

# Airmen jump at the opportunity



Photo by Tom Sanders

Maj. Aaron Lawson, Special Operations Command, Pacific jumper and special tactics officer, jumps from a C-17 Globemaster III near Joint Base Pearl Harbor-Hickam on Feb. 26. The jump was filmed by veteran freefall cameraman and skydiver cinematographer Tom Sanders, and will be used in a scene of an upcoming episode of the television show “Hawaii 5-0.” (See additional photos on page A-7.)

## USS Freedom to visit Hawaii

### Naval Surface Group Middle Pacific Public Affairs

The U.S. Pacific Fleet announced Thursday that the Navy’s first littoral combat ship (LCS) USS Freedom (LCS 1) will visit Hawaii on March 11 after departing its homeport of San Diego on March 1 for a maiden deployment to the Asia-Pacific region.

Making good on a pledge made initially by former Secretary of Defense Robert Gates at the 2011 Shangri-La Dialogue in Singapore, Freedom will deploy to Southeast Asia and Singapore for approximately eight months. Marking the first of many planned rotational deployments to the western Pacific for the new LCS platform, Freedom will conduct maritime security operations with regional partners and allies.

“Freedom’s maiden deployment is another clear signal of the Navy’s enduring commitment to maintain security and stability in the vital Asia-Pacific region,” said Adm. Cecil Haney, commander of the

U.S. Pacific Fleet. “Rotationally deploying our new littoral combat ships improves our warfighting capability and directly supports the Navy’s rebalance strategy to the Asia-Pacific.

“Even in the face of potential budget cuts, there should be no doubt that the U.S. Pacific Fleet remains on watch and that we will continue to deploy our most capable units forward to operate with our allies and partners,” Haney said.

After making initial port visits in Hawaii and Guam, Freedom is expected to participate in the International Maritime Defence Exhibition and Conference (IMDEX) in Singapore and in select phases of the Cooperation Afloat Readiness and Training (CARAT) exercise series in Southeast Asia.

During the first-ever LCS deployment, Freedom will demonstrate the operational capabilities and allow the Navy to evaluate crew rotation and maintenance plans. Fast, agile and mission-focused, LCS platforms are designed to employ modular mission

packages that can be configured for three separate purposes: surface warfare, mine countermeasures or anti-submarine warfare. Freedom will be initially manned by a “Gold” crew of 91 Sailors mission package personnel and an aviation detachment to operate an embarked MH-60 helicopter.

“We are genuinely excited about our deployment,” said Cmdr. Timothy Wilke, Freedom’s Gold Crew commanding officer.

“The men and women of Freedom have worked extremely hard to get us to where we are today, and I couldn’t be prouder. We’re ready to get out there, work with regional navies and show the world what this ship can do,” Wilke said.

Freedom will remain homeported in San Diego throughout this rotational deployment to Southeast Asia. Midway through Freedom’s deployment, a crew-swap will be conducted with the “Blue” crew, commanded by Cmdr. Patrick C. Thien.

For more information on USS Freedom, click on: <http://www.public.navy>.



U.S. Navy photo by MC1 James R. Evans

The littoral combat ship USS Freedom (LCS 1) is planning to arrive in Hawaii Monday



Photo by Maj. Johnpaul Arnold

Adm. Samuel Locklear III, commander of U.S. Pacific Command, participates in a media interview Jan. 22, during his visit of to Joint Base Lewis-McChord, Wash. before his departure back to Hawaii.

## Locklear: Budget uncertainty threatens Asia-Pacific rebalance

Donna Miles

American Forces Press Service

WASHINGTON, D.C. – Sequestration and budget uncertainties are already impacting U.S. Pacific Command’s (PACOM) operations and loom “like an avalanche” that could ultimately undermine the U.S. rebalance to Asia-Pacific in accordance with the new U.S. strategic guidance, the top commander in the region told Congress today.

Navy Adm. Samuel J. Locklear III told the House Armed Services Committee that unpredictability in the budget process has “limited our flexibility to manage and have the potential to undermine our strategic

rebalance momentum, as our ability to operate and maintain our force is at increased risk.”

Locklear emphasized that PACOM will continue to work with the services to preserve the homeland defense and crisis-response capabilities within forward deployed forces.

But the impact, he said, extends across the command’s mission areas: its ability to provide credible deterrence; to provide assurance to seven treaty allies in the region; and to support its ongoing efforts to ensure the security environment remains stable.

Locklear shared concern about the near-term impact on the services’ readiness accounts, reducing the availability of

ready aircraft, ships and carriers and other assets that he called vital to PACOM’s reach across its sweeping area of responsibility that covers 52 percent of the globe.

He noted, for example, that a ship that was scheduled to deploy on March 1 was still on station at Pearl Harbor, Hawaii because of reduced operating dollars that impact everything from flying hours to fighter rotations to carrier presence.

Sequestration could also trigger cuts in PACOM’s exercise program, a cornerstone of the command’s efforts to increase capacity and promote multilateral collaboration across the region,

**See IMPACT, A-2**

### JBPHH prepares to implement changes to services

As a result of budget reviews and a mission assessment, Joint Base Pearl Harbor-Hickam is preparing to implement changes to some services. An article outlining the changes will run in next week’s edition of Ho’okele.



Patterson relieves Mack during USS Hawaii change of command **See page A-2**



Navy-Marine Corps Relief Society Hawaii kicks off annual fund drive **See pages A-2**



Friends, families welcome home USS Olympia Sailors **See page A-4**



Rear Adm. Wetherald discusses budget cuts in Hawaii **See page A-6**



Oahu’s natural wonders makes it ideal for a ‘staycation’ **See page B-1**



Early-entry deadline for Ford Island Bridge Run ends March 22 **See page B-4**



# Patterson relieves Mack during USS Hawaii change of command

MC2 Steven Khor

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

The warrior spear was passed to a new commanding officer at a change of command ceremony held March 1 for the Virginia-class submarine USS Hawaii (SSN 776) at Joint Base Pearl Harbor-Hickam.

Cmdr. William A. Patterson relieved Cmdr. Stephen G. Mack as commanding officer of USS Hawaii.

Former governor of Hawaii and the ship's sponsor, Linda Lingle, was the ceremony's guest speaker. She praised Mack for his exceptional performance while in command of the submarine.

"Congratulations Cmdr. Mack. You will always have a special place in my heart and in the heart of the people of Hawaii," said Lingle.

Mack said he is proud of having the opportunity



U.S. Navy photo by MC2 Daniel Barker

Cmdr. Stephen G. Mack (center) is honored by the former governor of Hawaii Linda Lingle (left) and Capt. James C. Childs, commander of Submarine Squadron 1, as Mack receives the Legion of Merit award for his duty as commanding officer of USS Hawaii (SSN 776) from January 2010 to March 2013. The ceremony was held March 1 at Joint Base Pearl Harbor-Hickam.

to command USS Hawaii and work with some fantastic Sailors.

"These are the shipmates who sailed safely well over 120,000 nauti-

cal miles while I was in command. These are the warriors who deployed

our ship to the western Pacific, executing all assigned tasking as we completed the first WESTPAC for the Virginia-class and the second six-month deployment for the 'war canoe,'" said Mack.

"They are the reason Hawaii has done so well while I was fortunate enough to be a part of this team," he added.

Mack praised and thanked many members of his crew, from the most senior officer to the newest seaman. He said USS Hawaii is a special boat with an equally gifted crew and he was fortunate to serve on this fine ship named after the beautiful island home so rich in cultural and military history.

Following his speech, he passed on the ceremonial Hawaiian warrior spear to Patterson.

As Patterson assumed command of USS Hawaii, he thanked Mack for turning over a great ship and an even greater crew. "This warship repre-

sents the confluence of two of history's strongest warfighting mariner traditions: the Hawaiian warrior and the United States submarine force. Steve has done a great job bringing the two traditions together to improve the ship. Steve, thank you for a great ship," said Patterson.

USS Hawaii is the first commissioned vessel of its name. The submarine was named to recognize the support the Navy has enjoyed from the people and state of Hawaii and in honor of the rich heritage of submarines in the Pacific.

"The war canoe is a like an *ihe koa* – a warrior spear – pointing west, ready to throw us into the fight with our island chain trailing off behind the ship," said Mack.

During the ceremony, Mack received the Legion of Merit award for his performance as the commanding officer of USS Hawaii from January 2010 to March 2013.

## Navy-Marine Corps Relief Society Hawaii kicks off annual fund drive

Story and photo by MC3 Dustin W. Sisco

Navy Public Affairs Support Element West, Det. Hawaii

The Navy-Marine Corps Relief Society (NMCRS) kicked off its annual fund drive March 4 at the Pearl Harbor Memorial Chapel at Joint Base Pearl Harbor-Hickam.

Sailors who were designated as key persons by their respective commands attended the event to receive informational supplies and training about the NMCRS fund drive.

Rear Adm. Frank Ponds, commander of Navy Region Hawaii and Naval Surface Group Middle Pacific, shared a sea story and a few remarks about the importance of the NMCRS.

"When I was an ensign, I spent beyond my means

because I was anticipating my next check," Ponds said. "I wasn't good at balancing my checkbook. Then tragedy struck; I had to go home on an emergency leave situation and had no money in my bank account.

"I went and talked to the Navy-Marine Corps Relief Society and told them my story. Within 24 hours, I was on a plane from Newport, R.I. to Montgomery, Ala. I never knew until that day what this organization means to so many individuals," said Ponds.

Ponds also spoke about the importance of keeping the drive voluntary.

"There's not an expectation," said Ponds. "There's a desire that if they [Sailors] can contribute to this worthwhile effort, that they do so. But do so willingly and freely."

NMCRS, a volunteer organization which began in



Paul Belanger, director of Navy Marine Corps Relief Society (NMCRS) Pearl Harbor, speaks to Sailors and Marines during the fund drive kickoff March 4 at Pearl Harbor Memorial Chapel. The fund drive continues through April 5.

1904, offers financial assistance to Sailors and Marines by providing them with budget counseling and by offering interest-free loans and grants.

"When I talk about NMCRS, I'd like to think of it as an insurance plan or a trust fund, because really that's what it is," said Paul Belanger, director of

NMCRS Pearl Harbor.

"Whatever monies you folks raise is not my money. It's not the society's money; in effect, it's your money. You're putting money in

trust in an insurance plan in the event that somewhere down the line there's an emergency. This is the only organization I can think of that has this sort of plan. I'm a civilian, so when I have an emergency, I have the bank and family. You folks have NMCRS," Belanger said.

NMCRS Pearl Harbor's fund drive will continue until April 5.

The mission of NMCRS is to provide, in partnership with the Navy and Marine Corps, financial, educational and other assistance to members of the naval services of the United States, eligible family members and survivors when in need, and to receive and manage funds to administer these programs.

For more information or to donate, visit [www.pixi.com/~nmcrshi](http://www.pixi.com/~nmcrshi) or send an e-mail to [pearlharbor@nmcrs.org](mailto:pearlharbor@nmcrs.org).

