over a two-week period.

“The air component is a significant contributing factor to the RIMPAC activity, and there are significant learning opportunities for all of us in the air component and I wish to bring those forward. I want to put them on show,” said Westwood, “We have some tremendous capabilities.”



U.S. Air Force photo by Senior Airman James Richardson

A U.S. Air Force F-16 Fighting Falcon from the 301st Fighter Wing, Naval Air Station Joint Reserve Base Fort Worth, sits parked to de-arm missiles during the Rim of the Pacific 2014 Exercise on July 12 at Joint Base Pearl Harbor-Hickam. (See related admiral’s commentary on page A-3 and additional photo on page A-6.)

## RIMPAC tests HA/DR team against simulated category 3 hurricane

Story and photo by Staff Sgt. Christopher Hubenthal

Defense Media Activity – Hawaii

Category 3 hurricanes can cause winds ranging from 111 to 130 mph, extensive inland flooding, and significant damage to infrastructure. Coalition, joint and civilian partners adapted and responded to a simulated hurricane scenario to test their combined humanitarian assistance and disaster relief (HA/DR) capability on July 11 as part of the 24th Rim of the Pacific (RIMPAC) exercise.

The HA/DR exercise took place at 20 different hospitals on five different islands and included more than 200 simulated casualties. Participants were required to medically stabilize, triage and transport the mock casualties to locations where they could receive the most appropriate treatment for their injury or illness.

Ken Kelly, Tripler Army Medical Center (TAMC) chief of emergency medicine, explained some of the benefits of training in a



Simulated casualties are transported by a U.S. Army CH-47F Chinook toward Tripler Army Medical Center during a humanitarian aid and disaster relief exercise (HA/DR) as part of the Rim of the Pacific (RIMPAC) exercise. (See additional photos on page A-6.)

coalition environment.

“What we gain in terms of our skills is the ability to provide care for people who may not speak English or who may have an altered mental status and may not be able to respond to questions and tell you about their injuries,” he said. “This is

common to most disaster scenarios, where each point along the pathway of ill or injured patients, their status may change and your staff has to be prepared to respond to that.”

Kelly said incorporating medical partners from the local community expanded the level of

scope and quality of the exercise.

“This exercise reaches beyond the walk lines of TAMC and out into the community,” Kelly said. “The intent of the design of this disaster was to overwhelm primary and secondary and tertiary facilities so we would have to rely upon our colleagues in the Hawaii community, disaster medical assistance team [DMAT], and things that you don’t normally bring into play under duress.”

Edward Caballero, Hawaii DMAT paramedic, explained his role during the exercise and how DMAT contributed to HA/DR efforts in response to the aftermath of the simulated hurricane.

“After we have people triaged in a main collection area, those that need to be medically evacuated out to multiple hospitals will be brought to our facility where we reevaluate them, restabilize them, and then sort them with the help of the military and fly them to the facility that is the most appropriate for them,” he said.

U.S. Army Chief Warrant Officer Brandon Krahmer, assigned

to the 3rd Battalion, 25th Combat Aviation Brigade, helped pilot a CH-47F Chinook that transported simulated casualties during the HA/DR exercise.

“We’re trying to get ourselves ready to deploy in a joint maritime environment, operating with different forces from ships or land, which is something kind of unique to aviation,” he said. “We’re trying to work on our flexibility with the other branches of service so we can operate with anyone and in any environment, and we want to increase flexibility to perform any mission, whether it’s humanitarian aid and disaster relief all the way up through combat operations in the Pacific Region.”

The HA/DR exercise provided aviation units such as the 3-25 Combat Aviation Brigade with an opportunity to practice disaster response with a diverse team.

“What was unique about today was the transportation of simulated civilian injured personnel,” Krahmer said.

“We got to pick up people who

See HA/DR, A-7



Leadership changes hands at NAVFAC Hawaii  
See page A-2



RIMPAC  
See pages A-4, A-5, A-6, A-7



Navy says aloha to Pearl Harbor survivor  
See pages A-7



Paul Hamilton Sailors welcome U.S. Women’s National Volleyball Team  
See page A-8



Navy supports International VEX Robotics Summer Games  
See page B-1



Upcoming museum events to include airshow, hangar talk  
See page B-6



# Keeve relieves James at JBPHH change of command

Story and photo by  
MC2 Laurie Dexter

Navy Public Affairs Support  
Element West, Detachment  
Hawaii

Capt. Stanley Keeve Jr. relieved Capt. Jeffrey W. James as the commander of Joint Base Pearl Harbor-Hickam (JBPHH) during a change of command July 11 on Ford Island.

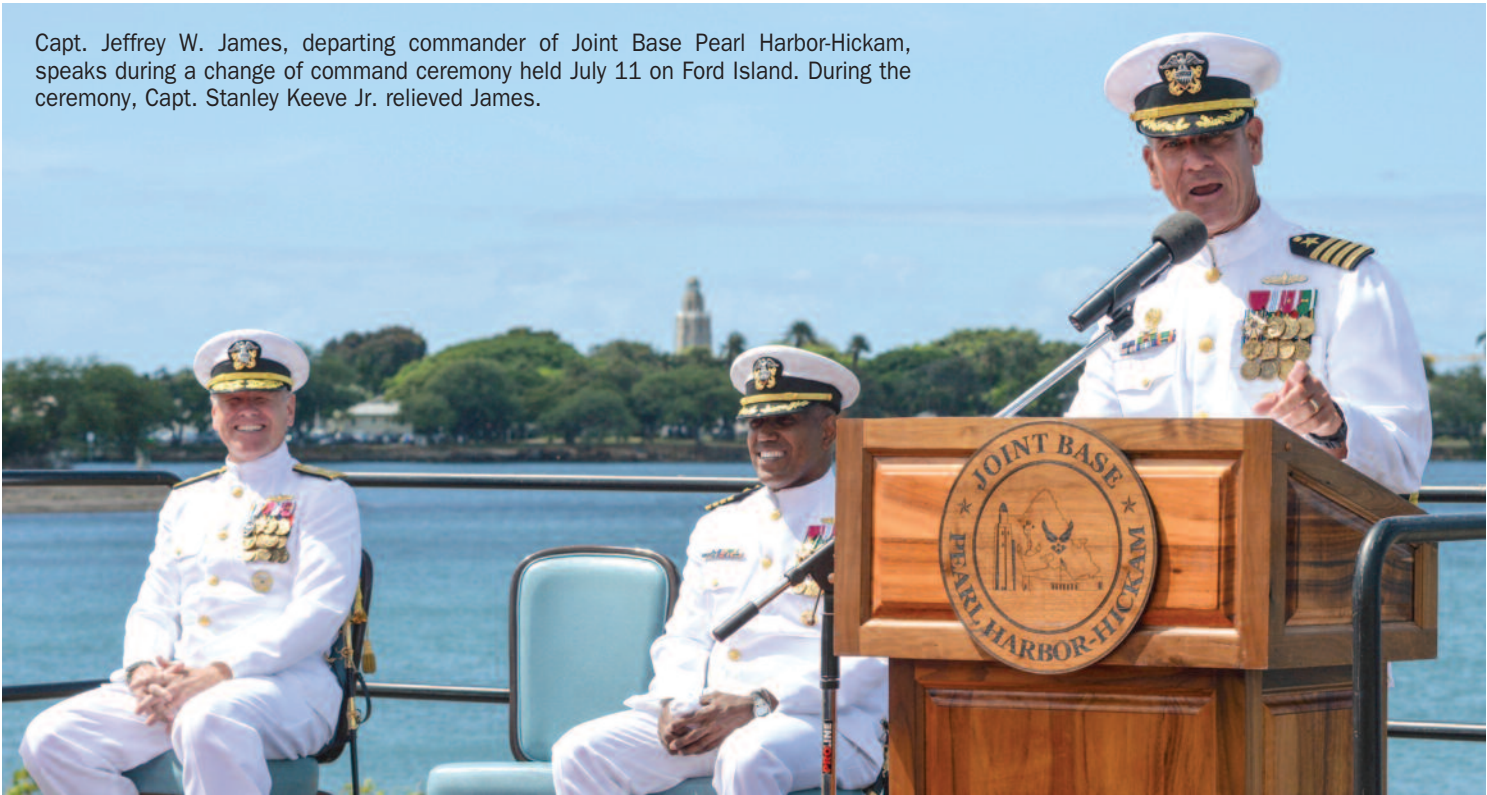
Rear Adm. Rick L. Williams, commander of Navy Region Hawaii and Naval Surface Group Middle Pacific, was the guest speaker and reflected on James's service to those in attendance.

"Jeff, you set the standard for team building and support to families at Joint Base Pearl Harbor-Hickam," said Williams. "You will be remembered for your practical approach, your willingness to listen, and your problem-solving abilities, based on trust throughout the chain of command."

Williams presented James with the Legion of Merit Award and letters of appreciation for his service as commander of JBPHH.

James took command in June 2011 as the second commander of JBPHH. Prior to reporting, James served on the staff of Commander, U.S. Pacific Fleet. He is retiring after 30 years of naval service.

During James's speech, he reflected on his accomplishments as



commander, giving the credit to all the personnel attached to JBPHH.

"Anything that I talk about with respect to the base, any accolades Adm. Williams gave me, anything you heard in the awards citation, is really about them," said James.

James and Keeve took turns reading their orders to the audience, which represents the official

command turnover.

After the exchange of command, Keeve addressed the audience.

"To the men and women of Joint Base Pearl Harbor-Hickam, Capt. James' tour of duty was successful because of your dedication, professionalism and commitment to the mission," Keeve said.

His tours of duty have included

the frigate USS Reuben James (FFG 57), cruiser USS Philippine Sea (CG 58) and the staff of U.S. 6th Fleet in Gaeta, Italy. He has served as commanding officer of the mine countermeasure ship USS Guardian (MCM 5) and the destroyer USS Roosevelt (DDG 80). His most recent assignment was military assistant to the Defense

Business Board in the Pentagon.

Joint Base Pearl Harbor-Hickam is home to the Air Force's key strategic flight line in the Pacific and the Navy's most historically significant homeport, with 177 tenant commands and about 93,000 active duty personnel and their family members, Department of Defense civilians and contractors.

# Leadership changes hands at NAVFAC Hawaii

Story and photos by  
Denise Emsley

Naval Facilities  
Engineering Command  
Hawaii Public Affairs

Naval Facilities Engineering Command (NAVFAC) Hawaii held a change of command ceremony July 16, fronting its headquarters building at Joint Base Pearl Harbor-Hickam.

Capt. Michael D. Williamson, a Civil Engineer Corps (CEC) officer, turned over responsibility for NAVFAC Hawaii and more than 1,200 highly-skilled civilians and 200 Navy and Air Force military personnel at the time-honored event to Capt. Dean A. Tufts.

"Leading extraordinary people at NAVFAC Hawaii has been a highlight of my career," said Williamson.

"We successfully dealt with many challenges these past two years together, including sequestration, funding reductions, hiring restrictions, executing many large complex construction projects on Oahu and Kauai, and moving forward with renewable energy initiatives and successes. All of this has ultimately positioned us for success in the future."

Over the past two years, Williamson's innovative leadership motivated the NAVFAC Hawaii workforce to deliver over a billion dollars in facilities engineering and environmental services to Navy Region Hawaii, Marine Corps Base Hawaii and numerous federal agencies. He was instrumental in the completion of the first advanced electronic guidance and instrumental system (AEGIS) ashore facility on Kauai for the Missile Defense Agency and the National Oceanic and Atmospheric Administration Inouye Region Center on



Capt. Michael D. Williamson departing commanding officer, NAVFAC Hawaii, receives a Legion of Merit (Gold Star in lieu of the Fourth Award) from Rear Adm. Bret J. Muilenburg, commander of Naval Facilities Engineering Command (NAVFAC) Pacific, on July 16 at a change of command ceremony.

Ford Island, Oahu.

In addition to his duties as commanding officer of NAVFAC Hawaii, Williamson also provided his expertise as Navy Region Hawaii's regional engineer, helping to improve Navy facilities capabilities, enhancing quality of life for military and civilians, energy conservation, environmental stewardship, community relations and historic preservation.

An example of this was his engagement with the state of Hawaii, local and business leadership on the \$5.3 billion HART Rail Project, ensuring that the transfer of land, environmental assessments and section 106 historic consultation process proceeded effectively.