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### 15th Wing seeks posts, feedback

The 15th Wing's official Facebook page launched two weeks ago. Thank you for your support and interaction. Now, we need your help.

Nobody knows what would interest the 15th Wing family more than you, the members. If you have any information or suggestions for posts that will benefit the 15th Wing *ohana*, please submit it by emailing the photo, video or link that you would like posted, the wording you would like attached, and any pertinent information to [15thWing@gmail.com](mailto:15thWing@gmail.com).

This email address is specific to the Facebook page and should only be used for such. For other 15th Wing Public Affairs business, continue to utilize [15wg.pa@us.af.mil](mailto:15wg.pa@us.af.mil).

## Impact extends across mission areas

Continued from A-1

he said.

The PACOM mission requires the staff to engage actively across 35 nations, but with a 50 percent cut on the command travel budget that's already taken effect, it's significantly impacted these efforts.

"We're 50 percent effective today because we had to cut that," Locklear told the House panel. "That's a small thing, but it gives you an indication of the kind of near-term impacts.

"The long term ... is going to be like an avalanche," he continued.

"And pulling those dollars out will ultimately result in less capacity ... for my [area of responsibility]," Locklear added.

"It also will ultimately, if allowed to, undermine the rebalance," a strategy he emphasized is vital for the future.

He noted in his written statement examples of what looms ahead for PACOM as service funding is cut, including a dramatic decrease in training tempo and fewer rotational forces in the theater. This will lead to

"decreased ability to accomplish assigned missions, respond to crises and support theater engagement objectives," he warned.

"These funding cuts will challenge our ability to execute both discreet operations and the broader Indo-Asia-Pacific rebalance strategy," he said.

Locklear noted during his testimony progress made over the past year to begin putting that strategy in place, recognizing that it won't happen overnight but, over the long term, will set conditions that impact future generations.

"We have to get it right in the Asia Pacific," he said. "The road we're on will undermine that."

Asked about pending civilian furloughs slated to begin next month, Locklear said they will have a "somewhat tragic" effect on 38,000 Defense Department civil service employees in the region, many of them based in Hawaii.

These employees are vital to PACOM's mission, Locklear told the committee. "I think, over time, in a low volunteer force, the line between our civil servants who serve in our

Defense Department and our military have blurred to some degree," he said.

"And we rely very, very heavily on these civil servants to do the types of things that you might historically have considered as core military."

A 20 percent reduction in pay, expected to begin taking effect in late April, will be devastating to many who already shoulder particularly high living costs, he said.

But the furloughs will have a trickle-down effect across the command, Locklear told the panel, reducing manpower within the Department of Defense Education Activity schools and overseas hospital system made up predominantly of civilian employees.

"That means that one-fifth of the teachers won't be teaching on any given day in those schools which are already probably pressurized to be as efficient as possible," he said. "Our hospital systems overseas are mostly government employees, so we're going to have a decrease in the hospital care immediately.

"I could just keep going on, but that's the tip of the iceberg," he said.



## Community meetings set for March 11, 13, 18

Military housing residents can meet with Navy leadership and Forest City representatives at upcoming community meetings scheduled for 6 p.m. March 11 at Moanalua Community Center, March 13 at Ford Island Community Center and March 18 at NCTAMS in the conference center (the old chapel).

Residents are encouraged to take this opportunity to ask questions and address concerns. For more information, contact your Forest City community manager's office.

## Diverse Views



### “What was your favorite childhood toy, and why?”

**Staff Sgt. Michelle Randolph**  
647th Civil Engineer Squadron



“A Michael Jackson doll. I guess because it seemed he could do anything. Everything about him: his music, dance changed me. He was my hero, I guess you could say.”



**Fire Controlman 3rd Class Deborah Rosen**  
Joint Base Pearl Harbor-Hickam

“My favorite childhood toy was a stuffed deer toy. I called it soft paws because of the tag on the back end. It was basically a security blanket for me while I was sleeping.”

**Paul Hibbeln**  
15th Wing Historian

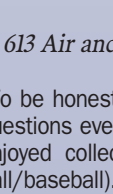


“It’s hard to decide, either Legos or Star Wars figures, probably both together. No one had enough Star Wars toys, but with a couple of thousand Legos, you could totally make up for it by building sets around them.”



**Quartermaster 1st Class (SW/AW) Eric Williams**  
Joint Base Pearl Harbor-Hickam

“My favorite childhood toy was my Nintendo. I enjoyed playing games such as Contra, Paperboy, Zelda and all the Mario Games (Donkey Kong). It was entertainment for me.”



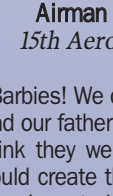
**Staff Sgt. Marcus Perez**  
613 Air and Space Operations Center

“To be honest, this is one of the hardest questions ever asked of me. Growing up I enjoyed collecting sports cards (basketball/baseball). But toys...I have to go with GI Joes’ action figures. Go Joe!”



**Master-at-Arms 1st Class (SW) Johnny Lara**  
Joint Base Pearl Harbor-Hickam

“My favorite childhood toy was my soccer ball, because I always dreamed about being a famous soccer player all my life.”



**Airman 1st Class Rachel Urquhart**  
15th Aerospace Medicine Squadron

“Barbies! We didn’t have much growing up and our father wasn’t part of our lives, so I think they were so fun to me because I could create this dream life, and be whatever I wanted to be, and have whatever I wanted to have. The sky was the limit.”



**Staff Sgt. Jerome Abayon**  
647th Civil Engineer Squadron

“A top. Growing up in the Philippines, we had tops that were of wood and a nail. We made it spin using a piece of rope. There were many ways of playing it. One would be trying to smash another kid’s top while it was spinning on the ground. Another was tossing it in the air and have it land on our hands while spinning.”

**Staff Sgt. Daniel Thompson**  
535th Airlift Squadron



“A Popple. I’m all about getting the most bang for my buck. I suppose this toy, being able to transform into a soccer ball and struggle buddy, was the first toy in my life that showed me the path to pinch pennies and get more for less.”



**1st Lt. Ji Park**  
613th Air and Space Operations Center

“Legos. It was always fun getting a toy that was like a puzzle. The Legos came in 100 pieces, and the motivation to build them was always an incentive to buy them, since when you have completed building the Legos, you would get a sense of accomplishment. And it was exciting to play with a product that you felt like you built yourself.

(Provided by David Underwood Jr. and MC2 Nardel Gervacio)

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)

## 15th OSS Airman nominated for heroism award

**Tech. Sgt. Jerome S. Tayborn**

15th Wing Public Affairs

Tech. Sgt. Ronald J. Giannetti, 15th Operations Support Squadron special missions flight attendant instructor, was recently selected as the Pacific Air Forces 2013 Non-commissioned Officer Association Vanguard Award recipient.

The NCOA Vanguard Award, which recognizes enlisted members for acts of heroism that directly result in saving lives or preventing injury, was awarded to Giannetti on Sept. 3, 2012 for his part in rescuing a young girl.

While hiking with his friends on Labor Day, Giannetti noticed a teen girl having difficulty on the trail. He leaned down and offered her his hand and to help pull her up a wall, then continued his trek. On the return leg of the hike, he crossed paths with the girl again. She was sitting on a rock, slumped over and being held up by two friends.

He noticed that she was



Tech. Sgt. Ronald J. Giannetti

breathing very heavily, appeared unconscious and non-responsive. Giannetti immediately offered aid to the teen. Joined by a few other hikers, Giannetti and the group offered the young girl food and water before building a make-shift gurney out of their clothing and tree branches and carrying the girl down the mountain.

“Moving the girl down the mountain was very tricky because it involved navigating rock walls, mud and hills,” he said. “We could have easily slipped and fell 30 feet if we weren’t careful.”

Giannetti said the group took turns carrying the litter

to make sure no one became exhausted on the hike down. He used his break to call 911 for emergency assistance, but the call was dropped due to low reception in the area.

The hike continued on for some time before the group was discovered by a nearby helicopter and finally rescued by a local fire department. The teen was airlifted to a hospital where she made a full recovery, thanks to the help of Giannetti and his fellow hikers.

“I have no doubt my Air Force training helped me in this situation,” he said of his rescue efforts. “I can say with no hesitation that the Self Aid Buddy Care, Air Care Flight Attendant Cabin Training Systems training and my Combat Survival School training came into play on that mountain.”

According to Capt. Gabriel Chavarria, PACAF 15th Operations Group, nominating Giannetti for the award was an easy decision. He knew Giannetti would be a perfect candidate for the 2013 Non-commissioned Officer Association Vanguard Award.

“After hearing the story and seeing his interview on TV, I felt he needed to be recognized for his good deed,” he said. “His story was simply amazing and is a testament to what kind of person he is. He is always there to help anyone in need both in and out of the office.”

Chavarria said Giannetti’s proactive attitude is present on and off duty.

“Tech. Sgt. Giannetti is one of the most professional NCOs that I have had the pleasure and honor to work with,” he said. “His work ethic, can-do attitude and professionalism are all exceptional. He is creative and ingenious, which was evident in how he handled himself when coming to the aid of a fellow hiker.”

As PACAF’s 2013 Non-commissioned Officer Association Vanguard Award recipient, Giannetti has advanced to the Air Force level of competition. The winner of the Air Force Vanguard Award is expected to be announced in the near future.

For the original report of the heroic actions on the trail, visit <http://bit.ly/OjlmBp>.

## Electricity rates increase for NAVFAC Hawaii customers

### Naval Facilities Engineering Command Hawaii

A town hall meeting, led by Capt. Michael Williamson, Naval Facilities Engineering (NAVFAC) Hawaii commanding officer, was held Feb. 21 at Hickam Memorial Theater at Joint Base Pearl Harbor-Hickam. The event was held with command customers to discuss electricity billing rate increases and the way ahead.

“The rate increases everyone is experiencing this fiscal year will continue into FY14 but will stabilize compared to the projected market rate in FY15 and beyond,” said Williamson.

“The increases are necessary due to the loss the Navy incurred while maintaining lower electricity rates for our customers but paying higher costs to our supplier, Hawaiian Electric Company,” he said.

Utility rates are established during the standard Department of Navy (DON) budget process. From FY07 to FY12, NAVFAC Hawaii customers paid less for electricity than Hawaiian Electric Company (HECO) was actually charging the Navy. This is because customers are billed an approved stabilized rate that does not change during the fiscal year. This is to avoid the electricity rate volatility and so customers can plan their annual budgets accordingly.

However, the stabilized electricity billing rates in the past few years for Hawaii resulted in large losses and, according to Department of Defense (DoD) financial management policies and regulations, these financial losses have to be recovered through rate increases just as over-charging must be returned to customers through lowered rates in future years. The decision to

increase the electricity billing rate for FY14 is still pending completion of the Navy’s budget process.

The FY13 electricity rate increased by 30 percent over the rate charged in FY12. The pending electricity billing rate for FY14 would be an increase of approximately 123 percent from the rate charged in FY13. In addition, a surcharge is added to the electricity billing rate for non-DoD federal customers and private party customers to reimburse the Navy for overhead not already included in the electricity billing rate.