His efforts resulted in two high-capacity rail stops servicing Joint Base Pearl Harbor-Hickam in the future, to reduce traffic condition at

base entrances and enhance overall quality of life for military and civilian personnel.

Williamson's dedication to partnering and innovation moved Navy Region Hawaii's energy program forward toward extensive alternative energy initiatives while instilling region-wide energy behavioral changes affecting in excess of 60,000 personnel.

He expanded the region's energy program from a traditional, energy conservation-focused program to one that also addresses energy security concerns, renewable energy initiatives and water conservation efforts to meet the Secretary of the Navy's (SECNAV) aggressive energy goals.

His efforts charted a course for the region to meet all renewable energy goals and directly resulted in Joint Base Pearl Harbor-



Capt. Dean A. Tufts, new commanding officer of Naval Facilities Engineering Command (NAVFAC) Hawaii and regional engineer, salutes as he departs his change of command ceremony July 16.

Hickam, Pacific Missile Range Facility Kauai, and Pearl Harbor Naval Shipyard receiving 2013 Gold Level of Achievement in the SECNAV Energy and Water Management Awards.

Rear Adm. Rick Williams, commander of Navy Region Hawaii and Naval Surface Group Middle Pacific, was the guest speaker for the ceremony. He welcomed Capt. Tufts and offered thanks to Williamson and his team.

"NAVFAC Hawaii continues to set the standard for professionalism, and that is especially true under the strong leadership of Capt. Mike Williamson. Every time I turn around, we're dealing with a project, program or issue that involves NAVFAC Hawaii, and Mike and his team are right there," Williams said.

"Think about it for a mo-

ment — the impact of NAVFAC Hawaii in all our lives. Nearly every facility we work in, every road we travel on base, the electricity we use for our ships, offices and other buildings, the green areas, the plumbing, the clean water we drink — most of the things we touch and see every day on base are thanks in some way to NAVFAC. You keep us cool, safe, working, training, and moving forward — able to support fleet, force and family," Williams said.

Williamson is remaining in Hawaii and will become NAVFAC Pacific's vice commander. He will be responsible for facilities engineering and construction activities in the Pacific area of responsibility, including Hawaii, Guam and Far East.

"While we've accomplished much over the past

two years, we still have a long way to go to achieve our energy goals, upgrade our infrastructure and create a world class integrated training capability here in Hawaii," said Williamson. "I can think of no one more qualified than Capt. Tufts to lead NAVFAC Hawaii through the challenges that lie ahead."

Tufts is a native of Springfield, Mass. Prior to reporting to NAVFAC Hawaii, he was the commander of the 31st Seabee Readiness Group and in February 2013 took command of Naval Construction Group 1, Port Hueneme, Calif.

He had two previous tours of duty in Hawaii as aide to the commander, 3rd Naval Construction Brigade, and facilities operations officer, Navy Region Hawaii.





Commentary

# Energy security supports SECNAV, CNO goals

**Rear Adm.  
Rick Williams**

*Commander, Navy Region Hawaii and Naval Surface Group Middle Pacific and RIMPAC Task Force Energy and Environment Commander*

Reliance on fossil fuels and foreign sources of energy puts our nation and Navy at risk. Task Force Energy and Environment during this Rim of the Pacific Exercise in and around Hawaii is demonstrating how we can move away from foreign/fossil fuels, minimize energy use, and reduce risk – including vulnerabilities to the maritime supply chain.

In doing so, we are building on the success from RIMPAC 2012's demonstration of the Great Green Fleet, and we are supporting Secretary of the Navy and Chief of Naval Operations goals. This is a team effort in RIMPAC and includes not only stakeholders in other departments and branches of the military but also partners and friends from other nations.

**Warfighting first:** We need secure, stable and safe energy supply to support our mission — to conduct prompt and sustained combat operations, wherever, whenever.



Rear Adm. Rick Williams

History teaches us that wars – including World War II here in the Pacific – can be started over access to oil or other resources.

During this RIMPAC, we are aligning our efforts with other commands and other nations. We are using new technologies, including unmanned aerial vehicles, developing better predictors, and continuing to use incentives for saving fuel.

Commander, Destroyer Squadron 31 is conducting an experiment at sea to measure energy savings using fuel-efficient platforms and innovative strategies.

**Operate forward:** Conserving energy and using renewable sources of energy creates sustainability. When



U.S. Army photo by Staff Sgt. Kyle J. Richardson

During the setup of a humanitarian aid and disaster relief event for Rim of the Pacific training exercise, solar panels and solar sticks were used as a source of clean energy at Ford Island on July 7-11. The renewable energy sources provided more than enough energy for 350 personnel for several days of continuous 24-hour use.

our deployed ships, aircraft and forces are self-sustained, they are able to go farther, stay on station longer, and be more flexible with more endurance. More power to 'em!

At last week's humanitarian assistance and disaster relief (HA/DR) portion of the RIMPAC 2014 exercise at Ford Island, the team used wind power, field tents with built-in solar and other alternative energy options, along with a lot of smart ways to conserve. The team deployed 11 different systems to generate 329 kilowatts per hour a day, which offset diesel fuel use by 37 gallons a day.

Renewable energy sources

were the sole source of power for the HA/DR Logistics Support Area (medical, galley, admin, berthing), and 100 percent of power requirements were met. Imagine what that means for HA/DR in the field.

**Be ready:** One reason we conserve energy is because it reduces costs, which continue to go up as the supply of non-renewables goes down. Most importantly, higher costs siphon resources away from training, equipping and otherwise taking care of our Sailors.

In other words, saving energy saves money and indirectly saves lives. We are less at risk, we are more ready —

when we save energy.

Energy security reduces greenhouse gases and is tied to environmental stewardship, and both are important in building cooperation with other nations, which supports the purpose of RIMPAC — to strengthen international maritime partnerships, enhance interoperability, and improve the readiness of participants.

Working together, we proved we can have a positive impact in improving our energy security. This was a team effort throughout Navy Region Hawaii and MID-PAC, with U.S. Army Pacific partners and Naval Facilities and Engineering Com-

mand, Hawaii, among others.

Our Task Force Energy and Environment, under Commander, U.S. 3rd Fleet's command and control during RIMPAC 2014, is using new technologies, finding new techniques, and achieving a "new normal" to set the stage for the sailing of the Great Green Fleet in 2016. We are reducing reliance on fossil fuels and foreign sources of energy and making our Navy and nation stronger and more protected.

Thank you for doing your share when called upon to conserve energy and move forward in support of greater energy security.

## Diverse Views



### Why is RIMPAC important?



**YN1 John Singleton**  
*ATG Middle Pacific*

"Because we get diversity from different countries to see what's out there and support each other. If we get out there alone and don't see what they're doing we would fail. To support each other is a good idea."

**Machelle Terrell**  
*JBPHH Sexual Assault Response Program*

"RIMPAC allows military forces from other countries to see the capabilities. Our community and we (participating nations) all have something to gain from it."



**YNSN Toni Watts**  
*Pearl Harbor Naval Shipyard*

"RIMPAC is important to get all different countries and everyone else together and have some bonding time."

**2nd Lt. Molly Morrissey**  
*Sexual Assault Prevention and Response Program*

"RIMPAC gives the United States military the opportunity to help strengthen partnerships with our international allies."



**Lt. j.g. Malika Pettigrew**  
*ATG Middle Pacific*

"It shows strength in numbers. It shows we're a dominant force as the United States Armed Forces."

**Airman 1st Class Daniel Moore**  
*324th Intelligence Squadron*

"RIMPAC gives us the unique opportunity to meet our counterparts from different militaries around the world and allows us to build rapport with them."



**ET1 Jeremy Patin**  
*USS Asheville (SSN 758)*

"It's going to strengthen our relationship with our allies and give us a deeper look into others we consider not our allies. It's a good exercise to deepen proficiency and see where we stand and test our nation's capabilities."

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

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

**Drop us a line at [editor@hookelenews.com](mailto:editor@hookelenews.com) or [karen.spangler@navy.mil](mailto:karen.spangler@navy.mil)**

## Berlin Airlift launches 'Operation Vittles'



Photo courtesy of The Harry S. Truman Library and Museum

On June 26, 1948, United States Air Force aircraft launched "Operation Vittles," an Allied response to a Soviet blockade of rail and road lines into West Berlin. The Pacific Division of the Military Air Transport Service (MATs) deployed C-47 and C-54 aircraft and personnel from Hickam Air Force Base to Germany to support the operation, which delivered 2.3 million tons of cargo to West Berlin over the next year. This operation became the largest humanitarian airlift in history. In the photo, C-47 transport aircraft, each containing 190 sacks of flour, arrive at Tempelhof Airport on July 2, 1948, 66 years ago this month.

## 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](mailto:editor@hookelenews.com) World Wide Web address: <https://www.cnic.navy.mil/Hawaii/> or [www.hookelenews.com](http://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.





Staff Sgt. Jelco Brander of Royal Netherlands Navy Maritime Explosive Ordnance Disposal Company dons a bomb suit during a bomb-onboard plane takedown training scenario at Honolulu International Airport as part of Rim of the Pacific (RIMPAC) Exercise 2014.

U.S. Navy photo by MC1 Charles E. White



A Japan Maritime Self-Defense Force (JMSDF) SH-60K Seahawk helicopter departs Ford Island after dropping off medical supplies during a mass casualty drill as part of a humanitarian assistance/disaster relief (HA/DR) response training held during Rim of the Pacific (RIMPAC) Exercise 2014.

U.S. Navy photo by MC2 Tiarra Fulgham



Indonesian Mxarines conduct amphibious assault operations during Rim of the Pacific (RIMPAC) Exercise 2014 at Military Operations in Urbanized Terrain (MOUT) Facility 2 aboard Marine Corps Training Area Bellows on Oahu on July 12.

U.S. Marine Corps photo by Lance Cpl. Aaron S. Patterson

(Below) Indonesian Marine Lance Cpl. Dwi Budiono applies face paint to fellow Marine Sgt. Kiki Rezki in the hanger bay of the amphibious assault ship USS Peleliu (LHA 5) during Rim of the Pacific (RIMPAC) Exercise 2014.

U.S. Navy photo by MCSN Amanda Chavez



Royal Australian Navy explosive ordnance disposal (EOD) technicians operate a Talon remote positioning vehicle during vehicle-borne improvised explosive device cross-training among EOD technicians during Rim of the Pacific (RIMPAC) Exercise 2014.

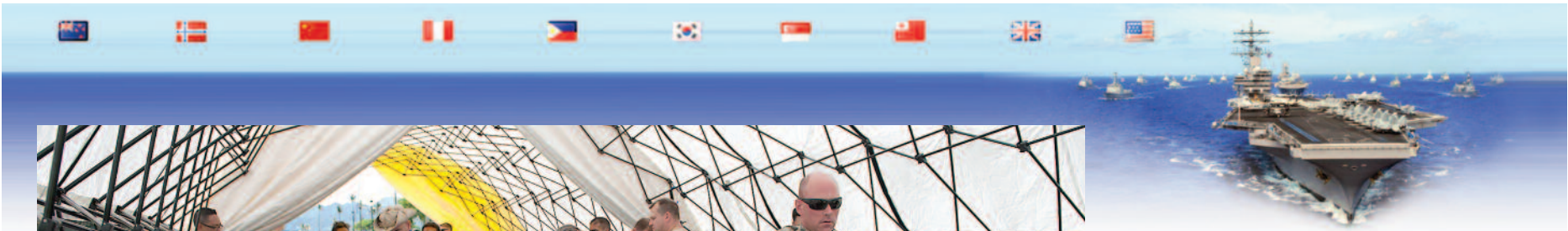
U.S. Navy photo by MC1 Christopher D. Blachly



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

Malaysian Marines prepare to engage "enemy" forces at Pacific Missile Range Facility (PMRF) during the air assault portion of Rim of the Pacific (RIMPAC) Exercise 2014.



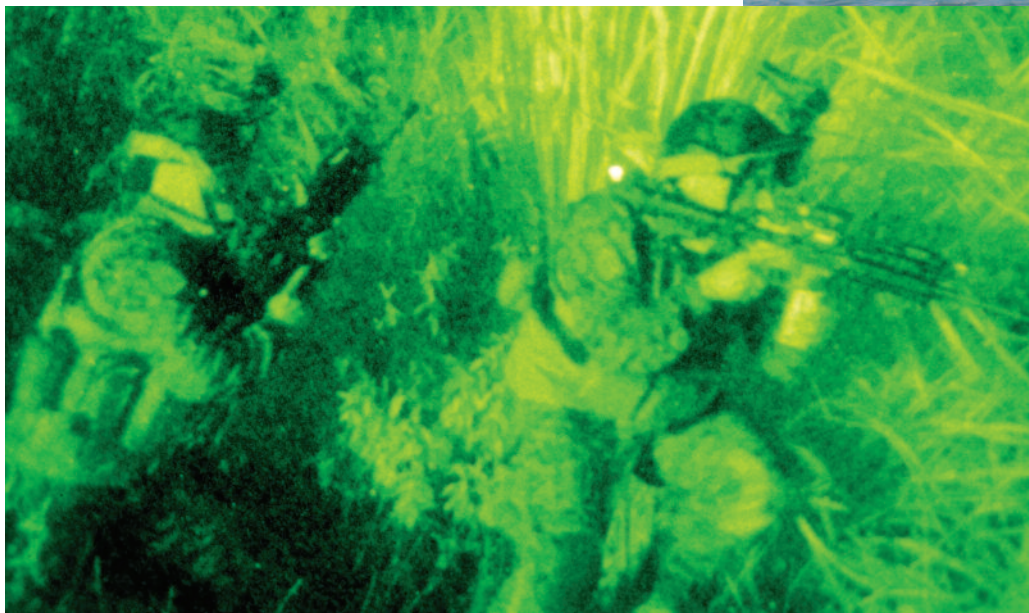


Service members and staff from the disaster medical assistance team (DMAT) evaluate patients prior to a helo evacuation as part of a humanitarian assistance/disaster relief (HA/DR) response training held during Rim of the Pacific (RIMPAC) Exercise 2014.

U.S. Navy photo by MC2 Tiarra Fulgham

Sailors assigned to Coastal Riverine Squadron (CORIVON) 11 pilot maneuver patrol boats during Rim of the Pacific (RIMPAC) Exercise 2014.

U.S. Navy photo by MC1 Charles E. White



Members of the Peruvian naval special forces move through the vegetation to a target area during a nighttime direct action raid scenario during Rim of the Pacific (RIMPAC) Exercise 2014.

U.S. Navy photo by MC1 Daniel Gay

(Below) Members of a Marine Special Operations Team medically extract Naval Aircrewman 3rd Class Zachary Faltys, assigned to Helicopter Combat Squadron (HSC) 14, during a personnel evasion and recovery drill during Rim of the Pacific (RIMPAC) Exercise 2014.

U.S. Navy photo by MC1 Shannon E. Renfroe



Navy Reservists assigned to Navy Cargo Handling Battalion (NCHB) 14 and NCHB 5 and officers from the Japan Maritime Self-Defense Force receive supplies delivered during the humanitarian assistance/disaster relief (HA/DR) portion of Rim of the Pacific (RIMPAC) Exercise 2014.

U.S. Navy photo by MCC Edward Kessler

Sailors from Explosive Ordnance Disposal Mobile Unit 11 transport a dolphin from USS Anchorage (LPD 23) to conduct marine mammal training during Rim of the Pacific (RIMPAC) Exercise 2014.

U.S. Navy photo by MCC Elena Pence





# Pearl Harbor-Hickam *Highlights*



Capt. Jeffrey W. James and his family pass through ceremonial sideboys at the conclusion of the Joint Base Pearl Harbor-Hickam change of command ceremony July 11 on Ford Island. During the ceremony, Capt. Stanley Keeve Jr. relieved James.

U.S. Navy photo by MC2 Laurie Dexter

(Below) Capt. Jeffrey W. James (left) and Capt. Stanley Keeve Jr. cut a cake after the Joint Base Pearl Harbor-Hickam change of command ceremony on Ford Island.

U.S. Navy photo by MC2 Laurie Dexter



U.S. Air Force photo by Tech. Sgt. Terri Paden  
Col. Kathleen Weatherspoon (left), 18th Force Support Squadron commander, passes the Detachment 2 18th FSS guidon to Maj. Dawn Standridge, Det. 2, 18th FSS commander, during a change of command ceremony July 11 at Bellows Air Force Station. During the ceremony, Standridge took command of the detachment from Maj. Tony Cambron.



Midshipman Timothy McVicker shoots the .50-caliber machine gun during a live fire exercise while Chief Gunner's Mate Nole Coco ensures proper technique and safety procedures are followed aboard the guided-missile destroyer USS O'Kane (DDG 77). O'Kane is deployed in the U.S. 5th Fleet area of responsibility supporting maritime security operations and theater security cooperation efforts.

U.S. Navy photo by Ensign Megan Wilson

Members of the U.S. Women's National Volleyball Team board the guided-missile destroyer USS Paul Hamilton (DDG 60) on July 10 for a guided tour during the team's visit to Joint Base Pearl Harbor-Hickam.

U.S. Navy photo by MC2 Diana Quinlan





# Navy says *aloha* to Pearl Harbor survivor

Story and photos by  
MC2 Diana Quinlan

Navy Public Affairs  
Support Element West,  
Detachment Hawaii

The ashes of Pearl Harbor survivor Navy Motor Machinist's Mate 3rd Class Wesley E. Ford were scattered over the waters of the USS Utah Memorial on Ford Island, Joint Base Pearl Harbor-Hickam, during a military funeral honors ceremony on July 9.

Among those in attendance were Ford's wife of more than 50 years, Ruth, his daughter Jennifer and grandsons.

Capt. Lawrence Scruggs, deputy commander of Pearl Harbor Naval Shipyard and Intermediate Maintenance Facility, provided remarks as the guest speaker. Cmdr. George Mendes, a chaplain with Pearl Harbor Memorial Chapel, offered the benediction.

"I would like to specially thank the family, wife Ruth, daughter Jennifer and grandsons, Kevin and Alex. We are honored by your presence today," said Scruggs. "Today we return a shipmate back to his brothers in arms at this most hallowed spot."

Ford was born Nov. 8, 1919, in Danville, Ill. and joined the Navy in December 1939. He was serving aboard the destroyer minelayer USS Breese (DD 122), moored across the loch from USS Utah, on the day of the 1941 Japanese attack.

Jim Taylor, Pearl Harbor survivor liaison, described Ford's actions on that fateful day in history.

"On that day of infamy, Wes[ley] was a fireman second class. Although his normal duties had him below decks, his battle station was on a three-inch, 23-caliber gun as a loader," said Taylor.

"Thanks to outstanding



training, the ship had the gun firing within 10 minutes of the start of the attack. He [Ford] was slightly injured due to the gun's recoil but continued

on loading."

From his ship's location, Ford witnessed the explosions and the smoke from USS Arizona, saw USS Curtiss being hit by a

fighter plane, and watched USS Utah sink. He also saw the periscope of a Japanese mini-sub rammed by the USS Monaghan and was on a gun

crew that destroyed a Japanese Aichi D3A val dive bomber.

"He would have a front seat to the Japanese attack that morning. I am sure he

felt that this may be his last day as he ran to perform his duties as trained," said Scruggs.

"He would witness his world forever change that day, and yet he would go on, go on to serve his country honorably, with passion and courage, and a deep commitment to his shipmates. Serving in both the Atlantic and Pacific theaters during the war would surely have tried even the best man's mettle. Petty Officer Ford was an exceptional Sailor," Scruggs said.

Ford often visited Hawaii after the war, sharing his experience and memories with others. He passed away in early July 2013.

"He was quite a character," said Ruth. "Very feisty and not like many others, but he loved to travel and was a good man."

Jennifer recalled growing up and playing games with her father.

"He liked to play games and taught me many of them. I remember laughing with him and he always told us that he loved us," said Jennifer.

"He loved to talk about his days at Pearl Harbor – that was his pride and glory, and it was his finest moments, I believe."

Military honors included a gun salute and the folding of the burial flag by the Joint Base Pearl Harbor-Hickam Honors and Ceremonial Guard followed by Scruggs personally presenting the flag to the family.

"I did not know there would be a gun salute and that the ceremony would be so elaborate," said Jennifer. "I just pictured there would be a boat, and we would just spread his ashes and a few words would be said. Instead, I was very amazed. I think dad would have loved it."

"It was beautiful," added Ruth. "It was his glory!"

## Navy participates in public meeting on response to Red Hill fuel release

Tom Clements

Navy Region Hawaii Public  
Affairs

Representatives from Naval Facilities Engineering Command Hawaii and Fleet Logistics Center were on hand July 15 for a state Department of Health (DOH) public meeting on drinking water safety and responses

to a fuel release earlier in the year from the Red Hill Bulk Fuel Storage Facility.

Approximately 75 people attended the evening meeting at the Radford High School cafeteria. The first hour of the meeting included posters on display with representatives from the Navy, DOH and the Environmental Protection Agency (EPA) explaining

the operation of the facility, response to the fuel release, and actions to ensure safe drinking water for consumers on Oahu.

Tests of city and Navy drinking water sources continue to meet federal regulatory safe drinking water and state of Hawaii standards, and the water is safe to drink - a point made by both state department of health

and Navy representatives at the meeting.

Most drinking water on Oahu is drawn from underground aquifers at sources that are regularly monitored and held to very strict standards.

The meeting also featured presentations by DOH, EPA and the Navy, followed by questions from those in attendance.

Navy fuel operators detected a fuel level discrepancy in tank 5 at the Navy's Red Hill Bulk Fuel Storage Facility on Jan. 13. The tank held JP-8 aviation fuel, primarily consisting of kerosene. Manual measurements indicated a possible loss of fuel from the tank, and the Navy immediately began transferring fuel to another tank at the facility

in accordance with response procedures. A full inspection is underway to determine the cause of the fuel level discrepancy and subsequent release of fuel.

The Red Hill Bulk Fuel Storage Facility is a national strategic asset and continues to provide vital, secure fuel storage for ships and aircraft of U.S. Pacific Fleet and other military branches.



U.S. Navy photo by MC1 Charles E. White

Ex-USS Tuscaloosa (LST 1187) is towed in preparation for a sinking exercise (SINKEX) as part of Rim of the Pacific (RIMPAC) Exercise 2014.

## RIMPAC 2014 participants conduct sinking exercise

RIMPAC 2014 Combined  
Information Bureau

PACIFIC OCEAN — Live fire from ships, submarines and aircraft participating in the Rim of the Pacific Exercise (RIMPAC) 2014 sank the decommissioned USS Tuscaloosa (LST 1187) about 12:15 p.m. July 14, in waters 15,000 feet deep, 57 nautical miles northwest of Kauai.

Units from Brunei, Canada, Japan and the U.S. participated in the sinking exercise (SINKEX), which provided them the opportunity

to gain proficiency in tactics, targeting and live firing against a surface target at sea.

"This was an opportunity for the participating nations to take advantage of the excellent training infrastructure and ranges that are available in the Hawaiian Islands," said Royal Australian Navy Rear Adm. Simon Cullen, deputy commander of the RIMPAC Combined Task Force.

"It enabled individual units to conduct training that they could not otherwise have in their own waters, and allowed them improve

their interoperability by working with their partner nations to achieve the training objective."

Former Navy vessels used in SINKEXs are prepared in strict compliance with regulations prescribed and enforced by the Environmental Protection Agency.

Strict environmental compliance is observed during all SINKEXs. Each SINKEX is required to sink the hulk in at least 1,000 fathoms (6,000 feet) and at least 50 nautical miles from land.

Surveys are conducted to ensure that humans and marine

mammals are not in an area where they could be harmed during the event.

USS Tuscaloosa (LST 1187) was a Newport-class tank landing ship commissioned in 1970, the second Navy ship named for the Alabama city. The ship deployed numerous times to the western Pacific. Tuscaloosa earned a meritorious unit commendation for Operation New Life when it escorted 26 Vietnamese navy vessels to the Philippines after Saigon fell in 1975. Tuscaloosa was decommissioned in 1994.

## HA/DR

Continued from A-1

were simulated casualties and fly them on our aircraft, which is something we would actually do real world. Today was the first time in a long time that a Chinook has landed at TAMC, so what that is going to do is it's going to enable the movement of a large amount of personnel to receive medical treatment quicker," Krahmer said.