To put the NAVFAC Hawaii losses incurred into perspective, the cost of electricity purchased from HECO increased by 68 percent between 2008 and 2012 while NAVFAC Hawaii customer electricity billing rates only increased 18 percent. The loss amounts to tens of millions of dollars that are required to be recovered.

## WASPs walk flight line



U.S. Air Force photo

WASPs (Women Airforce Service Pilots) are shown here walking on the flight line Jan. 22, 1944 at Laredo Army Air Field, Texas. The WASPs participated in non-combat missions, which freed up male pilots for combat duties. March is Women’s History Month.



Commander,  
Navy Region Hawaii  
**Rear Adm. Frank Ponds**

Chief of Staff  
**Capt. Mark Manfredi**

Director,  
Public Affairs  
**Agnes Tauyan**

Deputy Director,  
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**Bill Doughty**

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# Friends, families welcome home USS Olympia Sailors

**Story and photo by  
MC2 Steven Khor**

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

Friends and families of the crew from USS Olympia (SSN 717) gathered at the submarine piers March 4 to welcome back the Los Angeles-class submarine as it returned to Joint Base Pearl Harbor-Hickam after completing a seven-month deployment to the western Pacific region.

“Olympia accomplished national tasking, theatre tasking and security cooperation events throughout the [U.S.] 7th Fleet area and enhanced continued relations with our allies overseas,” said Cmdr. Michael J. Boone, Olympia’s commanding officer.

Boone said the submarine

crew worked around the clock, applying months of preparations and workups into mission accomplishment. The range of the missions offered a broad aspect for training and development, creating experienced Sailors across all mission areas.

“The hard work and determination from the crew of Olympia these past seven months developed a camaraderie that is second to none. We are returning to Pearl Harbor as a more experienced and capable unit,” said Boone.

During the deployment, 23 Sailors earned their designations as qualified in submarines and now wear their dolphin warfare insignia.

Boone added that the crew was able to get time off to experience the diverse cultures in Yokosuka, Japan; Subic Bay, Philippines;



Senior Chief Sonar Technician Jim Sowa kisses his wife, Heidi, for the first time following the return March 4 of the Los Angeles-class attack submarine USS Olympia (SSN 717) to Joint Base Pearl Harbor-Hickam after completing a seven-month deployment to the western Pacific region.

Guam and Singapore. While in a few of these foreign ports, foreign dignitaries and ambassadors toured the submarine.

When the deployment was finally complete, the crew came home to a waiting crowd of smiling families and friends at the pier.

“I am estatic. It’s been such a long time. The best thing is just to hold my husband and have him home,” said Beecee Hall, an Olympia spouse.

Olympia is the second ship of the U.S. Navy to be named after Olympia, Wash. Commissioned in Nov. 17, 1984, it is the 29th ship of the Los Angeles-class nuclear attack submarines. The submarine is 362-feet long, displaces 6,900 tons and can be armed with sophisticated Mark-48 torpedoes and Tomahawk cruise missiles.

## Pacific Air Forces wins highest AF safety award, mishap numbers down

**Story and photo by  
Master Sgt.  
Matthew McGovern**

*Pacific Air Forces Public  
Affairs*

Pacific Air Forces (PACAF) recently earned the Secretary of the Air Force Safety Award, recognizing the most effective safety program in the Air Force for fiscal year 2012.

“Receiving this top safety award is a testament to our professional Airmen, both on and off duty,” said Lt. Gen. Stanley Kresge, PACAF vice commander.

Air Force Safety Award Board officials made their selection for the Air Force’s highest safety accolade based on the effectiveness of the safety programs of major commands, direct reporting units and field operating agencies. Pacific Air Forces Airmen demonstrated this with the lowest



Capt. David Rechner (left) and Master Sgt. Dan Williams conduct a safety spot inspection of Airman 1st Class Kasey Kirby as he inspects the wing of a C-17 Globemaster III for fuel leaks Feb. 22 at Joint Base Pearl Harbor-Hickam.

mishap rates the command has seen in 10 years.

“I am extremely pleased that the Airmen of this command are being recognized at the Air Force level,” said Col. Robert Jones, PACAF safety director. “It is through their commitment to safe operations that PACAF won this award.”

Pacific Air Forces’ safety statistics for 2012 included a ground safety mishap reduction of 25 percent, a mishap costs reduction of 21 percent and a lost duty day decrease of 26 percent.

“Commanders and supervisors at all levels incorporated safety principles into their plans and programs and ensured the application of sound risk management while accomplishing our goals and objectives,” Jones said.

“Our leaders emphasized the tenants of commander’s focus, supervisor involve-

ment and individual responsibility to energize mishap prevention efforts,” he said.

Proactive safety initiatives in aviation also led to historic minimums and zero fatalities. Class B mishaps, or damage to assets from \$500 thousand to 2 million, were at their lowest level in 10 years, while class C mishaps, or damage to assets from \$500 to \$50 thousand, were at their lowest in five years.

Pacific Air Forces has approximately 45,000 military and civilian personnel serving in nine strategic locations and numerous smaller facilities, primarily in Hawaii, Alaska, Japan, Guam and the Republic of Korea. Approximately 340 fighter and attack aircraft are assigned to the command with approximately 100 additional deployed aircraft stationed rotationally on Guam.



# Pearl Harbor-Hickam *Highlights*



International media look on as fireworks show dazzles a crowd of 180,000 spectators marking the end of the first day at Australian International Airshow March 1 at Avalon Airport in Geelong, Australia. Airmen from Joint Base Pearl Harbor-Hickam participated in the biennial show.

Department of Defense photo by  
U.S. Air Force Tech. Sgt. Michael R. Holzworth



(Left) Chief Machinist's Mate Herman Arevalos, (right) from the Los Angeles-class submarine USS Greeneville (SSN 772) jokes with Electrician's Mate 2nd Class Akio Ikeshita, from the Japanese Soryu-class submarine Hakuryu (SS 503) of the Japan Maritime Self-Defense Force, during a tour on USS Greeneville at Joint Base Pearl Harbor-Hickam.

U.S. Navy photo by MC2 Steven Khor



U.S. Navy photo by MC1 Peter D. Lawlor  
Chief of Naval Operations (CNO) Adm. Jonathan Greenert joins Chief of Staff of the Army Gen. Raymond T. Odierno, (right), commandant of the Marine Corps Gen. James Amos, (center left), and Chief of Staff of the Air Force Gen. Mark Welsh, (left), to testify March 5 before the U.S. House Appropriations Subcommittee on Military Construction, Veterans Affairs and Related Agencies about the effects of the continuing resolution and sequestration on military readiness.



(Above) Royal Canadian Air Force Sgt. Mark Douglas, assigned to 443 Maritime Helicopter Squadron, observes the takeoff of a CH-124 Sea King helicopter from Joint Base Pearl Harbor Hickam. The helicopter was transporting personnel to Canadian Halifax-class frigate HMCS Regina (FFH 334) on its scheduled port visit to Pearl Harbor as part of an eight-month deployment.

U.S. Navy photo by MC3 Diana Quinlan



(Above) Canadian Halifax-class frigate HMCS Regina (FFH 334) navigates off the coast of Hawaii as part of a scheduled port visit to Joint Base Pearl Harbor-Hickam. Regina was visiting Hawaii as part of an eight-month deployment in the Pacific.

U.S. Navy photo by MC3 Diana Quinlan



(Left) Two U.S. Air Force F-22 Raptors, Two F-16 Fighting Falcons, a KC-135 Stratotanker, a B-52 Stratofortress and a C-17 Globemaster III, all currently assigned to U.S. Pacific Air Forces at JBPHH join with Australian military aircraft and civilian aircraft from around the world for display on the tarmac at Avalon Airport in Geelong, Australia.

Department of Defense photo by  
U.S. Air Force Tech. Sgt. Michael R. Holzworth



# Rear Adm. Wetherald discusses budget cuts in Hawaii

*(Editor's note: This is an excerpt of the testimony that was presented March 6 by Rear Adm. Hugh D. Wetherald, deputy chief of staff for plans, policies and requirements, U.S. Pacific Fleet before state lawmakers. To view video transcripts of the session, visit [olelo.org](http://olelo.org).)*

The net effect of sequestration will be a negative impact in the Indo-Asia-Pacific at a critical time as we look to stabilize our forward presence and increase engagement with our treaty allies and partners.

Although Navy Secretary Ray Mabus did make an announcement on March 2 about immediate impacts caused by sequestration, none of those initial impacts immediately involve Hawaii-based units.

Like other Navy leaders, Adm. Haney has directed that decisions needed to meet these forced sequestration cuts will be

deferred until the last possible moment in order to provide flexibility, thoughtful deliberation and reversibility. We are still hopeful that Congress will act, to include passing a much-needed appropriations bill.

Living with the fiscal uncertainty of a long-term continuing resolution is a big problem for the Navy and the other services. Although everyone is rightly focused on the impact of the sequestration cuts, it is also important to understand that shortfalls from the continuing resolution limit our flexibility to react because it does not allow us to transfer funds for operation and maintenance from other accounts. Simply stated, if Congress acts in the next couple of weeks to provide us a robust appropriations bill, we will be in a better position better to manage sequestration impacts with respect to Pacific Fleet operations.

We are approaching the combined fiscal impact of sequestration and the continuing resolution in a measured way. That said, it should be clear that we will not be able to afford the Navy we have today. As a result of the full year continuing resolution, combined with the sequestration cuts which were triggered in March, nearly half-way through the fiscal year, the Navy must absorb approximately \$9 billion (dollars) in cuts to our operations and maintenance accounts by Sept. 30.

The threat of an extended continuing resolution plus the cuts required by sequestration fundamentally alter the Navy's ability to fight, train and maintain our ships, aircraft and other critical equipment. As a result, we will have to make tough choices to delay or cancel some training, operations and maintenance. Again, we will defer these decisions until

the last possible moment, as we are hopeful that Congress will still act.

But hope is not a strategy, and Adm. Haney intends to lead the Pacific Fleet through this turbulence. His guiding principles will be to protect forward warfighting readiness in order to respond to any contingency, while minimizing the impact on our people. We are particularly concerned about the potential furlough one day a week of our valuable civilian teammates and how this will impact them, as well as our military workforce.

The Department of Defense has stated that enacting civilian furloughs is a measure of last resort and it is still working out details. On Feb. 20, former Secretary of Defense Leon Panetta notified Congress that most of the DoD civilian workforce will likely be furloughed for an average of one day per week for up to 22

weeks. Should Defense leaders make this decision, furloughs are expected to begin the week of April 25.

This essentially equates to a 20 percent cut in pay for each individual DoD civilian worker during the furlough period. The high cost of living here in Hawaii, combined with the fact that our civilians have not received a pay raise in nearly three years, has us deeply concerned about the negative effects of furloughs on morale.