Thomas Bookman, Pacific Regional Command emergency plans and operations director, explained the overall benefit of performing exercises of this scale.

"The goal is that we have synergy, that we have a means that we practice as we preach," he said. "If you do a tabletop exercise, you can't really see if you can move things and make things happen. Exercises like this are a multiplier for our community where the civilian and military population intermix."

"We're living on an island, we're joined at the hip, and we will always support each other, so this exercise should give the citizens of Hawaii a sense that if something does happen, the military and the civilian community will come together to treat the people who are injured or sick," Bookman said.





# Paul Hamilton Sailors welcome U.S. Women’s National Volleyball Team

Story and photo by  
MC2 Diana Quinlan

Navy Public Affairs  
Support Element West  
Detachment Hawaii

Members of the U.S. Women's National Volleyball Team took a guided tour aboard Pearl Harbor-based, guided-missile destroyer USS Paul Hamilton (DDG 60) on July 10 at Joint Base Pearl Harbor-Hickam.

The second-ranked U.S. Women's National Volleyball Team was in Hawaii for the USA Volleyball Cup match between Team USA and Brazil. The Navy was slated to participate in the opening ceremonies at the games.

Upon the team's arrival at the pier, Sailors aboard the USS Paul Hamilton cheered in unanimous greeting: "USA!" Cmdr. Luke Frost, commanding officer of the ship, personally welcomed the members of the team pierside, awarding each player with a commemorative ship's ball cap.

"We had a great visit from



Members of the U.S. Women's National Volleyball Team tour the bridge of the guided-missile destroyer USS Paul Hamilton (DDG 60) during the team's visit to Joint Base Pearl Harbor-Hickam.

the U.S. Women's Volleyball Team," said Frost. "It was a tremendous opportunity for Sailors and players to interact and share their pride in representing the United States."

Paul Hamilton is one of 10 surface combatants currently assigned to Commander, Naval Surface Group Middle Pacific, Destroyer

Squadron 31. Guided-missile destroyers are multi-mission, anti-air warfare, anti-submarine warfare and anti-surface warfare combatants that operate independently for the support of carriers and expeditionary and surface strike groups.

During the visit, Team USA toured the ship's bridge and later met with Sailors

and signed autographs on the ship's bow, from which they also observed Battleship Missouri and USS Arizona Memorials.

"The tour was amazing and something we did not expect," said Cassidy Lichtman, member of the volleyball team. "We didn't know what was going to happen and what we were here

for. We were just told that we were going to meet some members of the military and that they are excited to see us, and it was so great and got us very excited."

Lichtman spoke about similarities that she noticed between the service members and sports players.

"The more Sailors talked about ship's operations, the

more parallels I could see between what they do on the ship and what we do," she said. "Every person has their own job, and if one person is not doing his or her job it affects the whole team—it is all about working as a team efficiently."

The commander said the point of such visits not only as a morale booster for the ship's crew and athletes, but as a feeling of overall unity in doing something great for the nation.

"There are so many levels where we have things in common with these young athletes that are representing the United States, the same way as our Sailors representing this country," said Frost. "We have ties across home towns, across the love for sport and the love in representing our nation, which makes it a very exciting visit for our Sailors to enjoy and get excited about."

The games were played at the Stan Sheriff Center on the University of Hawaii campus July 11 and 12. USA swept the series 2-0.

# Air Force announces changes to headquarters organization

## U.S. Air Force Public Affairs

The Air Force will create efficiencies by deactivating and realigning organizations at headquarters Air Force, major commands (MAJCOMs), numbered air forces, and field operating agencies, resulting in savings of \$1.6 billion across the Air Force in the next five years.

"I will work to ensure the world's best Air Force is the most capable at the lowest possible cost to the taxpayer," said Secretary of the Air Force Deborah Lee James. "Everyone knows our economy is still not where it should be. We have a responsibility to ensure that every dollar adds value to the taxpayers and our national defense."

The changes are a result of a comprehensive effort to reduce overhead costs, increase efficiencies, eliminate redundant activities, and improve effectiveness and business processes (also known as Air Force Management Headquarters Review).

The efficiencies created through the reorganization will also help meet the Department of Defense's (DoD) directive to re-

duce costs and staff levels by at least 20 percent, eliminating 3,459 positions at headquarters across the Air Force, both in country and at overseas locations. As part of ongoing cost savings initiatives, the Air Force will also continue to reduce contract spending, operating budgets and travel expenditures.

To minimize the effect on civilian personnel, the Air Force will initiate voluntary early retirement authority programs and voluntary separation incentive pay to foster voluntary reductions before pursuing involuntary measures. As part of ongoing efforts to responsibly shape the force, military members were offered a variety of voluntary incentive programs.

"We are aggressively pursuing reductions within the first year, rather than spread them out over five years as allowed by DoD," said James.

"It's better for Airmen because it provides them predictability and allows us to re-stabilize our workforce sooner. It also allows us to harvest the savings earlier, so that we can plow it back into

readiness and some of our key modernization programs."

The Air Force's goal is to go beyond the 20 percent reduction mandated by the DoD, so any additional savings can be achieved from staff functions above the wing level and set to provide additional combat capability to the combatant commanders.

"The Air Force has been making incremental changes in our business practices for the last several years, but we must change the way we are doing business if we are to meet the Air Force's goal to reduce staffing functions by more than 20 percent," explained Bill Booth, Air Force acting deputy chief management officer.

"Reducing higher headquarters' staffs means we can save money that can be re-invested in getting ready for combat missions at the wing level," Booth said.

The largest initiative will include centralizing policy and oversight of installation and mission support activities within a newly created Air Force Installation and Mission Support Center (AFIMSC), which will report to Air Force Materiel Command. Execution will remain at the local level.

"The current and projected fis-

cal climate make it essential to centralize management and streamline support to the maximum extent possible in order to improve efficiency and effectiveness, as well as deliver more standardized levels of service across the Air Force," Booth said. Support functions currently spread across the MAJCOMs' staffs will be centralized at the AFIMSC.

The Air Force will also make changes to the headquarters Air Force staff organization by splitting operations, plans and requirements (A3/5) and strategic plans and programs (A8) and reorganizing them into the new operations (A3) organization which will stand alone and merge the planning staffs into the new A5/8 organization.

Also, the current programming functions from A8 will be merged into the service's financial management organization (FM).

"We will now have an organization, A5/8, that is responsible for developing, managing and constantly assessing an Air Force strategy that is bounded by long-range resource projections and another organization, FM, that deals primarily with the day-to-day budget activities involved in running the Air

Force," explained Air Force Chief of Staff Gen. Mark A. Welsh III.

"Keeping organizations aligned will ensure we keep moving toward our long-range strategic goals despite the short-term budget upheaval we face regularly."

The Air Force will also realign several functions that currently report to the headquarters in an effort to better support combatant commanders and realign some field operating agencies to operational MAJCOMs, merge FOAs with similar missions, and deactivate others.

The Air Force Intelligence Surveillance and Reconnaissance Agency is also being realigned from headquarters Air Force as a FOA to become part of a new operational numbered air force under Air Combat Command.

Realigning the Air Force ISR Agency into the new 25th Air Force within ACC ensures warfighting commands will have the best possible intelligence from integrated national and tactical ISR capabilities while appropriately realigning operational activities and "organize, train and equip" responsibilities of the AF ISR Agency from execution by Headquarters AF to a MAJCOM.





# Pearl Network Operations Center celebrates renovated quarterdeck

Story and photo by  
MC2 Laurie Dexter

Navy Public Affairs  
Support Element West,  
Detachment Hawaii

Personnel from hangar 87, Pearl Network Operations Center (NOC) celebrated the renovation of its quarterdeck July 10 on Ford Island.

Pearl NOC first served as an aviation hangar before and during World War II and still wears the damage it received from the Dec. 7 attack on Pearl Harbor.

“The team out here decided a year ago this historic building didn’t have the flair they wanted it to have,” said retired Vice Adm. Denby Starling, vice president and acting account executive of



Retired Vice Adm. Denby Starling, vice president and acting account executive, Navy and Marine Corps Accounts Enterprise Services, U.S. Public Sector Hewlett-Packard Company (left) talks to the personnel of the Pearl Network Operations Center on Ford Island.

Navy and Marine Corps Accounts Enterprise Services, U.S. Public Sector (USPS), Hewlett-Packard (HP) Company.

The quarterdeck now displays a 10-foot-by-14.5-foot-wide mural of Rim of the Pacific Exercise (RIMPAC) 2010.

“The eight-month, self-help project displays the collaboration and partnership between our Navy Sailors, civilian Navy and HP on bringing hangar 87’s rich history on display,” said Bill Clemente, program director of Pacific and Space and Naval Warfare Systems Command, Navy account, Navy and Marine Corps account, USPS, HP Company.

“We displayed the rich lineage of hangar 87 via pictures, serving first aviation

and then cyber with both network operations center and Pacific battle watch leading down the hallway and in the quarterdeck. The HP team members’ after hours’ self-help worked to create the lineage photos and artifacts of the history of hangar 87 serving our Navy for over 75 years,” he explained.

The team celebrated the occasion, in honor of hangar 87’s history, with cake and beverages.

“This great quarterdeck picture stands to remind us why we’re really here, which is to support the Navy every single day with everything we do. We’re real proud of what we do, and this sort of shows a little bit of HP pride in our service to this great Navy,” said Starling.

## Fitness contracts to be resolicited at joint base

### Navy Region Hawaii Public Affairs

In FY14 a Navy contracting agent completed a request for proposal (RFP) to provide fitness services at Joint Base Pearl Harbor-Hickam. A team at Commander, Navy Installations Command headquarters conducted a review, found errors in the solicitation and evaluation process, and recommended re-competing for services.

“We support, appreciate and promote health-and-fitness and quality-of-life programs here at the joint base, and we are dedicated to ensuring all programs are safe, legal and meet appropriate standards,” said Capt. Stan Keeve, joint base commander.

“We are also committed to providing full and fair competition and getting the most value for service members and families,” he said.

Several fitness companies who offered services under the original RFP - NAFPEA-14-R-0001 - are being given an opportunity to enter into a contract to provide short-term, no-fee concession fitness services at Joint Base Pearl Harbor-Hickam until re-solicitation, which is expected by the end of the year.

## COMSUBPAC Sailors give back to those in need

### MC1 Steven Khor

Submarine Force Pacific Public Affairs

Sailors from Commander Submarine Force, U.S. Pacific Fleet (COMSUBPAC), helped to give back to the community by providing dinner for military members and their families on July 9 at Fisher House, located at the Tripler Army Medical Center.

The Fisher House program is a unique private-public partnership that provides shelter to America’s military families in their time of need. Many of the guests suffer from life-threatening medical conditions, including cancer and other disorders, and cannot afford the high cost of housing living away from home.

Throughout the years, many organizations including COMSUBPAC and Pacific Fleet have come to Fisher House to lend a helping hand.

The dinner was organized by COMSUBPAC’s First Class Petty Officer Association (FCPOA).

“It is neat to come up here and meet the families and put some names with the faces,” said Electronics Technician 1st Class Nathan Varner, a member of the FCPOA and event organizer.

The Sailors brought food and prepared, served and ate dinner with the guests of the house. People laughed, talked and shared stories of past experiences over a dinner including rice, mashed potatoes, chicken and vegetables.

The Sailors took pictures with the guests and, after dinner, helped clean up and put away kitchen material. They then toured the house and watched a six-minute informational video on Fisher House and all that the company has done to help the military and their families.

For volunteer Sonar Technician (Submarines) 1st Class Marquis Perry,

the chance to serve military members and their families in need meant a chance to give back.

“It was really good. The people were nice, and it’s a great experience to serve people food who haven’t had a home cooked meal in a while,” Perry said.

“The most rewarding part of it all is the chance to help people,” said Anita Clingerman, Fisher House’s manager, overseeing the two Pacific Hawaii locations.

Clingerman stressed appreciation for the volunteer help from the many organizations over the years.

Fisher House’s 19 rooms are located conveniently close to Tripler Army Medical Center and serve all branches of the military. This location serves all of the Pacific, including Japan, Guam and the outer islands.

The non-profit organization was started by noted philanthropist and patriot Zachary Fisher and his wife Elizabeth in 1990.