The important work of our civilian workforce cannot be picked up by others in their absence. Civilians fix our ships, submarines and aircraft, staff our hospitals, handle contracting and financial management, and much more. All services or facilities that employ civilian personnel will be affected to some degree, to include reduced services, longer wait times, and fewer personnel available to provide necessary services.

We are also concerned with the impact to the highly skilled labor force that repairs and maintains our ships and submarines in Pearl Harbor. A reduction in funding will decrease the public and private shipyard capacity. Under sequestration and with no relief from the current continuing resolution, the Pearl Harbor Naval Shipyard funding could be reduced by approximately \$32 million (dollars) for this fiscal year, plus an additional \$28 million (dollars) if a furlough is executed. Additionally, we estimate that private sector maintenance could be impacted this fiscal year by approximately \$35 million (dollars).

Even though budget constraints will cause some turbulence in the short-term, there should be no doubt about the Navy's enduring commitment to maintain security and stability in the vital Asia-Pacific.

## Shipyard leaders master personal and professional lives

**David Tomiyama**

*Code 1160 Public Affairs,  
Pearl Harbor Naval  
Shipyard*

In their ongoing efforts to develop leaders and improve performance, Pearl Harbor Naval Shipyard & Intermediate Maintenance Facility held a 'personal mastery' class recently targeted at mid-level managers. Thirty-three shipyarders attended the week-long course on Ford Island.

The class identified their personal and career values and their vision for what they want to achieve in life.

The class also focused on emotional intelligence, self-trust, mental discipline,



Photo courtesy of Shipyard Code 100 Process Improvement

Shipyard leaders lend a hand in joint activities designed to foster teamwork during the Personal Mastery Executive Workshop held Feb. 11-15 on Ford Island.

concentration and visualization.

"There is a personal and professional aspect to the

class," said Melissa Lamerson, code 100 process improvement lead organization learning facilitator.

"The personal side helps individuals articulate what they truly want from life. The professional aspect helps them align their personal contributions to the shipyard with the big picture goals of the organization," Lamerson said.

In 2010, shipyard leaders sought to develop execution and program managers by aligning their efforts with that of the shipyard's to achieve significant improvement in performance.

"Senior leadership wanted to raise awareness of the importance of leadership and influence in the ship-

yard's key positions. They wanted to create a sustainable future for the command through alignment and networking," said Lamerson.

"We targeted and are continuing to target the execution and program managers and will eventually filter to first line supervisors and the workforce. The shipyard is committed to fostering personal growth and development of employees because we believe it will make the organization stronger as a whole," she said.

The class was the ninth Personal Mastery Execu-

tive Workshop. To date, 316 shipyard leaders have gone through the workshop. Shops are scheduled for April, July and August for those leaders who are selected to attend.

"I have found that everyone who has had this training is a cut above in professionalism, understanding our core business practices and how they are impacted by our personal actions and lead from the front," said Capt. Larry Scruggs, shipyard deputy commander. "This course is one of the best investments in our work force and will pay off immediately."



# Hawaii Airmen get rare opportunity to stand in for Hawaii 5-0 actors



Photo by Tom Sanders

Maj. Aaron Lawson, Pacific jumper and special tactics officer with Special Operations Command, jumps from a C-17 Globemaster III near Joint Base Pearl Harbor-Hickam on Feb. 26. Lawson was recently given the opportunity to serve as a stunt double for actor Alex O'Loughlin, who plays Steve McGarrett, and will be featured alongside U.S. Marine Corps Staff Sgt. John Phillips, SOCPAC jumper and parachute rigger, performing the freefall jump. This episode will air Monday, April 15 on CBS at 10 p.m. Eastern time.



Maj. Aaron Lawson, Special Operations Command, opens his parachute after performing a freefall jump from a C-17 Globemaster III.

Photo by Tom Sanders



Photo by James Menne

(Above) Maj. Aaron Lawson, Special Operations Command, (left) gets the green light for a jump from James Menne (right), chief of training and readiness for SOCPAC.

(Below) Members of the "Hawaii 5-0" production crew film the landing of Special Operations Command, Pacific freefall jumpers, Maj. Aaron Lawson, (left) and U.S. Marine Corps Staff Sgt. John Phillips (right), near Joint Base Pearl Harbor-Hickam.

Photo by Tom Sanders





# Life&Leisure

B

## Oahu's natural wonders

makes it ideal for a 'staycation'

Story by **Brandon Bosworth** Staff Writer  
Photos by **Richard Onaha Hutter**



"Sunset at Sunset"—Oahu's Sunset Beach may be known as one of the best and most challenging surfing breaks on the planet, but the sunsets are well known to Oahu beachgoers as well.



Time passes slowly at Malaekahana—a rugged beach along Oahu's northeast coast.

For many military and civilian families, tough financial times and cutbacks mean having to put trips off-island on hold. But the beaches and hiking trails of Oahu offer countless opportunities for fun "staycation" activities.

Oahu is justifiably known for its beaches. Lanikai Beach in Kailua was featured as one of the "Top 10 Beaches in the World" in the National Geographic book, "The 10 Best of Everything," and two Oahu beaches—Kahanamoku Beach in Waikiki and Waimanalo Bay Beach Park—were among "Dr. Beach's America's Top 10 Beaches Of 2012."

There are countless ways to enjoy Oahu's beaches and ocean environment without spending much, or any, money. Depending on where you go and the time of year, you can swim, snorkel, scuba dive, surf, body board, kayak, canoe, or even just catch some sun while lounging on the beach. With 112 miles of coastline, there is probably a beach on Oahu to suit every ocean-goer.

For hiking enthusiasts, Na Ala Hele ("trails go on") is the state of Hawaii's trail and access program. Na Ala Hele maintains a website, [www.hawaiitrails.org](http://www.hawaiitrails.org), that features information on more than 40 hikes on Oahu, including maps and detailed trail descriptions. Many of Oahu's trails feature streams or even waterfalls, as well as the chance to observe many of the island's plants and wild birds.

While Oahu's beaches and hiking trails are beautiful, they can also be potentially dangerous. It is always a good idea to do some research, be safe and practice common sense when enjoying the island's natural wonders.

Military members and their families are able to take advantage of what the islands of the state of Hawaii have to offer, through Joint Base Pearl Harbor-Hickam's Morale Welfare and Recreation Information Tickets and Travel (ITT) offices.

For more information, go to your nearest ITT office location.



(Left) Thermal heating produces midday showers over Kaena Point as the sun blazes down at Chun's Reef, a popular surfing break. (Above) Sometimes the best place to watch a *honu* (sea turtle) is in their element. (Right) Remnants of an old pier?...One's imagination is free to roam along Malaekahana's hidden coast.



(Left) Coastal flora. (Above left) Ahupua'a O Kahana State Park, a relatively unspoiled valley, and one of only a few publicly owned *ahupua'a*, or ancient Hawaiian land divisions, in the state. (Above right) The lookout at Diamond Head on the south shore. (Right) Hale'iwa Beach on the North Shore hosts canoe clubs as well as other ocean and family activities. (Below) The south shore's Ala Moana Beach Park.





# Clutch finish helps Shipyard clinch 8th victory

Story and photo by  
Randy Dela Cruz

*Sports Editor*

Retired Chief Electrician's Mate Troy McCloud sank a clutch three-point shot with only 31 seconds on the clock to give Shipyard a one-point advantage en route to a 47-44 win over the 15th Operations Group (15 OG), March 4, in a Blue Division intramural basketball game at Joint Base Pearl Harbor-Hickam Fitness Center.

The win knocked the 15 OG off of its unbeaten perch at 9-1 and placed Shipyard right back in the race with a record of 8-2.

McCloud, once the cornerstone of a dominating Naval Station Pearl Harbor (NAVSTA) basketball team, took a return pass from the inside and calmly knocked down the long jumper that put Shipyard back out in front after blowing a double-digit lead.

"It's a different story now days," said a smiling McCloud following the game. "Before I was a younger guy, but I still feel like if it's in my hands at the end of the game, I'm still going to want to take the shot. That's never left me. The confidence is still there."

Early in the game, it appeared as if Shipyard would have no trouble putting away the shorthanded 15 OG, which arrived to play with the bare minimum of five players.

McCloud scored a basket with 10:56 remaining in the first half to give Shipyard an 11-point lead at 13-2, and helped his team breeze into halftime with a big 29-17 advantage.

His four points in the first half was among seven Shipyard players that got into the scoring column before the break.

Teammate Engineman 2nd Class (SW) Blake Petenbrink contributed heavily to Shipyard's early lead by sinking two three-pointers and going a perfect three-for-three from the free-throw line.

Shipyard remained in full control early in the second half, and still maintained an eight-point lead at 38-30 after McCloud stole a pass and went coast-to-coast for lay-up with 7:20 left in the game.

However, over the next five minutes, the 15 OG chipped away at the lead and when Airman 1st Class Justin Meehan scored a basket at the 2:10 mark, the game was deadlocked at 40-40.

The teams traded baskets to keep the game tied, but Senior Airman Jimmy Wilbourn broke the stalemate with a lay-up, before missing a free throw to give the 15 OG its first lead of the game at 44-42 with 57 seconds in the game.

Down by two, Shipyard brought the ball upcourt with precious time ticking away.

McCloud got the pass in the corner and threw the ball for a quick hitter inside the paint, but with the lane sealed off, he got a return pass instead.

Without hesitation, McCloud netted the clutch shot for the lead. He later added two free throws to put the game away for good.

Wilbourn said a few adjustments helped the 15 OG get back into the game, but things might have turned out differently had he completed the basket-and-one late in the game.

"We stopped allowing them to crash the boards and took away their threes," Wilbourn said. "We were tired, but we needed to go man because we were down so much."

Wilbourn led the 15 OG with 14 points and was followed by Meehan with 11 points.

McCloud also finished off his night with 14 points, which included 10 in the second half.

He got support from Petenbrink with nine and Department of Defense (DoD) civilian Bao Lei, who tossed in 10.

While the win lifted Shipyard up in the standings, McCloud admitted that he had no idea that 15 OG was undefeated.

The veteran center stated that he and his teammates enter each game with just one thought in mind.

"We don't look at teams and see what record they're at," he said. "We look at each game just trying to get better. Win or lose, it doesn't matter what the record is. The mentality is to get better and hopefully get the victory while we're at that."

As for his past success with NAVSTA, McCloud, who is now a DoD civilian, said that his focus is on the future.

"I don't even know if most of these guys remember that team," said McCloud about the squad that won three base titles in a row. "That dynasty is over. We're trying to start a new one. Piece by piece, the end goal is still the same: win the championship."



Shipyard Department of Defense civilian Troy McCloud goes over the defense of Senior Airman Jimmy Wilbourn, 15th Operations Group (15 OG), for two of his 14 points.

## Story Ideas?

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

473-2890  
editor@hookelenews.com



# Maintenance Group keeps pace in Blue Division race

Story and photo by  
Randy Dela Cruz

Sports Editor

It wasn't your typical run-and-gun victory for the 15th Maintenance Group (15 MXG), but the team of high flyers did just enough to put away Navy Information Operations Command (NIOC) Regulators, 43-33, on March 4 in a Blue Division intramural basketball matchup at Joint Base Pearl Harbor-Hickam Fitness Center.

The win kept the MXG among the divisional leaders with a record of 9-1, while the Regulators saw their league mark drop to 4-6.

"We have a bad habit of playing to the level of our competition," said MXG point guard Staff Sgt. Jonathan Jenkins about the team's ugly win. "We play NIOC (defending champions) and we beat them, and then we come back and we play this team and..."

Even with the 10-point win, Jenkins had every reason to be disappointed after his team of high scorers seemed to come out flat early in the game.

In the first half, MXG struggled with their outside game and held a slight 16-9 lead, mostly off of the inside play of Marine Sgt. J.R. Martin, at the five-minute mark.

A putback by guard Airman 1st Class Aaron Maxwell gave the MXG their first double-digit lead at 21-11, before back-to-back baskets by Jenkins raised the margin to 25-11 at halftime.

Jenkins said the two baskets just before the break was exactly what the team needed to shake off its slow start.

"We wanted to close the half off well, so we can come back in the second half and carry it over," he said. "Basketball is about a game of runs."

While the post play of Martin seemed to carry the MXG in the first half, the team found more inside help coming out of the break with the play of Senior Airman Al-Tariq Stewart, who started off the second half with three strong hoops inside the paint.

The spark by Stewart appeared to jumpstart the MXG and with 13:05 remaining in the game, a three ball by Jenkins stretched the team's lead to 20 at 35-15.

Although the Regulators cut the deficit to 12 on a trey by Cryptologic Technician (Networks) 2nd Class Joe Vieke at the 10:36 mark and to 10 on another basket by Vieke later in the half, MXG easily held off their opponent for the win.

Vieke, who led the Regulators with 10 points off of two three-pointers and two baskets, said that once his team fell behind by 20, it was too much to overcome.

"I think it was a lot of things," he said. "Our defense wasn't playing that good, and we weren't moving that well on offense. We had a lot of opportunities that we just couldn't capitalize on. It's mostly about having fun, but everyone likes to win. I'm glad to see that our guys came out and played tough."

Jenkins said that in a game where the team didn't perform up to its potential, it was important for the MXG to control the tempo.

After building up a 14-point lead at halftime, Jenkins said that it was time to pick up the pace and attack on offense and defense.

"I tried to speed the game up," Jenkins said. "I felt like we had the better team, so the faster I could make the game, the more turnovers we could cause, then the better chance we would have to win the game."

"I felt like we had the better team, so the faster I could make the game, the more turnovers we could cause, then the better chance we would have to win the game."

—Staff Sgt. Jonathan Jenkins

As the team looks further down the road, Jenkins said the MXG is just about where it wants to be to make a solid run at the title.

"It's the little things," Jenkins said. "Everybody worries about rebounds and points, but it's the little things that don't show up on the stat sheet that wins games. It's all about clicking. I think if we put everything together we'll be OK."



Marine Sgt. J.R. Martin, 15th Maintenance Group (15 MXG), muscles up a shot between two defenders for two of his game-high 12 points.

# Medical Group holds off 647th LRS in double overtime

Story and photo by  
Randy Dela Cruz

Sports Editor

The league-leading 15th Medical Group (15 MDG) fought back to earn a tough double overtime, 51-50 victory, over the 647th Logistics Readiness Squadron (647 LRS). The March 5 showdown matched the Gold Division's top two teams at Joint Base Pearl Harbor-Hickam Fitness Center.

With the win, the 15 MDG stayed put at the top of the division with a 9-1 record while the 647 LRS dropped their third game of the season against seven victories.

"I think we got a little tired," said 15 MDG guard Benjamin Briggs, a military spouse, about the tough win. "We should have managed the clock a little better. It came down to free throws and we weren't hitting."

As the clock wound down in regulation, the 15 MDG could have sealed the game at the charity stripe, but missed four free throws in succession.

Still, ahead by a score of 47-44, the game looked secure for the Medical Group until 647 LRS shooting guard Tech. Sgt. Chris Sage pulled up and drilled a three-pointer from the right wing to send the game into overtime.

"They didn't leave me wide open until my man Coney (Senior Airman Blake) gave me a good screen," Sage said about his game tying shot. "That allowed me to get open."

In the first overtime peri-

od, 647 LRS Department of Defense civilian Bruce Ayers and 15 MDG Staff Sgt. Uriah Seui traded baskets to keep the game deadlocked at 49-49.

Then down by a point after a basket by Briggs in the second overtime, the 647 LRS committed a huge error in fouling Briggs with 21 seconds on the clock.

Since the clock does not stop for fouls in overtime, the 15 MDG let time run out to secure the win.

"This was real tough," Sage said following the loss.

"If we'd have won, we would have been in first place. I think there were a few bad calls, but it is what it is."

The heartbreaking defeat was even harder to swallow after the 647 LRS staged a strong comeback to send the game into overtime.

Tied at 19-19 with just over two minutes remaining in the first half, the 15 MDG scored seven straight points on a trey and basket by Briggs and a hoop by Yeoman 3rd Class Erieck Ausbey to take a 26-21 lead into halftime.

The 15 MDG continued

aggressive," said Sage about the team's scramble to tie the score. "But we just made minor mistakes that cost us the game."

Sage led the 647 LRS with 15 points and was followed by Coney with 10.

Meanwhile, Briggs tallied 21 points to lead all scorers and was joined by Ausbey in double figures with 12.

Briggs said that in the end, it was the team's defense that pulled out the win for the 15 MDG.

"It's great," Briggs claimed. "Considering the season we had last year, it's

"We really want to win a championship. They say that medical don't win much of anything, but we plan to change that. We hope to prove a lot of people wrong."

— Benjamin Briggs



Benjamin Briggs, guard for 15th Medical Group (15 MDG), goes up for a shot in a Gold Division showdown versus the 647th Logistics Readiness Squadron (647 LRS). Briggs scored 21 points to help lead the 15 MDG to a 51-50 double-overtime victory over the 647 LRS.

to maintain their lead until Coney scored on a driving lay-up to cut the deficit down to two at 36-34 with 6:48 remaining.

Then with 1:15 left in regulation, the 647 LRS finally caught and went ahead of the 15 MDG, 44-43, on a three-point basket by Staff Sgt. Pernell Hart.

A shot by Briggs put the 15 MDG back out in front, and Ausbey sank two free throws before Sage threw down the game-tying trey to end regulation.

"We came together as a team and were a lot more

a lot better. I think we've become better as a team. When we started off, we were all over the place, but I think we're starting to play a little better."

After gaining some breathing room at the top of the division, Briggs said he hopes that the win over the 647 will springboard the team to bigger and better things.

"We really want to win a championship," he said. "They say that medical don't win much of anything, but we plan to change that. We hope to prove a lot of people wrong."



# Early-entry deadline for Ford Island Bridge Run ends March 22

## JBP HH Morale, Welfare and Recreation

The Ford Island Bridge Run will be held at 7 a.m. April 6 at Joint Base Pearl Harbor-Hickam.

The bridge will be closed from 6:50 to 7:05 a.m.

For the past 15 years, the Ford Island Bridge Run has been one of the largest 10K runs on Oahu. Race walkers, leisure walkers, serious and recreational runners have been able to observe the scenic and historical sights along the run.

The run is sponsored by Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation. It will start at the entrance to Adm. Bernard "Chick" Clarey Bridge. The race will proceed across the bridge onto Ford Island.

Participants will then circle the island clockwise on a scenic flat perimeter course and run back across the bridge to finish on Richardson Center Field across from Aloha Stadium.

There will be limited free parking at Rainbow Bay

Marina. Additional parking is available at the Aloha Stadium overflow parking lot.

The entry fee is \$20 for military or their family members, \$25 for non-military. The entry deadline is March 22. Any entries postmarked after March 22 will be \$30. Late entries will be accepted until April 5. Mail-in entries will not be accepted if postmarked after April 1. No entries will be accepted on race day. T-shirts for late entries will be based on availability.

Runners, walkers and persons with strollers are eligible to participate in the race. Strollers will be lined up at the back of the pack. No pets are allowed.

Packet pickup will be from 8 a.m. to 4 p.m. at Richardson Pool, building one, located across from Rainbow Bay Marina. All pre-registered entrants will receive a pre-race postcard. No packets will be issued without ID or postcard. The race packet will include a race number and T-shirt.

Prizes will be awarded to first, second and third



U.S. Navy photos by MC2 Tiarra Fulgham

More than 3,000 runners of all ages participated in the 15th annual Ford Island Bridge Run last year. This event is a time when the bridge is open for both military and local residents to see the historic sites on the island.

overall male and female military and non-military finishers.

First, second and third place prizes will be award-

ed in each age category.

For information call 473-0784, 473-2494 or 473-2473.

Pick up registration forms

at all MWR Fitness Centers, on the Great Life Hawaii Face-book Page or register here:

<http://bit.ly/13bsABx>.



U.S. Army Col. Marty Muchow

# National Nutrition Month theme focuses on eating right, your way

## 1st Lt. Karla Bell

Tripler Army Medical Center Nutrition Care Division

At the beginning of the new year, many of us have the great intention to start eating healthier. But for some reason that new year resolution starts to deteriorate after a short time, and we tend to go back to our old eating habits.

What can we do to make sure we sustain this new healthier eating lifestyle?

Make sure to build an eating plan with your unique lifestyle and nutritional needs in mind. This will make it easier to adhere to the new healthy lifestyle, regardless of your busy lifestyle or food preferences.

March is National Nutrition Month, and this year's theme is "Eat Right, Your Way, Every Day." It encourages personalized healthy eating styles and recognizes that preferences, lifestyle, cultural and ethnic traditions can impact individual food choices.

Use the following tips and tricks to help sustain a healthier you and avoid falling into those old eating habits:

- If you tend to do mainly desktop dining, you will most likely lean toward on-the-go foods. Try to keep foods such as peanut butter, individual wheat cracker packets, whole grain bread, tuna or fruit in your desk.

If there is a refrigerator available in your office, bring leftovers from home, Greek yogurt, fresh cut fruits or veggies, hummus or low sodium frozen foods.

Always keep water around to ensure you are well-hydrated and not tempted to run the vending machine to



Photo by Jeltovsk, Mourgefile

get a soft drink, juice or any other sugary beverages.

- Are you a student on a budget? Make sure to stock up on healthier snacks that contain both protein and carbohydrates to help control your appetite or the urge to stop by drive-through restaurants.

You can prepare for the week ahead by having hardboiled eggs ready to ensure you don't skip breakfast when running late to class. String cheese, apples, bananas, yogurt and unsalted almonds are other snacks to keep on hand to make sure your brain is fueled.

- Whether you are a competitive athlete or just like to work out on a regular

basis, fueling and hydrating before, during and after workouts is a must. Your diet and hydration status will affect your performance.