<http://www.hookelenews.com/> or visit

<https://www.cnic.navy.mil/Hawaii/index.htm>





# Pacific Partnership participates in Tacloban Hospital anniversary celebration

Story and photo by  
MC2 Karolina A.  
Oseguera

Pacific Partnership 2014

TACLOBAN, Philip-pines — Members from Pacific Partnership 2014 participated in the 98th anniversary celebration of the Eastern Visayas Re-gional Medical Center (EVRMC) in Tacloban on July 12.

“Every year on July 19 we have a nine-day festi-val for the founding of the hospital in 1916,” said Teresita Berenguer, the EVRMC chief nurse. “This is the sixth day of our ac-tivities and everything has been great so far.”

This year’s celebration was the hospital’s biggest and the first since Ty-phoon Yolanda. Included in the celebration was a performance by the Navy’s



The Pacific Fleet Band performs at the Eastern Visayas Regional Medical Center in Tacloban for its anniversary ceremony.

Pacific Fleet Band, a dance competition and special events for the staff involved.

“The hospital was very excited to be able to have the band play at the event,” said Capt. John Parrish. “We are all very honored to be involved in this special celebration. Several Sailors and Sol-diers off of our mission participated in the early 12K run in the morning hosted by the hospital.”

Throughout the week before the anniversary cel-ebration, the PP14 medi-cal staff worked at the hospital, conducting sym-posiums on a variety of topics such as internal medicine, infectious dis-eases and cancer pain management and more.

“Our medical team has been here all week doing symposiums as well as subject matter ex-

changes,” said Parrish. “We have been mentoring and working side-by-side with the staff at this hos-pital, so they are very ex-cited to have us at the celebration.”

The celebration ends July 16, and it will be the last until the EVRMC medical staff moves into its new location.

“The Navy has been here hands-on helping us all throughout this week,” said Fe Cuanton, the EVRMC assistant chief nurse. “We are very thankful for their pres-ence. They are so eager to help us. Thank you so much.”

Pacific Partnership is in its ninth iteration and is the largest annual multi-lateral humanitarian as-sistance and disaster relief preparedness mis-sion conducted in the Asia-Pacific region.

## Ball cap wear policy to expand starting this September

Chief of Naval Personnel  
Public Affairs Office

WASHINGTON (NNS) — The Chief of Naval Personnel (CNP) announced July 11 a change to uniform regulations, giving commanding officers discretion to authorize the wear of command ball caps with Navy Working Uniforms (NWU) Type I, II and III beginning Sept. 1.

Initiated by Secretary of the Navy Ray Mabus, this change is a result of Sailor feed-back received at all hands calls and is part of Navy’s efforts to further empower command triads.

Currently, ball caps can only be worn with the physical training uniform, coveralls and flight suits, with NWUs only when standing bridge watch and by command training teams during a training evolution.

The eight-point cover remains part of a Sailor’s sea bag.

The change in wear rules for the ball caps, which will include fleet leadership input, will be released in a NAVADMIN later this summer and will include occasion of wear rules.

Sailors can provide feedback on uniforms to umo\_cmc@navy.mil or usnpeople@gmail.com.



U.S. Navy photo by MC3 Torrian Neeman  
Senior Chief Quartermaster James Kuroski (center) from Bridgewater, Conn., supervises Sailors plotting navigational points on the bridge aboard the aircraft carrier USS Ronald Reagan (CVN 76).

## TFEE training

Continued from A-1

Chilean Lt. j.g. Matias Fisher, serving on the ship CNS Blanco Encalada (FF 15), said, “For us, saving (fuel) is an important matter — we always have it in mind. While on shore we always use shore supply, and after 5 p.m. we shut off our non-essential electrical equipment.”

As part of RIMPAC 2014, TFEE also intends to advance the Secretary of the Navy’s energy conservation efforts contributing to sailing the Great Green Fleet in 2016, reinforce green energy practices and aware-ness, optimize energy for improved endurance and sustainability, and integrate international partners.

The world’s largest international maritime exercise, RIMPAC is a multinational maritime exercise that takes place in and around the Hawaiian Islands and southern California. Twenty-two nations, 49 ships, six submarines, more than 200 aircraft and 25,000 personnel are participating in the biennial exercise from June 26 to Aug. 1.



# Life&Leisure

## Navy supports International VEX Robotics Summer Games

B



Pearl Harbor Naval Shipyard photos

(Above): A Navy Color Guard from Joint Base Pearl Harbor Hickam presents the colors while a robotics team member from Waialua High School sings the national anthem during the opening ceremony.

(Below): Robotics teams compete in the summer games.



Two Pearl Harbor Naval Shipyard Sailor volunteers discuss competition results during a round of International VEX Robotics Summer Games.



Capt. Brian Osgood, commander of Pearl Harbor Naval Shipyard ponders a question posed to him by a young robotics team member.

### Jensin Sommer

Pearl Harbor Naval Shipyard Public Affairs

Pearl Harbor Naval Shipyard and Industrial Maintenance Facility (PHNSY & IMF) contributed more than two dozen Sailor volunteers and funding from the Office of Naval Research to serve as a major sponsor of the International VEX Robotics Summer Games, which took place at the Hawaii Convention Center July 10-11.

The event, presented by the Robotics Education & Competition Foundation and the Friends of Hawaii Robotics, welcomed more than 100 teams from seven countries and one territory, including: Canada, China, Colombia, Egypt, Lebanon, Mexico, Puerto Rico and the United States. Students competed in the last official tournament of the 2013-14 competition season and the first official tournament of the 2014-15 competition season.

"The Navy is proud to support Hawaii Friends of Robotics and the larger robotics community through sponsorship of the International VEX Robotics Summer

Games," said Capt. Brian Osgood, shipyard commander.

"We've been actively involved in STEM and robotics for many years. Just last week we hosted a very successful inaugural RIMPAC 2014 VEX Robotics competition bringing together Rim of the Pacific 2014 Exercise participants with nine Hawaii high school teams—some of whom are here at this event."

Sailors from the shipyard and other Navy commands in Hawaii volunteered their time over two days at the convention center to serve in various support roles such as referees, judges and field prep and maintenance personnel. For Hull Technician 2nd Class Donald Novachich who was a referee, the summer games was his first exposure to robotics competitions.

"It was a great eye-opening experience for me—something I think everyone should see at least once," he said. "I was impressed with all the kids from so many countries and different parts of the U.S. coming together to put their robots to the test. The design and operation of the robots was amazing considering how

young these kids are."

The timing of the International VEX Robotics Summer Games during RIMPAC 2014 is a reminder of the global and highly technical nature of our world today, Osgood said.

"The U.S. Navy in Hawaii and elsewhere is committed to ensuring that its STEM-interested future global leaders and workforce are well-equipped to be successful. A stronger local community of global leaders makes our nation, the Navy in Hawaii, and potentially our future Navy workforce, stronger in return."

"Months of work by dedicated volunteers culminated in an extraordinary tournament that featured three different robotics programs under one roof," said Lenny Klompus, president of Friends of Hawaii Robotics.

"We are so proud to have hosted this inaugural international event in order for hundreds of Hawaii students to compete against the best teams in the world. Teams from around the state of Hawaii showed their expertise, utilizing real-world life skills by winning their games as well as special awards."

### Overall International VEX Robotics Summer Games VRC Tournament Champions and VEX IQ Challenge Teamwork Champions:

VRC Toss Up	VRC Skyrise	VEX IQ Challenge Add It Up
Team 177Z, Twisted Botz, Virginia	Team 359A, Hawaiian Kids, Hawaii	Team 434K, Molokai Middle School, Hawaii
Team 3815B, Mad Techs, New Jersey	Team 394, Highlands Inter Robotics, Hawaii	Team 4442B, Island Pacific Academy, Hawaii
Team 5212A, Infernos, Idaho	Team 4142B, Pearl City High School, Hawaii	



# Lady Paniolos bring Wahine Koa dynasty to end

Story and photo by  
Randy Dela Cruz

Sports Editor, Ho'okele

After a three-season run as women's flag football champs, the Wahine Koa was finally tumbled out of the top spot by the upstart Lady Paniolos, 18-12, on July 13 in the championship game of the Ohana Sports Alliance women's flag football league at Manana Community Park in Pearl City.

The Wahine Koa women's flag football team is a mixture of civilians and active-duty military or armed forces family members based at Joint Base Pearl Harbor-Hickam, while many of the Paniolos players and coaching staff have military backgrounds as well.

The title win capped off an outstanding season for the Paniolos, which means cowboys in the Hawaiian language, as the team ended the year undefeated with an overall record of 7-0-1.

"We didn't change the tone," said Army Sgt. Marcello MacDade, Paniolos head coach. "My pre-game speech was that it was just another game. We take every game the same because I want to keep them balanced, keep them neutral and just take it like another Sunday."

The pre-game speech must have helped as the team's defense immediately came up with a big play on the Wahine Koa's first series of the game.

After Koa quarterback Dana Hester started off by throwing two incomplete passes, the QB tried to sneak in a toss on a short slant to her receiver, but instead, the pass was picked off by Paniolos linebacker/quarterback



Lady Paniolos head coach Army Sgt. Marcello MacDade gets doused by his team in post-game celebrations after the Lady Paniolos defeated Wahine Koa to win the Ohana Sports Alliance women's flag football championship.

Britni Ronolo, who gave her team great field position at the Koa 14-yard line.

Ronolo, who was pressed into duty after the team's starting quarterback after Kate Robinson couldn't attend the game, started off a bit shaky, but on third down and long from her own 33, Ronolo fired a laser into the arms of Bree Locquiao, who took it up field for the score and an early 6-0 lead.

"Not even that first

touchdown, that interception was huge," MacDade said. "My defense normally sets the tone. We take defense first because we trust our defense that we can get a stop, get a touchdown or two and then finish it up."

The Paniolos almost took a two-touchdown lead on their next possession, but an injury that sidelined Ronolo for a few plays derailed the team's momentum and had to hand the

ball over to Wahine Koa at their own four-yard line.

Hester picked up one first down and then on the third play of the series, the Koa QB found Hospital Corpsman 3rd Class Erica Weatherford, Naval Health Clinic Hawaii, with an over-the-top rainbow that sprung the receiver down the right sideline and into the end zone for a 6-6 tie, which stood up until halftime.

In the second half, Ronolo, still hobbling from the injury

she suffered to her knee in the first half, got the ball at her own 21 and led the team on an eight-play drive to pay dirt and a 12-6 lead.

During the drive, Ronolo connected on two deep passes to Locquiao and one to Schnelle Smith before taking the ball in herself on a quarterback keeper.

"It was do or die," Ronolo said about whether she would continue at QB. "I was going to come back no matter

what. Once I realized how much it hurt, I was kind of scared, but I went back out there and didn't feel a thing."

The Paniolos appeared to wrap up the ballgame on the next set of downs when Locquiao returned an interception for a touchdown.

However, the TD was called back on a penalty.

The called-back score only delayed the inevitable as the Paniolos put the finishing touch on their title run when Ronolo hit Smith with a 25-yard pass for a touchdown and a commanding 18-6 advantage with time running out.

To their credit, the Koa refused to give up and closed out the game with a pass from Hester to Cryptologic Technician (Technical) 2nd Class Michelle Dannenberger, Navy Information Operations Command (NIOC) Hawaii, for a touchdown as the whistle sounded.

The loss was especially bittersweet for Koa head coach August Young who, after three championships and one runner-up finish, said that his term with the team has come to an end.

"It's been very rewarding," he said. "That's one of the reasons why I can walk away from this and not get riled up and want to come back to get revenge. Overall, it's been such a joyous ride and I couldn't ask for anything better. Even with this loss, I can walk away with a smile on my face, knowing that these girls gave it all."

While one era may be at an end, MacDade said he and his ladies are ready to fill the void.

"We are picking up that torch and we plan on keeping it for awhile," he said.

## Riders can determine whether they, their motorcycle are road ready



U.S. Navy photo by MCC David Rush

Military members are advised to remember personal protective equipment when riding motorcycles.

Staff Sgt. Amber Corcoran

2nd Bomb Wing  
Public Affairs

The summer season can be a great time for outdoor

fun, but with an increase in activities comes a greater chance for accidents to happen. This time period between Memorial Day and Labor Day is known to Air Force members as the 101 Critical Days of Summer.

Between 2009 and 2013, from June to September each year, there were 36 Air Force fatalities due to motorcycle accidents.

As summer weather continues, motorcyclists spend more and more time riding.

Whether it's just for an hour or a long-distance trip, riders must be aware of becoming complacent about safety.

The Air Force requires training for all motorcyclists, as stated in Air Force Instruction (AFI) 91-207; risk management techniques provide a rider the means to ensure all safety precautions are taken to include proper personal protective equipment; and excellence is attained because of the continuous improvement in riding skill.

By being refreshed on the AFI and tips and precautions learned through training, a rider can determine whether they and their motorcycle are road ready.

Below are some tips for getting ready to ride:

- Check your T-CLOCS.
- T: tires and wheels
- C: controls
- L: lights
- O: oils and fluids
- C: chassis
- S: stand
- Look for any signs of leakage, such as stains underneath that indi-

cate problems.

- Remove the gas cap and peer into the tank with a small flashlight (switch it on first to avoid sparks), look for rust in steel tanks, and note if the fuel has sediment or other contamination. Give the gas a quick sniff. If it smells like old varnish, the fuel system may need to be drained, flushed and the fuel filter replaced.

- Check the oil level and note the color of the oil as old, dirty oil leaves sludge and deposits in the engine.

- Tires more than about five or six years old should be replaced even if they aren't worn out. After a thorough inspection, inflate the tires to the recommended pressure in the owner's manual.

- Check your maintenance records and schedule to determine if the motorcycle is due for a major service, including a tune-up and valve adjustment.

- Inspect the brake linings and rotors or drums for wear. Also check the brake fluid, which should be changed every two years, and if it looks

dark, replace it.

- Check the throttle cables and clutch cable (if equipped) for free travel and lube with special cable lubricant.

- Inspect the sprockets and chain (if equipped), and make sure it's properly lubed and adjusted.

- Start the engine and allow it to warm up gently without revving. After the engine is up to normal operating temperature, check the idle speed and adjust if needed.

- Test all controls, lights and accessories to ensure they are working properly. Addressing these items before your ride can save a lot of trouble down the road.

- Remember personal protective equipment, protect your body with long pants and sleeves, and wear boots to stabilize your feet and ankles. Even if it's hot out, don't forget a jacket. (Check AFI 91-207 3.5.4. for the proper PPE list.)

For more safety and reference tips, visit [www.nhtsa.gov/Safety/Motorcycles](http://www.nhtsa.gov/Safety/Motorcycles) or [www.cdc.gov/motorvehicle/safety/mc/states/index.html](http://www.cdc.gov/motorvehicle/safety/mc/states/index.html).



# WWI: ‘The War That Ended Peace’ and ‘Poilu’

Reviews by Bill Doughty

Two recent books about World War I offer different perspectives—one from a broad sweep of world history and the other from inside narrow muddy trenches and a “lunar landscape” battlefield.

Margaret MacMillan, Oxford University professor of history, presents a comprehensive look at events leading up to and through what writer H.G. Wells said would be “the war to end war.” Macmillan’s “The War that Ended Peace: The Road to 1914” shows how peculiar personalities and poor choices led to death and destruction in Europe 100 years ago.

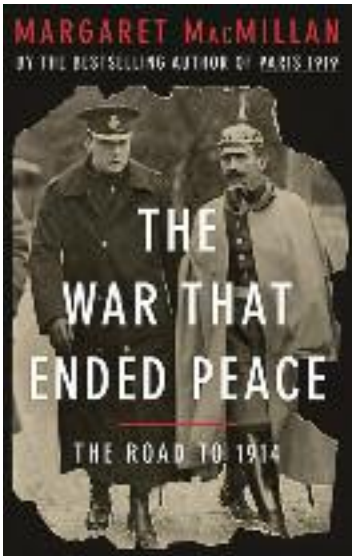
MacMillan introduces us to characters like Kaiser Wilhelm II, Bernhard von Bülow, Adm. Jacky Fisher, Alfred von Tirpitz, Nicholas II, Edward Grey, Leopold von Berchtold, Raymond Poincaré, and both Helmuth von Moltkes (elder and younger). She asks rhetorically whether these men were to blame for causing the clash of nations.

“Or was no one to blame? Should we look instead at institutions or ideas?” The history of WWI must be painted on a canvas of imperialism and seen through the lens of extreme nationalism.

MacMillan goes back decades before the assassination of Archduke Franz Ferdinand to the days of Napoleon and War of 1812 through the rise of Japan and overreach of Russia, Germany and Britain to explain how nations competed for resources and refused to respect other’s territories.

“Where today the international community sees failed or failing states as a problem, in the age of imperialism the powers saw them as an opportunity. China, the Ottoman Empire, Persia... all were weak, divided and apparently ready to be carved up.”

A key influence for all major nations in an era of colonial expansion was Capt. Alfred Thayer Mahan’s 1890 classic, “The Influence of Sea Power Upon History.” Mahan’s book showed leaders the role of navies in world commerce

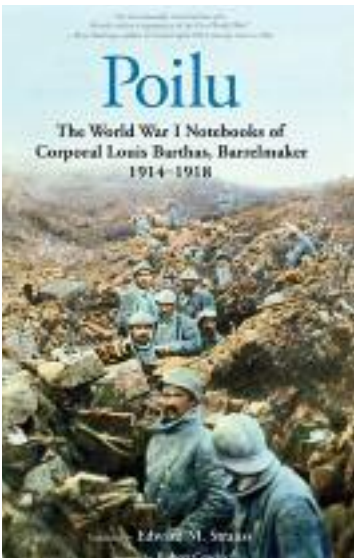


and led to a race by Germany and Britain to build ships.

“A strong navy protected the key highways for trade and communication across the oceans, and, equally importantly, enabled the seizing and holding of colonies. Its battle fleets could serve as a deterrent, especially if they were situated in key strategic locations. ‘The fleet in being,’ as Mahan and others called it, did not necessarily have to fight; it could be used to put pressure on a hostile power in peacetime and make that power think twice before risking its own fleet, even if it were bigger. In war, though, it was the duty of the battle fleet or fleets to destroy the enemy in a decisive battle.”

Of course, when war came in 1914, much of the fighting was on landlocked battlefields in France and Germany. Churchill called the peace before the Great War “exceptional tranquility.” The tranquility was destroyed by what MacMillan concludes was “a failure of imagination” and “lack of courage” to prevent war.

MacMillan’s perspective is global and general. For Corporal Louis Barthas, whose contemporaneous diaries (translated by Edward M. Strauss) are published in this year’s “Poilu,” the view is muddy and personal—in and around the trenches—facing the German “Boche” and “millions of tiny sharp-tongued mosquitoes,” and “legions of famished ticks and lice,” along with



countless rats and fleas.

Barthas, a barrel maker drafted into the war, writes about the petty tyranny of despotic authority. He shows examples of heroic stoicism, shared humanity between warfighters, and random luck in battle, such as when a soldier’s tin of coconut candy, which his girlfriend insisted he carry, ricocheted a bullet near his heart and saved his life.

He describes fear, fatigue and simple gratitude.

“As we left the village, an old lady came up to us, carrying something in her apron. They were some eggs which she handed out to us. As I passed by I managed to snatch one. It’s a small thing, an egg, but we were very touched by it. This poor old lady was giving up something necessary for her, to give us this offering. How a gift is made is more important than the gift itself.”

Barthas, like Vonnegut, Hemingway and Orwell, writes about the consequences and ironies of war. Like most warriors, he said he fights to preserve peace.

Back home from the war in 1919, he concludes:

“Returned to the bosom of my family after the nightmare years, I taste the joy of life, or rather of new life. I feel tender happiness about things which, before, I didn’t pay attention to: sitting at home, at my table, lying in my bed, putting off sleep so I can hear the wind hitting

the shutters, rustling the nearby plane trees, hearing the rain strike the windows, looking at a starry, serene, silent night or, on a dark, moonless night, thinking about similar nights spent up there ... Often I think about my many comrades fallen by my side. I heard their curses against the war and its authors, the revolt of their whole being against their tragic fate, against their murder. And I, as a survivor, believe that I am inspired by their will to struggle without cease-fire nor mercy, to my last breath, for the idea of peace and human fraternity.”

Both of these books provide deep insights about the First World War and about war, in general, reinforcing the nation’s maritime strategy, which encourages a cooperative global fraternity and stresses: “preventing wars is as important as winning wars.”

(A version of this review appears on Navy Reads, an unofficial blog in support of Navy professional reading and related books. Doughty writes and posts to Navy Reads—[www.navyreads.blogspot.com](http://www.navyreads.blogspot.com)—on weekends. The Navy Reads blog supports the CNO’s professional reading program and related books.)



An inspection in the trenches during WWI.

## JBPHH hosts Consumer and Financial Protection Fair



Several hundred people showed up for the Consumer and Financial Protection Fair held at the Navy Exchange, Joint Base Pearl Harbor-Hickam on July 16.

Story and photo by  
Brandon Bosworth

Assistant Editor, Ho’okele

The Hawaii Department of Commerce and Consumer Affairs (DCCA) hosted a Consumer and Financial Protection Fair at the Navy Exchange, Joint Base Pearl Harbor-Hickam on July 16. Several hundred people showed up for the event, which marked Military Consumer Protection Day.

Military personnel and their families often face unique financial challenges. Military Consumer Protection Day (MCPD) is a joint initiative between the state and federal agencies to help deal with these issues.

“The purpose of MCPD is

to promote consumer and financial protection education by providing free information that will help protect people’s privacy, manage their money and debt, and avoid identity theft, frauds and scams,” said Kealii Lopez, DCCA director.

Brent Suyama, DCAA communications officer, believes it is important to reach out to service members and their families.

“We really see the military as an underserved area regarding consumer protection,” he said.

According to Suyama, issues regarding purchasing vehicles and tenant-landlord disputes are some of the most common problems military personnel have.

More than two dozen gov-

ernment and nonprofit agencies participated in the event, providing information and answering questions. Free document shredding was also provided on site during the fair.

This was the first time DCAA has held a Consumer and Financial Protection Fair at JBPHH, but there are plans for future fairs.

“We absolutely plan to make this an annual event,” Suyama said. “The military is part of our community, and they protect us in a real physical sense. We want to protect them in a financial sense.”

The MCPD website, <http://www.military.ncpw.gov>, features tools people can use to recognize rip-offs, sniff out scams, and make smart financial choices.

## Prepare when firing up the grill

Staff Sgt.  
Candice C. Page

Headquarters Air  
Combat Command

Good food and great conversation are staples of a summer barbecue, but before firing up the grill Airmen and their families should be aware of some proper grilling techniques to help prevent their summer days from going up in flames.

According to the National Fire Protection Association, in 2007-2011 U.S. fire departments responded to an average of 8,800 homes and outside fires. These 8,800 fires caused an annual average of 10 civilian deaths, 140 civilian injuries and \$96 million in direct property damage.

“For grillers there are two schools of thought for quality of cooking. Some are dedicated to charcoal and some to gas, but no matter which you prefer, using safety is recommended,” said Staff Sgt. Nathan Cinq-Mars, 633rd Air Base

Wing fire inspector. “Never use a grill indoors. Grills should be used outdoors and a reasonable distance from any structure.”

Below are some safety tips to help keep families safe all summer.

### Gas grill safety:

- Check grill hoses for cracking, brittleness, holes and leaks.
- Check your propane container for dents, damage, rust or leaks.
- Replace scratched or nicked connectors, which can cause leaks.
- Keep lighted cigarettes, matches or open flames away from a leaking grill.
- Never use a grill indoors. Use the grill at least 10 feet away from any building. Do not use the grill in a garage, carport, on a porch or under a surface that can catch fire.
- Keep the top open when lighting the grill.
- When transporting your propane container, keep your vehicle well ventilated with the valve closed and plugged or

capped. Do not leave the container unattended in a vehicle, and keep the container in an upright position.

“Make sure the container and propane is purchased from a reputable source,” said A1C Tylor Domino, 633rd Air Base Wing fire-fighter.