Eat a small snack or breakfast containing carbohydrates, protein and small amounts of fat before your workouts. Be sure to replace fluids lost by hydrating before, during and after with water or low-sugar sports drinks.

- Being vegetarian does not necessarily preclude you from being deficient in certain nutrients or mean you are healthier than omnivores.

Make sure you're getting the right types of vegetables in your diet. Choose veggies that contain high amounts of calcium, iron

and B vitamins that are usually obtained from animal products.

There are a variety of ways to incorporate a balanced diet, even as a vegetarian. Look for power-house foods such as nutrient-rich beans, vegetarian chili, hummus, broccoli, spinach and kale.

- If you are a busy parent who is always taking care of everyone else, it can be tough to look out for yourself. Preparing meals that are well balanced will help keep you healthy and promote healthier eating habits for your children.

Trying new recipes is a great way to not only help introduce new foods, but also keep children engaged in meal preparation. Allowing children to

play a role in preparing meals encourages them to try it. Other tasks children can help with are setting the table, making a salad and clearing the table after a meal is done.

No matter what your lifestyle is, there are ways

to sustain a healthier you. Staying motivated, planning ahead, and having basic nutrition knowledge and a support line can help ease the process.

For more information email [mary.staudter@us.army.mil](mailto:mary.staudter@us.army.mil).



Photo by Jeltovsk, Mourgefile

## My Favorite Photo...



Air Force Master Sgt. Noel Ramirez took this photo of the Ford Island tower on a recent beautiful day in Hawaii.

## How to submit

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



Morale Welfare & Recreation

JUNIOR LIFEGUARD/OCEAN SAFETY REGISTRATION

Registration for the junior lifeguard class ends today. This program will give young people the opportunity for hands-on training and provides a foundation to become a junior lifeguard. The program is designed to allow young people to gain a basic understanding of pool/ocean awareness, water rescue techniques, physical conditioning skills, general first-aid and overall self-confidence. The session runs April through May, and the cost is \$95 per student. This program is for ages 11-17. FMI: 473-0787.

SPRING OPEN HOUSE

In observance of National Craft Month, the Hickam Arts & Crafts Center is hosting a free spring open house from 11 a.m. to 3 p.m. Saturday. There will be “make-n-takes,” demos, door prizes, specials, and free hot dogs and soda. FMI: 448-9907.

WHALE WATCH WITH LIBERTY

There will be a whale-watching excursion with Liberty on Saturday. Departures are from Beeman Center at 9:30 a.m., Instant Liberty at 9:45 a.m., Makai Rec Center at 10 a.m. and Liberty Express at 10:45 a.m. The cost is \$10 per person. This event is for single, active-duty Sailors and Airmen only. FMI: 473-2583.

PRESCHOOL STORY TIME

Preschool story time is held from 9 to 10 a.m. Wednesdays, at the Hickam Library. This week will feature stories by Dr. Seuss. FMI: 449-8299.

FLAVORS OF ASIA

A wine and travel affair “Flavors of Asia” will be held from 6 to 8 p.m. March 14 at Tradewinds Enlisted Club, Oahu Room. The cost of the event is \$30 for club members and \$35 for non-members. The event is for participants 21 years and over only. Reservations are recommended. FMI: 448-2271, ext. 226.

STAND-UP PADDLEBOARD

There will be a stand-up paddle boarding trip to Anahulu Stream on the North Shore at 9 a.m. March 16. Departures are from Outdoor Adventure Center-Fleet Store. Transportation, instruction and equipment are provided. The cost is \$25 per person, and the registration deadline is March 14. FMI: 473-1198.

DOLLAR AND A HALF MONDAY

Throughout the month of March, shoe rentals, bowling games and hot dogs are \$1.50 each from 5 to 9 p.m. at the Naval Station Bowling Center from 5-9 p.m. FMI: 473-2574.

ANNUAL CREATIVE WRITING CONTEST

Entries for the base library’s annual creative writing contest are being accepted now through March 31. Judging begins on April 1. Awards will be presented April 20. Prizes in two divisions (short story and poetry) will be awarded in all age categories (children, young adult and adult). FMI: 449-8299.

MWR NEWCOMERS LUNCH

A free Morale, Welfare and Recreation (MWR) Newcomers’ Lunch will be held 11 a.m. March 19 at the Tradewinds Enlisted Club. This event features lunch, MWR information booths, sponsor tables and activities for kids. At 12:30 p.m. there will be a tour of MWR locations around the base. Separate registrations are required for the luncheon and tour. This event is open to all military-affiliated personnel during their first six months of arrival. FMI: 473-0787.



LES MISERABLES (PG-13)

Bille August directed this Rafael Yglesias adaptation of the 1862 classic by Victor Hugo (1802-1885) about the quest of Inspector Javert to capture escaped convict Jean Valjean, originally an honest man who was jailed for stealing a single loaf of bread to feed the family of his starving sister. This new interpretation of Hugo’s epic begins with Valjean (Liam Neeson), released after 20 years of cruelties and hard labor, reporting for parole in Dijon.

HICKAM MEMORIAL THEATER

TODAY 3/08

6:00 PM   Rise of the Guardians 3D (PG)

SATURDAY 3/09

4:00   Parental Guidance (PG)

7:00   Les Miserables (PG-13)

SUNDAY 3/10

2:00   Les Miserables (PG-13)

Movie Showtimes

Community Calendar

MARCH

**NOW** — The Joint Base Tax Center, run by the Navy Region Legal Service Office, is now open. The tax center offers “self-service” preparation. With the help of a trained tax volunteer. FMI: email Katherine.lake@navy.mil or call 473-4717.

**9** — Hawaii Opera Theater and Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation will host a free concert event called Great American Voices at 7 p.m. at the Hickam Officers’ Club lanai. Open seating will begin at 6 p.m. FMI: www.greatlifehawaii.com or call 473-0606.

**11, 13, 18** — Military housing residents can meet with Navy leadership and Forest City representatives at upcoming community meetings scheduled for 6 p.m. March 11 at Moanalua Community Center, March 13 at Ford Island Community Center and March 18 at NCTAMS in the old conference center (the old chapel). Residents are encouraged to take this opportunity to ask questions and address concerns. For more information, contact your Forest City community manager’s office.

**13** — A command-wide base cleanup will be held from 8 to 11 a.m. at Joint Base Pearl Harbor-Hickam. The focus will be on high-visibility areas, the waterfront, along the perimeter of the base and individual areas. The base first lieutenant shop can provide cleaning supplies and equipment. FMI: 471-3521.

**15** — Marine Corps Community Services (MCCS) will hold the annual Marine Corps Base Hawaii, Kaneohe Bay Career and Education Fair from 9 a.m. to 1 p.m. at Kahuna’s Enlisted Club. The fair is free and open to the military community from 9 a.m. to 1 p.m. and open to the public from 11 a.m. to 1 p.m. FMI: 257-7787, 257-7790 or 257-2158.

**19** — The AFCEA Hawaii (Armed Forces Communications and Electronics Association) buffet luncheon will be held from 11 a.m. to 1 p.m. at Fort Shafter, Hale Ikena Club. Guest speaker will be Peter Colvin, director of business development, Maui High Performance Computing Center. All military and civilians are welcome. FMI: www.afceahawaii.org or call Ken at 441-8524.

**23** — Breakfast with the Easter bunny will be held from 8 to 9 a.m. at the NEX food court lanai. Following the meal, there will be entertainment, games, prize giveaways, a jelly bean guessing contest, face painting and balloon-twisting. Tickets are now on sale. FMI: 423-3287.

SHARKEY THEATER  
is closed  
for renovations  
until June.



# Women at the Helm: Celebrating 2013 Women’s History Month

**Chief Operations Specialist  
Jessica Myers**

*Navy Office of Women’s Policy*

WASHINGTON (NNS) — The Navy joins the nation in celebrating Women’s History Month during the month of March, as announced in Naval Administrative message 039/13, released Feb. 22. Commands are strongly encouraged to increase their knowledge and awareness of the contributions of women to our Navy and nation by celebrating the national Women’s History Month theme, “Women Inspiring Innovation through Imagination: Celebrating Women in Science, Technology, Engineering and Mathematics (STEM)” through programs, exhibits, publications, and participation in military and community events.

One Navy STEM pioneer includes Grace Murray Hopper, who wanted to put her Ph.D. in mathematics to use for her nation in the midst of World War II. In 1943, she joined the Naval Reserves and was commissioned as a lieutenant in 1944. During World War II she worked at the Bureau of Ordnance Computation Project at Harvard University and at the end of the war joined the Harvard faculty.

Retiring as a rear admiral, Hopper was recognized as a pioneer computer programmer, the co-inventor of common business oriented language (COBOL), and for coining the term “bug” for computer malfunctions. Hopper was buried at Arlington National Cemetery in 1992.

USS Hopper (DDG 70), homeported at Pearl Harbor, Hawaii, was commissioned as her namesake in 1997. This was only the second Navy warship to be named after a woman.

Also during World War II, the Navy launched the Women Accepted for Volunteer Emergency Service (WAVES) program. Along with Hopper, more than 85,000 WAVES worked in STEM fields as air traffic controllers, cryptologists, draftsmen, meteorologists and translators during World War II.

In December 2012, history was made in the Navy’s nuclear community when Lt. j.g. Marquette Leveque, assigned to the gold crew of USS Wyoming (SSBN 742), and Lt. j.g. Amber Cowan and Lt. j.g. Jennifer Noonan of USS Maine (SSBN 741) blue crew became the first female unrestricted line officers to qualify in submarines and receive their submarine warfare insignia, also known as “dolphins.”

Today in the Navy, female officers fill 10 percent of STEM positions, including engineering duty officers and information warfare professionals. Female enlisted Sailors make up 22 percent of the cryptology and intelligence community and 21 percent of operational ratings, including aviation warfare systems operators and sonar technicians. Female Sailors continue to excel both ashore and afloat, serving in various STEM related fields.

More than 54,000 active duty women and more than 10,000 female Reservists are



U.S. Navy photo by Lt. j.g. Liza Swart

Lt. Trey Hines addresses the first all-female division in recent history at Recruit Training Command at Great Lakes, Ill. Members of the Women Accepted for Volunteer Emergency Service (WAVES) were aboard for the division’s commissioning ceremony.

serving in the Navy. They make up 17.3 percent of the force and make indispensable contributions to our mission and operations. Nearly 59,000 women serve in a wide range of specialties as Navy civilians.

The current Navy total force includes 33 active and Reserve female flag officers, 67 female senior executive service members, 56 female command master chiefs and six female command senior chiefs leading from the front.

Currently, the top three highest-ranking female officers in the Navy are Vice Adm. Carol Pottenger, Vice Adm. Michelle Howard and Vice Adm. Robin Braun. Pottenger, a surface warfare officer, was one of the first women selected for sea duty and went on to become the third commander, Navy Expeditionary Combat Command.