### Charcoal grill safety:

- Never use gasoline to start a fire.
  - Use charcoal lighter fluid only before the fire is lit.
  - Use a U.L. approved electrical starter in place of lighter fluid.
  - Never use grill on condo or apartment balconies.
  - Keep a garden hose or fire extinguisher nearby.
  - Keep children and pets away from fires and grills.
- “If you are looking at free burning wood or charcoal and the grill gets tipped over, the charcoal or wood that goes onto the grass can cause a brush fire,” Domino said. “Have commonsense when [grilling] and monitor what you are doing.”

## My Favorite Photo...

Nathan Kirk, son of Capt. David Kirk of COMSUBPAC N7, took this photo of the Fourth of July fireworks at Joint Base Pearl Harbor-Hickam.



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





# Live the Great Life

## Fitness centers introduce new Zumba Step class

**Helen Ko**

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

Zumba Step is a new program offered by Zumba at the Joint Base Pearl Harbor-Hickam Fitness Center and Hickam Fitness Center for patrons.

Zumba Step allows participants to take their lower body workouts and calorie burning to new heights. It is designed to help tone and strengthen glutes and legs with a

blend of Zumba routines and step aerobics.

It is also designed to produce maximum results in an easy-to-follow fitness-party atmosphere. This class is geared to anyone more than 10 years of age who loves to dance and do step.

Only seven instructors on the island of Oahu are teaching this program, according to Lori Gaynor, Joint Base Pearl Harbor-Hickam Fitness Center manager.

Tewauna Raymundo is the only instructor teaching Zumba Step at JBPHH and

the other military bases.

Patrons say they have felt a difference in their legs and enjoy the program as a variation of the Zumba Fitness format.

Gaynor said that the last 10 to 15 minutes of this class is focused on strengthening participants' core muscles.

Zumba Step will be on Fridays at JBPHH from 5:45 to 6:45 p.m. Starting July 30, Hickam Fitness Center will be offering this class every Wednesday from 4 to 5 p.m. For more information, call 471-2019 or 448-221



MWR Marketing photo by Reid Kagemoto

Instructor Tewauna Raymundo leads a group in a Zumba Step class.

## Your Weekly Fun with MWR



Visit [www.greatlifehawaii.com](http://www.greatlifehawaii.com) or subscribe to MWR's digital magazine Great Life Hawaii.

**Molokai Saint Damien Tour** will be held from 8 a.m. to 3 p.m. Saturday. The Information, Tickets & Travel tour to Molokai Island includes shuttle to aircraft, round-trip airfare and guided tour. The cost is \$325 per person. FMI: 448-2295.

**Free Golf Clinic** will begin at 9:15 a.m. Saturday at Barbers Point Golf Course. FMI: 682-1911.

**"Paws to Read" Summer Reading Program** final party for all who participated in the program will be held from 10 a.m. to noon Saturday at the Hickam Library with prize drawings, entertainment by magician Glen Bailey and refreshments. FMI: 449-8299.

**Ocean Adventure Summer Camps** will be held July 21 through Aug. 1 at Hickam

Harbor. Keiki camp for ages 7 to 9 years old meets from 9 a.m. to noon, and youth camp for ages 10 to 15 years old meets from 1 to 4 p.m. The two-week session includes swimming, fishing, sailing and kayaking. Space is limited. The cost is \$160 for each session. FMI: 449-5215.

**Summer Craft Camp** will be held from 10 a.m. to noon

## Navy Teen Council representative gives feedback

**Justin Hirai**

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

Navy Region Hawaii's current representative in the Navy Teen Council (NTC) is 16-year-old Jordyn Merrit. The NTC is a group of 10 Navy teens from across the United States. They are responsible for effectively communicating the issues and concerns that affect Navy teens to all levels of Navy leadership.

The NTC was established in 2012 by CNIC Child & Youth Programs to initiate its goal of mobilizing Navy teens worldwide by improving the sense of a "Navy teen community."

Merrit is a junior at Radford High School and is a member of the school volleyball team. She is an active member of the teen center at Joint Base Pearl Harbor-Hickam (JBPHH).

Merrit will be going to San Antonio for her second council meeting on July 24. While there she will be meeting with other representatives to discuss issues, concerns and relay positive and negative feedback she has received from fellow teens. According to Merrit, these meetings are "a great opportunity for Navy Teen

July 22 through July 25 at the Hickam Arts & Crafts Center. New creative projects will be offered during this last session of the summer. The cost is \$55. FMI: 448-9907.

**Preschool Story Time** will be held from 9 to 10 a.m. July 23 at the Hickam Library. The theme of this free program will be "Naughty and Nice." FMI: 449-8299.

MWR Marketing photo



Jordyn Merrit (far left) and fellow Keystone Club Members set up the sip-s-slushee sleepover teen center lock-in on July 11.

Centers to communicate with each other and suggest ideas and improvements."

"It helps give our center a voice and a chance to influence decisions that will impact the centers and the teens that use them," she said.

"The council develops plans and programs to benefit our centers and cross-center communication," she added.

Cross-center communication is a main topic the council is working on improving. One of their big projects is Operation Megaphone, which they plan on having annually. Operation Megaphone is a worldwide lock-in. Teen centers throughout the world schedule times to communicate

through social media or other online resources. The teen center at JBPHH participated in the recent Operation Megaphone in April and submitted their suggestions to Merrit on how they can improve the event.

Teens who may have ideas, suggestions or feedback on improving the Navy teen community should contact Merrit so she can share them with the council.

She can usually be found at the teen center (building 1859) in the afternoons, especially on Fridays after their 5 p.m. Keystone Club meetings. For more information, call 449-3354 or message the center on Facebook at [www.facebook.com/JBPHHTeenCenter](http://www.facebook.com/JBPHHTeenCenter) with suggestions.

**Hickam Historical Tour** will be held from 9:30 a.m. to 1:30 p.m. July 25 with visits to the original World War II Hickam Field buildings. The tour departs from the Information, Tickets & Travel Hickam office and from Royal Alaka'i Lodge and includes lunch. Due to the nature of the tour, it is not recommended for children under 6 years old. FMI: 448-2295.

**Kayaking Chinaman's Hat** excursion will begin at 9 a.m. July 26. The cost is \$30. The sign-up deadline is July 22. FMI: 473-1198.

**Chinatown Food & Historic Tour** will be held from 8:45 a.m. to 1 p.m. July 26. The tour departs from the Information, Tickets & Travel Hickam office. FMI: 448-2295.



Community Calendar

JULY

FEDS FEED FAMILIES

**NOW** — Joint Base Pearl Harbor-Hickam (JBPHH) is participating in the annual Feds Feed Families program through Aug. 31. The program is a charitable campaign by the United States Department of Agriculture that collects canned goods and non-perishable food items for those in need. Collection boxes for the 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 may place their own collection boxes. FMI: Chief Religious Program Specialist Kimberly Bell at 473-4512 or [www.fedsfeedfamilies.gov](http://www.fedsfeedfamilies.gov).

BLOOD DRIVE SCHEDULE

**21, 29, 30** — Tripler Army Medical Center Blood Donor Center upcoming blood drives:

- July 21, 8 a.m. to noon, Makalapa Clinic, Joint Base Pearl Harbor-Hickam.
- July 29, 9 a.m. to 12:30 p.m., SEAL Division Team-1, SDVT-1 classrooms.
- July 30, 9 a.m. to 1 p.m., Club 14, U.S. Coast Guard Sector Honolulu, Sand Island.

FMI: 433-6699 or 433-6148 or email [michelle.lele@amedd.army.mil](mailto:michelle.lele@amedd.army.mil).

FEDERAL RESUME WRITING

**22, 24** — A workshop on Federal Resume Writing will be held from 3 to 5 p.m. at Military and Family Support Center Pearl Harbor. Participants can learn how to search for job openings, interpret vacancy announcements, recognize key words, and build a proficient and well-organized federal resume. FMI: [www.greatlifehawaii.com](http://www.greatlifehawaii.com) or 474-1999.

ANGER MANAGEMENT

**22** — An anger management workshop will be held from 8 to 11 a.m. at Military and Family Support Center Pearl Harbor. The workshop is designed for people who want to better control their anger in work, social or family settings. FMI: 474-1999 or [www.greatlifehawaii.com](http://www.greatlifehawaii.com).

STARTING YOUR OWN BUSINESS

**24** — A workshop, Starting Your Own Business, will be held from 9:30 to 11:30 a.m. at Military and Family Support Center Pearl Harbor. This comprehensive seminar will include tips on creating a business plan. FMI: 474-1999 or [www.greatlifehawaii.com](http://www.greatlifehawaii.com).

LEARN TO SPEARFISH

**26, 27** — Learn to Spearfish class will begin at 9 a.m. with instructors from the MWR Outdoor Recreation-Hickam Harbor staff. On the first day, class is held at the pool. On the second day, depending on skill level, there may be two ocean dives from the boat. Mask, fins and snorkel are required. Other equipment and transportation will be provided. The cost is \$60. The sign-up deadline is July 23. FMI: 449-5215.

SNORKELING SHARKS COVE

**27** — Snorkeling Sharks Cove excursion will begin at 8 a.m. MWR Outdoor Adventure Center staff will lead a trip to explore the reefs at this North Shore location, which is protected by natural rock formations. Participants should bring a lunch, water and sunscreen. The cost is \$30. The sign-up deadline is July 24. FMI: 473-1198.

ACING THE INTERVIEW

**29** — An Acing the Interview class will be held from 1 to 3 p.m. at Military and Family Support Center Hickam. This workshop is designed to teach participants how to present themselves as the best candidate for the job. The class will discuss understanding of what to bring for the interview, various interview formats, and preparation on how to ask and answer questions effectively. FMI: 474-1999 or [www.greatlifehawaii.com](http://www.greatlifehawaii.com).

FREE SOFTBALL CLINIC FOR GIRLS

**29** — Operation Military Kids will hold a free softball clinic for girls ages 8 to 18 to be instructed by two-time Olympic gold medalist Crystl Bustos from 1 to 4 p.m at Lynch Field Baseball Complex. The complex is at 620 Main St., Honolulu, off Nimitz Highway at the corner of Valkenburgh Avenue. The clinic is open to military youth from all branches and of active duty, National Guard and Reserve service members. Limited spots are available and registration is required. Completed forms should be submitted to [omk@ctahr.hawaii.edu](mailto:omk@ctahr.hawaii.edu) or faxed to 956-9082. FMI: [www.ctahr.hawaii.edu/4h/OMK/education.htm](http://www.ctahr.hawaii.edu/4h/OMK/education.htm) or call 956-4125.

AUGUST

SLEEP BETTER NOW

**4, 18** — A two-part Sleep Better Now class will be held from 11:30 a.m. to 12:30 p.m. at the Naval Health Clinic Hawaii Makalapa conference room. Participants need to attend the first session. Military service members, their families and retirees who receive medical services at Naval Health Clinic Hawaii are welcome to sign up. The class is designed to show people how to get a better night's sleep so they can feel well rested and refreshed throughout the day. FMI: 473-1880, ext. 2299.

TAKE 20 SECONDS TO RELAX

**5** — A Take 20 Seconds to Relax class will be held from 11:30 to noon at the Naval Health Center Hawaii Makalapa conference room. Military service members, their families or retirees who receive medical services at NHCH clinics are welcome to attend. Participants can learn what to do to de-stress quickly on those days that they can't work out or when life is more hectic than usual. FMI: 473-1880, ext. 2299.

FINANCIAL PLANNING FOR RETIREMENT

**6** — A Financial Planning for Retirement class will be held from 1 to 3 p.m. at Military and Family Support Center Pearl Harbor. The class will discuss long-term planning for retirement and how to calculate what is needed to live a life of financial freedom at retirement age. FMI: 474-1999 or [www.greatlifehawaii.com](http://www.greatlifehawaii.com).

OPERATION HELE ON

**15** — Operation “Hele On” is an annual youth deployment day that gives children of Air Force and Navy families an opportunity to go through a mock deployment processing line at a simulated Air Force base. It includes events such as issuing of dog tags, an obstacle course, demonstrations by an Air Force bomb squadron, military working dogs and more. This year's event will be held from 7:30 a.m. to 3 p.m. Aug. 15 at Military and Family Support Center Pearl Harbor. Registration will be open on [www.greatlifehawaii.com](http://www.greatlifehawaii.com). There will be an application fee of \$5. FMI: 474-1999/0096 or 474-0109.



EDGE OF TOMORROW (PG-13)

Based on the Japanese novel “All You Need is Kill” by Hiroshi Sakurazaka, Edge of Tomorrow tells the story of Major William Cage (Tom Cruise), a man who is forced onto the front lines for a major military operation against invading aliens known as “Mimics.” Untrained and unprepared for combat, Cage is killed within minutes—only to wake up 24 hours earlier with no choice but to relive (and die) the same day over and over.

SHARKEY THEATER

**TODAY 7/18**  
Closed

**SATURDAY 7/19**  
2:30 PM How to Train Your Dragon 2 (3-D) (PG)  
5:00 PM X-Men: Days of Future Past (PG-13)  
7:30 PM Jersey Boys (R)

**SUNDAY 7/20**  
2:30 PM How to Train Your Dragon 2 (PG)  
5:00 PM Think Like a Man Too (PG-13)  
7:10 PM 22 Jump Street (R)

HICKAM MEMORIAL THEATER

**TODAY 7/18**  
6:00 PM Edge of Tomorrow (PG-13)

**SATURDAY 7/19**  
4:00 PM Maleficent (PG)  
6:00 PM Studio Appreciation Advance Screening – Free Admission – Rated PG-13\*. Tickets available at your local exchange food court. Seating open to non-ticket holders 30 minutes prior to showtime

**SUNDAY 7/20**  
Closed

**THURSDAY 7/24**  
7:00 PM Jersey Boys (R)

Movie Showtimes





# Armed Forces Hawaii FC prepares for Defender's Cup

Story and photo by  
Randy Dela Cruz

Sports Editor, Ho'okele

Perhaps spurred on by the recent coverage of the World Cup, or maybe it was just their love for the sport, but two local Sailors have decided that it is high time that Hawaii's military athletes get a chance to showcase their talent to the world.

This coming Labor Day weekend, All-Navy soccer players Electrician's Mate 1st Class Luis Zamora, USS Chafee (DDG 90), and Information Systems Technician 1st Class Jay Reynard, Naval Computer and Telecommunications Area Master Station Pacific (NC-TAMS PAC), will lead a select group of active-duty athletes to compete in the annual Defender's Cup Military Soccer Tournament in San Antonio, Texas.

The Defender's Cup is the military's version of the World Cup, with teams from all over the globe coming to put their claim on the prestigious title.

While Zamora and Reynard will have only about two months to prepare against elite squads from around the world, both feel that Armed Forces Hawaii Futbol Club is talented enough to make a run for the cup.

"I'm very confident that we'll put together a real talented team," Zamora said. "I really don't know who will

be the best team, but I'm confident right now we'll take a good core team to compete up there."

Since tryouts began in mid June, Zamora and Reynard said that they have been very pleased by the level of talent on the field and enthusiasm of the players.

After getting the announcements out to every base on the island, the co-ed coaches were shocked at the number of skilled players who showed up in droves.

More than 100 active-duty military athletes from Joint Base Pearl Harbor-Hickam, Marine Corps Base Hawaii, Wheeler Army Airfield and United States Coast Guard Base Honolulu came out for the chance to become one of the 23 members that would be selected to go to Texas.

"It's been fun and frustrating," Reynard said about the selection process. "We expected a big turnout, but we didn't expect 100 people. The frustrating part is deciding what the best team is because we realized that there are a lot of high-caliber players."

Once the team gets to Texas, Reynard, who has played in the European version of the Defender's Cup, said that they would need every single one of their teammates to bring their best game ever.

"It's going to be tough," Reynard admitted. "It's the biggest armed forces tournament they have, so I know the caliber is very high."

Although both coaches feel that their team will match up well skill wise, it's the players' lack of overall experience together that causes their biggest concern.

Practically all of the competing teams, Zamora said, have been playing together for a couple of years and many players new to the tournament are fresh out of the academy and come equipped with college-level experience.

To overcome that kind of experience and firepower, Reynard said that Team Hawaii would have to be ready to go from game one and be prepared for the long haul.

Over the course of the three-day tournament, teams could play up to a total of three games each day.

"The reason why it will be tough is because we have to become one cohesive unit so quickly," Reynard said. "Most of these teams have had years to work with each other. We're building a core. I think we'll be strong, but it will come down to how quickly we learn to play together."

One thing is for sure: neither coach is going up there to lose. And if the team should come out on top, they'll just have one problem to figure out—where will the trophy call home.

"I don't know," replied Zamora when asked if the hardware will be held at JBPHH. "That's something that we're going to have to figure out."



Members of the Armed Forces Hawaii Futbol Club battle for the ball during a practice session at Quick Field.

## Upcoming museum events to include airshow, hangar talk



Photo courtesy of Pacific Aviation Museum Pearl Harbor

Pacific Aviation Museum Pearl Harbor will hold the "Biggest Little Airshow in Hawaii" on Aug. 16 and 17.

### Pacific Aviation Museum Pearl Harbor

Pacific Aviation Museum Pearl Harbor will hold a series of upcoming events for the rest of this year, including an airshow, museum day, hangar talk and open cockpit day.

• The museum will hold the "Biggest Little Airshow in Hawaii" from 10 a.m. to 4 p.m. on Aug. 16 and 17.

This year is the museum's sixth remote-control airshow. Visitors will be able to drive on to Ford Island or take the free shuttle from the Pearl Harbor Visitor Center and experience remote control 1/5th scale warbirds, jets and helicopters performing aerial combat, stunts, aerobatics and delivering candy for the children.

Other activities will include music, aircraft fly-

overs, full size aircraft static displays, hangar tours, prize drawings, food, drink, retail and entertainment booths and exhibits.



• Smithsonian Magazine Museum Day Live will be held on Sept. 27 at Pacific Aviation Museum Pearl Harbor. The event will include free admission to Pacific Aviation Museum Pearl Harbor for anyone presenting a museum Day Live! Ticket. Visitors can download free tickets at <http://www.smithsonianmag.com/museumday/>. This is an annual national celebration of culture and learning between the two museums. Pacific Aviation Museum Pearl Harbor is a Smithsonian affiliate museum.

• A hangar talk and book signing with Stacey Hayashi, author of "Journey of Heroes," will be held on Oct. 4 at Pacific Aviation Museum Pearl Harbor. The hangar talk is at 2 p.m. followed by the book signing and meeting with the author at 3 p.m. The event is free with museum admission and free to museum members.

• Open Cockpit Day will be held from 10 a.m. to 4 p.m. Oct. 18 in the hangars. Visitors can climb into the cockpit of one of several historic aircraft and talk story with pilots. Flight suits and helmets will be provided. Visitors can bring their cameras. The event is free with museum admission and free to museum members.

For more information on the events, call 441-1007 or visit the website [www.PacificAviationMuseum.org](http://www.PacificAviationMuseum.org).



# Youth sports serves up fun with tennis camp

Story and photo by  
Randy Dela Cruz

Sports Editor, Ho’okele

This summer, the folks at Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation (MWR) Youth Sports division raised the bar when it came to providing quality, fun-filled youth sports camps for military families.

It’s not always easy to balance skill-enhancing instruction that keeps the focus on fun, but whether it has been basketball, soccer or even volleyball, MWR Youth has managed to keep laughter and learning together.

From July 14-18, MWR Youth continued to work their magic in giving kids from ages 5-16 a swinging time at the summer youth tennis camp, which was held at Wentworth Tennis Facility, JBPHH.

“At summer camps, since they’re mostly beginners, we want to introduce the correct fundamentals of the game,” said camp director David Chang. “But what’s more important, while they’re learning this, have fun. Fun is what drives the player to want to be out here. So it’s correct learning, correct fundamentals, and having the maximum amount of fun while they’re doing it.”

While the lessons were progressive and became

more challenging with each succeeding day, Chang and his crew of coaches, that included retired Navy Chief Carl Williams, made sure that smiles were evident on each child throughout the camp.

Williams said that the kids started off with tennis safety and then moved on to learn different strokes and conditioning before putting it all together in matches by the end of the week.

“We moved from introduction into the five strokes,” said Williams who oversaw ages from 8-9. “We work on forehand, backhand, overhead, volley and serve. Then at the end of each day, we do cardio tennis where we play music and let them run around and get some exercise.”

Williams said that on the first day, they worked on two strokes, added one-on-one games by the second day, but by the fourth and fifth day, they did matches, scoring and even strategy.

As any adult can attest to, getting a young audience, even a captive one, to pay attention can be quite challenging.

However, Chang said that more than 30 years of teaching tennis to youth has taught him the key to keeping children focused.

“The key part, while they’re learning particular drills, is to turn it into a fun game,” he admitted.

“What we want is correct fundamentals, while they’re playing a fun game. That’s the trick.”

Chang even extends the concept of fun to the equipment that he uses in each progressive lesson of the camp.

From smaller size racquets to accommodate younger players to various colored tennis balls, Chang makes each learning experience a memorable one.

“For the younger kids, the racquets have to be smaller so it’s easy to maneuver,” he said. “Any piece of equipment, we’ve made it age appropriate. So they actually learn a lot faster.”

Further, Chang said, each task is also made age appropriate.

“Older kids can start from further back because they have more control and more power,” he pointed out. “Younger kids, you have to start from further up because they have less control and less power.”

No matter what lesson or skill Chang said he is trying to teach, it always comes back to making it fun for the kids.

Chang acknowledged that no matter how many years he’s been teaching tennis, it’s fun for him, too.

“I think for a junior coach, you have to enjoy being with kids,” he said. “I always enjoy being with kids. I have two of my own.”



Children from ages 5 to 16 learned basic fundamentals of tennis during a summer camp at JBPHH.



# Summer safety: physical preparedness is crucial

**Staff Sgt. Steve Stanley**

*Headquarters Air Combat Command Public Affairs*

The U.S. Air Force Critical Days of Summer campaign kicked off May 23 and runs through Sept. 2.

In 2013, the Air Force reported 105 mishap incidents caused by improper stretching and warm-up. Many of the injuries could have been prevented; however, most sports injuries occur because the muscles are not properly prepared.

Preparing the muscles for a workout is crucial in preventing injuries which is why it is important to determine the physical preparation needed before sports activities.

Muscles grow stronger with use and to function properly, they must be flexible. Flexibility is achieved by relaxation. Over time, a tight muscle becomes shortened and is constantly tense painful, and becomes vulnerable to tearing. This is what makes relaxing your muscles so important.

Stretching is needed to improve range of motion. However, it is recommended by Tony Arroyo, an exercise physiologist at Langley Air Force Base, not to stretch when muscles are cold.

“A lot of individuals think that their warm-up is maybe going out and stretching before their activity,” Arroyo said. “You should actually hold off on your stretching for after your workout.”

Doing a warmup before a sport or workout increases blood flow, which raises the temperature in the muscles. It is best to start with mild aerobic warm-ups to get blood to the tissue before doing any stretching.

“You really shouldn’t

stretch prior to your activity. You should do kind of a dynamic warm-up,” Arroyo said. “Do movements that are going to be specific to whatever activity you’re doing and then gradually kind of ease into that activity.”

Dynamic stretching means slow, controlled movements rather than remaining still and holding a stretch for an extended amount of time and is widely believed to be the best stretching routine before a workout or sport. However, the proper technique is very important.

Dynamic stretches include, but are not limited to simple movements like arm circles and hip rotations, flowing movements such as

yoga, walking or jogging exercises. Stretching at the end of the activity may also help to decrease soreness.

Hydrating is also an essential part of any activity. Dehydration can take place whether it is hot or cold and some medications may even contribute to dehydration, so always drink plenty of water during any strenuous event.

Be sure to dress appropriately for your environment. Certain materials can actually be a barrier to the body trying to cool down. Lighter weight clothing is recommended when out in the summer heat.

The first step to being prepared is to have a plan in place if an injury or emer-

gency does arise. Even if everything has been done correctly, sometimes accidents still do happen.

If an injury does occur, remember to use the acronym P.R.I.C.E. directly after:

P - Protect (from further injury)

R - Rest

I - Ice

C - Compression

E - Elevation

Summer is a time to have fun and enjoy the outdoors. With proper physical preparation and by taking advantage of some basic safety tips, service members can enjoy this season by staying out of the emergency room and in the game.



U.S. Air Force photo by Airman 1st Class Areca T. Wilson

More than 10,000 adults and approximately 715,000 students suffered sports and recreation injuries in 2013.

---