Howard also a surface warfare officer, was the first African American woman to command a ship in the U.S. Navy when she took command of USS Rushmore (LSD 47), and in 2012 she became the first African-American woman to receive a third star in flag rank within the Department of Defense when she was promoted Aug. 24.

Braun, a career naval aviator and former commanding officer of VR-48, has more than 5,800 flight hours in Navy aircraft. The top three highest-ranking female enlisted leaders in the Navy are Fleet Master Chief Joann Ortloff, Fleet Master Chief April Beldo and Force Master Chief Nancy Hollingsworth.

Beldo, currently the Naval Education and

Training Command force master chief, will make history as the Navy’s first female African American fleet master chief when she assumes her position as the manpower, personnel, training and education (MPT&E)

fleet master chief later this month.

For more information about the history of women and their numerous contributions to the Navy, visit [http://www.navy.mil/submit/display.asp?story\\_id=72279](http://www.navy.mil/submit/display.asp?story_id=72279).



DoD photo by Petty Officer 1st Class James Kimber

U.S. Navy Lt. j.g. Luke Leveque (right) pins the submarine officer warfare device on his wife Lt. j.g. Marquette Leveque (left) at Naval Submarine Base Kings Bay, Ga. on Dec. 5, 2012. Marquette Leveque is one of the first three female unrestricted line officers to qualify in submarines. Marquette is assigned to the Gold crew of the ballistic missile submarine USS Wyoming (SSBN 742) and her husband Luke is assigned to the Gold crew of the ballistic missile submarine USS Maryland (SSBN 738).

## Scholarships are available to Hickam Communities residents

### Hickam Communities LLC

WinnCompanies, Hickam Communities’ partner in providing property management and maintenance services, is celebrating four decades in business by offering a scholarship opportunity to residents.

“In an effort to enhance the lives of all that we serve, high school seniors, high school graduates and GED graduates living in communities managed by WinnCompanies or its affiliates are invited by the board of directors of WinnCompanies to apply for scholarship grants for the 2013–2014 academic year, to be awarded in May 2013,” said Gilbert Winn, managing principal of WinnCompanies.

WinnCompanies’ WinningEdge Scholarship Program invites distinguished residents who are pursuing some form of higher education, in community college, college, university or trade/professional school, to apply for scholarship grants starting at \$1,000. To find out if you or members of your family are eligible for a WinningEdge scholarship, log on to [www.hickamcommunities.com/go/WinningEdge](http://www.hickamcommunities.com/go/WinningEdge) for complete details and an application packet.

Applications are also available at Hickam Communities’ offices. All completed applications must be submitted to a Hickam Communities’ office no later than April 12 for consideration.

## Events planned for Women’s History Month at JBPHH

Joint Base Pearl Harbor-Hickam will commemorate Women’s History Month throughout the month of March at the following events:

- Women’s Military Leadership Panel featuring Col. Christine Gayagas (ret.), Col. Eva Jenkins, Cmdr. Kate Dolloff, Chief Master Sgt. Lisa Jayne and Chief Fire Controlman Natalie Stein from 11 a.m. to 2 p.m. March 13 at the Makai Recreation Center, McChord Street, building 1859. This is a brown-bag (bring your own lunch) event.

- Meet Elizabeth Blackwell: Library Event for School-Aged Children from 2 to 3 p.m. March 20 at the Hickam Library, 990 Mills Blvd., building 595.

- One-Note Training on Microsoft 2010 at 11:30 a.m. March 21 at the 15th Wing Conference Room.

- “How to Achieve Your Highest Potential and Help Others Reach Theirs” Leadership Development Seminar featuring Congresswoman Tulsi Gabbard, Rear Adm. Raquel Bono and Col. Eva Jenkins from 11 a.m. to 2 p.m. March 29 at Hickam Memorial Theater, Kuntz Avenue, building 1766. This is a brown bag event.

Those who plan to attend should register in advance at <https://usaf.evanced.info/hickam/sr/homepage.asp>.

For more information, call 449-8296 or email [phyllis.frenzel@navy.mil](mailto:phyllis.frenzel@navy.mil).



## Examine expenses in difficult financial times

### Military and Family Support Center

Joint Base Pearl Harbor-Hickam

The following are some tips to maintain fiscal prudence in difficult financial times.

Review your net pay per pay period and determine the amount of a 10 percent or 20 percent reduction.

Can you pay your bills with the remaining amount?

Do you have enough funds in savings to replace any short term reduction in your take home pay?

Come up with a plan that fits you and your family. Make a list of all your monthly expenses. Distinguish between mandatory expenses and discretionary/deferable expenses.

Does reducing or eliminating your discretionary expenses make up for the loss of net pay?

If not, consider reducing the discretionary spending now to generate savings to help offset any reduction you might be forced to take in the future. Increase your emergency funds to cover the missed income in your paychecks.

How can you reduce spending now to save and lessen the impact of a 10 percent or 20 percent reduction in take home pay

that may occur a month or two from now? Some suggestions include:

Commuting: Join a car-pool and reduce your fuel or metro expenses.

Shop around: Find out what competitors are offering on auto insurance, cable, etc.

Are there reductions in benefits that would not put the family at risk and would not require an open season in order to restore?

TSP contribution: If you are considering a reduction in benefits, be sure you understand the consequences. Reducing and/or forgoing a TSP contribution under FERS may forfeit the government match portion. Contact the Department of Navy Benefits Center if you have any questions before implementing your plan: [www.public.navy.mil/donhr/Benefits/benefitsline/Pages/Default.aspx](http://www.public.navy.mil/donhr/Benefits/benefitsline/Pages/Default.aspx).

Do you have another source of funds that you could rely on, if need be, for short-term assistance?

Make a list of the key companies to which you will have obligations. Have the contact information and your loan information for your mortgage, car or student loans on hand. Many lending institutions have contingency plans for their customers just for this purpose. Find out ahead of time and get the procedure for contacting them or getting relief.

## Military families invited to diabetes summit

Don Robbins

Assistant Editor

Military and civilian families who are interested in the latest news about type 1 diabetes are invited to attend the annual Family Education and Research Summit which will be held from 8:30 a.m. to 4 p.m. March 9 at the Kapiolani Medical Center for Women and Children.

"This is an important disease that is more common than most people realize, and we know in looking at historical data that the incidence is on the rise. Type 1 diabetes now accounts for two-thirds of new diagnosis of diabetes in patients less than 19 years of age," said Lt. Col. Michelle Flores, a pediatrician with the 15th Medical Group, Joint Base Pearl Harbor-Hickam.

Dr. Flores added that "In an era of new scientific discoveries, families must stay informed of new research in order to help provide every advantage in combatting a chronic disease such as type 1 diabetes. Conferences such as this provide ways for families to stay informed, get up-to-date and most importantly network with other families who may be experiencing similar challenges in dealing with a chronic disease."

Type 1 diabetes does not know the difference between military families and those who are not, said Gail Ann

Chew, executive director of JDRF (Juvenile Diabetes Research Foundation) Hawaii, which is hosting the free summit.

"Diabetes type 1 is an autoimmune disorder that typically presents in childhood or adolescence," explained Air Force Capt. Chelsea B. Payne, M.D.

Payne is the medical director of the Family Health Clinic, 15th Medical Group at Joint Base Pearl Harbor-Hickam.

"Diabetes type 1 is thought to be triggered by both a genetic predisposition and environmental factors," Payne said.

"Common symptoms include weight loss, fatigue, increased thirst and increased urination. By working closely with your pediatrician and diabetes team, diabetes type 1 can be successfully managed," Payne added.

This year's summit will feature Dr. Sanjoy Dutta, senior director for treatment therapies for JDRF New York, who is involved with initiatives and partnerships evaluating the pipeline of candidate drugs, devices and related opportunities to deal with the disease.

He is a member of the Artificial Pancreas Program, with responsibilities for examining new therapies for improving everyday glucose control, avoiding serious hypoglycemic episodes, and preventing long-term complications of the disease.

The summit will also feature Sam Talbot, a chef, restaurateur and TV

personality on Bravo's "Top Chef" program. Talbot was diagnosed at the age of 12 with type 1 diabetes. His cookbook, "The Sweet Life ...Diabetes Without Boundaries," was published in December 2011.

"Type 1 diabetes is known as juvenile diabetes, as the onset typically occurs in children and young adults," said 1st Lt. Kathleen Eisenbrey, community health element chief of the Public Health Flight, 15th Medical Group, Joint Base Pearl Harbor-Hickam.

"Estimates from the Centers for Disease Control and Prevention indicate approximately 215,000 Americans under the age of 20 were afflicted with type 1 or type 2 diabetes in 2010," Eisenbrey said.

Juvenile diabetes is a lifelong illness that does affect some military children, emphasized Navy Lt. Katherine Koss, M.D., a pediatrician at Naval Health Clinic Hawaii.

"This conference should provide education into new research and development to improve the quality of life for these children," Koss said. "I'm hoping the research provided at this conference can provide families with information about the latest breakthroughs in juvenile diabetes management."

For information on the summit or to register, contact JDRF Hawaii at [HawaiiEvents@jdrf.org](mailto:HawaiiEvents@jdrf.org) or call 988-1000, or visit [www.jdrfhawaii.org](http://www.jdrfhawaii.org).

## TRICARE West region to be served by United Healthcare

Beginning April 1, UnitedHealthcare Military & Veterans will be the new contractor for TRICARE beneficiaries in the West Region.

TRICARE's priority is to ensure a smooth transition under the new contract on behalf of service members, families and retired beneficiaries.

For more information about the transition, visit [www.tricare.mil/t3contracts](http://www.tricare.mil/t3contracts).

You can also access additional TRICARE information by visiting the UnitedHealthcare Web site at: [www.uhcilitarywest.com](http://www.uhcilitarywest.com) or the TRICARE Web site at [www.tricare.mil](http://www.tricare.mil).

You can also contact UnitedHealthcare customer service at 1-877-988-9378.

In addition, beginning April 1, United Healthcare Military & Veterans will become the west region managed care support contractor.

As part of the transition, referrals written prior to April 1 will expire May 31. The 15th Medical Group urges patients to proactively book appointments to prevent delays in receiving care. Referrals written starting April 1 will last the usual six months. For information regarding referrals, call the referral management center at 448-6133.

## Free financial readiness forums to be held March 11, 12, 13

Free financial readiness forums will be held from 8 to 11 a.m. March 11 and 12 at the Hickam Memorial Theater, Joint Base Pearl Harbor-Hickam.

In addition, a financial readiness forum will be held from 9:30 to 11:30 a.m. March 13 at Army Community Service, building 2091, Schofield Barracks. Seating is limited.

The forums are open to all armed services, including reserves, National Guard, retirees, Department of Defense/Department of Homeland Security civilian employees and their spouses.

Discussion will include strategies for smart saving

and investing, considerations for transition, how to avoid scams and more.

The event is presented by the Financial Industry Regulatory Authority (FINRA) Investor Education Foundation, in partnership with the U.S. Securities and Exchange Commission.

There is no charge for the program or refreshments. This is an educational program, and no sales presentations will be permitted.

For more information and to RSVP, contact the Military and Family Support Center at 474-1999.

For information on the forum at Schofield Barracks and to RSVP, call 655-4227.

### Courtesy of the Enlisted Heritage Research Institute

Fort George G. Meade

Staff Sgt. Esther McGowin Blake has the distinction of being the "first woman in the Air Force." She enlisted in the first minute of the first hour of the first day regular Air Force duty was authorized for women on July 8, 1948.

Blake originally enlisted in March 1944 in Miami in the Army Air Forces, served one year in the Alaskan division and was discharged in November 1945. She re-enlisted in April 1947 and was assigned to the ground force but seized the first opportunity to return to the Army Air Forces. Service in the nation's armed forces was nothing new for Blake.

She supported the war by working at the Miami Air Depot as a civilian employee. Blake was a widow. She joined the Women's Army Corps when she found out

her eldest son, Lt. Julius Blake, was reported missing. He was a B-17 Flying Fortress pilot out of England and had been shot down over Belgium.

Her other son, Lt. Tom Blake was serving in B-25 Mitchell medium bombers in Italy. He was also shot down at a later time.

At the time, Blake was quoted in the Miami Herald as saying that her reason for joining the WACs was the hope of helping free a Soldier from clerical work to fight, thus speeding the end of the war.

"If I can do this, my efforts will be worthwhile," she said.

During the months and years that followed, she saw both her sons return from combat with only minor wounds and heavily decorated.

She was assigned to several bases throughout the United States and in Alaska and the Yukon Territory near the Aleutians. She separated from service briefly and returned to her



civilian job in Miami in the mid-40s.

However, she heeded a recall for women in service and returned to an Army assignment at Fort McPherson near Atlanta.

It was during this assignment that the Air Force became a separate branch of the service and women in the Air Force were authorized. She remained active

with the Air Force until 1954 when she separated and went to work with the civil service at the Veterans Regional Headquarters in Montgomery, Ala.


Blake, the first woman in the Air Force, died Oct. 17, 1979. In 1987, the Air Force Senior NCO Academy at Maxwell Air Force Base, Ala., named one of their student dormitories in her honor.

## WHO SAID IT?

"Happiness is not something ready made. It comes from your own actions."

*Last Week's*

## WHO SAID IT?



Leadership is a two-way street, loyalty up and loyalty down."

—Grace Hopper

## This Week's Trivia

When did the Air Force launch the first polar orbiting satellite?

### Last Issue's Question:

What are the official Navy colors?


### Answer:

The official Navy colors are blue and gold.

## Story Ideas?

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

473-2890 / [editor@hookelenews.com](mailto:editor@hookelenews.com)



## 'Go Green' to celebrate Saint Patrick's Day with events at JBPHH

March 17 is Saint Patrick's Day and Joint Base Pearl Harbor-Hickam is holding several events to celebrate the holiday.

Brews & Cues will hold a "go green" party from 4:30 to 6:30 p.m. March 15. There will be prizes plus pupu and specials for those wearing green.

For more information, call 473-0841.

The St. Paddy's Day 5k Run will take place at 8 a.m. March 16. The race starts and finishes at the Hickam Fitness Center. Runners are encouraged to wear St. Paddy's Day costumes. Prizes will be awarded for best costume. This free event is open to

all eligible patrons and their guests. No registration is required.

For more information, call 448-2214.

The Hickam Officers' Club will hold its annual St. Patrick's Day champagne brunch from 10 a.m. to 1 p.m. March 17.

The brunch will feature Irish dishes such as corned beef, cabbage and shepherd's pie. The cost is \$24.95 for adults, \$13.50 for children ages 7-12, \$8.25 for children ages 4-6, and free for children ages 3 and under. Reservations are required, and all ranks are welcome.

For more information, call 448-4608.

## Federal employees eligible for transit benefits

All part-time and full-time federal employees (active duty military, reservists, civilian and non-appropriated-funds employees) are eligible to receive vouchers for the vanpool for \$240 a month, or free monthly bus passes.

If you want to participate in an existing vanpool that is looking for riders from your area, check the web-

site at [www.vride.com](http://www.vride.com) to see existing vanpool times and routes.

For more information and the paperwork to receive vouchers, contact the Air Force representative Tina Mercer at [Kristina.mercer@hickam.af.mil](mailto:Kristina.mercer@hickam.af.mil) or 448-2906 or the Navy transit benefit manager Jamie Chatarsa at [Jamie.chatarsa@dot.gov](mailto:Jamie.chatarsa@dot.gov) or call 202-366-1641.

## NEX celebrates Girl's Day with Hello Kitty



Photo by Justine Elona

Military families celebrated the local tradition of Girl's Day with Hello Kitty on March 2 at the Pearl Harbor Navy Exchange in the children's department. NEX associates handed out balloons and gifts with purchases. Customers met and took pictures with Hello Kitty. Girl's Day is a traditional holiday originally established by the Tokugawa Shogunate to promote family peace and stability.



# Highlights from this week in USAF and PACAF history

Charles Nicholls

*PACAF historian*

• On March 6, 1942, the Army Air School for black aviators at Tuskegee, Ala., graduated the first five African American military pilots. George Roberts, Benjamin Davis Jr., Charles BeBow Jr., Mac Ross and Lemuel Custis received the silver wings of Army Air Force pilots. These men were the first of nearly 1,000 Tuskegee aviators to complete Army flight training and earn their wings. Despite the obstacles of racial prejudice, the Tuskegee Airmen built an admirable combat record in World War II.



U.S. Air Force photos  
On March 6, 1942, the Army Air School for African American aviators at Tuskegee, Ala. graduated the first five African American military pilots.

• On March 9, 1945, area bombing of Tokyo took place. More than 300 B-29s dropped incendiary bombs that destroyed 16 square miles of Tokyo, about a fourth of the city. In terms of immediate loss of life (80,000 to 100,000), this air raid was the most destructive in history to date. The attack reflected a shift in U.S. bombardment policy from high-altitude daylight attacks on specific military targets to low-level area bombing at night in order to demoralize the Japanese.

• On March 10, 1966, Maj. Bernard Fisher, a 1st Air Commando Squadron A-1E pilot, became the first USAF Medal of Honor recipient in Vietnam. Fisher led an attack on enemy forces surrounding an outpost in the A Shau Valley in the northwest part of South Vietnam. For his outstanding courage and airmanship, Fisher received the Medal of Honor.

• On March 10, 1967, Capt. Merlyn H. Dethlefsen earned the Medal of Honor during the first bombing mission against the Thai Nguyen industrial works in North Vietnam. Dethlefsen was a pilot in a flight of F-105 aircraft engaged in a



On March 10, 1966, Maj. Bernard Fisher, a 1st Air Commando Squadron A-1E pilot, became the first USAF Medal of Honor recipient in Vietnam.

fire suppression mission designed to destroy the anti-aircraft artillery and surface-to-air missile sites protecting the targets.

• On March 10, 1967, Capt. Mac C. Brestel, an F-105 pilot flying out of Takhli, became the first USAF pilot to down two MiGs in one mission in the Vietnam War.

• From March 4 to 5, 1971, Typhoon Yolling, a tropical storm from the Pacific Ocean, struck Okinawa in the Ryukyu Islands. The Air Force launched an immediate relief operation, airlifting more than 80 tons of equipment to Kadena AB,

Okinawa. In 1972, the United States and Japan signed a treaty transferring Okinawa and the Ryukyu Islands from the United States to Japan, with the condition that U.S. military bases remain.

• Among 104 American POWs released by the North Vietnamese on March 4, 1973 was Lt. Col. James H. Kasler, the only three-time recipient of the Air Force Cross.

Kasler was later promoted to full colonel and went on to be a fighter wing commander. A painting commemorating Kasler's service to the United States is



Lt. Col. James H. Kasler was among 104 American POWs released by the North Vietnamese on March 4, 1973. A painting commemorating Kasler's service to the United States is on display at PACAF Headquarters in the I-wing second-floor stair landing.

on display at PACAF Headquarters in the I-wing second-floor stair landing.

• On March 7, 1983, in the largest B-52 mining exercise to date, 10 B-52D/Gs dropped mines off the South Korean coast in "Team Spirit 83." The exercise included U.S. Navy and Marine minelayers and fighters, Strategic Air Command and Navy tankers, and Republic of Korea fighters. Between 1976 and 1993, Team Spirit became PACOM's largest exercise, with more than 200,000 personnel participating in the 1986, 1988 and 1989 events.

• On March 10, 2006, the United States and Malaysia

joined forces for Cope Taufan '06, a three-week air-to-air training exercise designed to sharpen air combat tactic skills and promote closer relations between allies. Cope Taufan (*taufan* means "big storm" in Malaysian) is held bi-annually near the north-west coast of that country.

Eight F-15 Eagles and more than 114 maintainers, munitions handlers and pilots from the 18th Wing participated in the exercise. The Malaysian Air Force flew MiG-29s, providing USAF pilots with the opportunity to fly against "the real thing."



On March 9, 1945, area bombing of Tokyo took place.



An F-105 gun camera image of a victory over a MiG-17 by Maj. Ralph Kuster Jr. on June 5, 1967 and the flightline at Takhli.



Malaysian A MiG-29s participated in Cope Taufan.



# Audition to become Idol

Auditions are underway to become a musical Idol.

Auditions will be held March 15 at the Tradewinds Enlisted Club on the Hickam side of the base and March 22 at Club Pearl Country Bar. All auditions will be held from 3 to 6 p.m.

The top 10 from the auditions will perform the final night at 7 p.m. April 13 at Hickam Memorial Theater.

An after-party will take place at J. R. Rockers.

For more information, call 347-5157.



## Blood drive schedule updated

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

Currently scheduled drives include:

- March 11, 9 a.m. to 1 p.m., Naval Submarine Support Command, Building 661, 822 Clark St.
- March 13 and 18, 9 a.m. to 1 p.m., Pearl Harbor Memorial Chapel, room 1601, 850 Ticonderoga St.

- March 19, 8:30 a.m. to 1 p.m., Camp Smith Pollock Theatre, Camp Smith.
- March 22, 7:30 a.m. to noon, Joint Base Pearl Harbor-Hickam Makalapa Clinic.

For more information, call 433-6699 or 433-6148 or email [michelle.lele@amedd.army.mil](mailto:michelle.lele@amedd.army.mil).



## Sons of Anarchy meet-and-greet events to be held March 17

Two Sons of Anarchy free meet-and-greet events will be held March 17 at Joint Base Pearl Harbor-Hickam.

The events will be held 9:45 a.m. at Makai Recreation Center and 3:30 p.m. at Club Pearl's Brews & Cues.

Three of the TV show's celebrities will be in attendance, including Kim Coates (Tig), Mark Boone Jr. (Bobbie) and Dayton Callie (Unser).

Fans can bring their cameras to take photos. The event is open to all military-affiliated personnel and their sponsored guests.

Sons of Anarchy is an FX cable network TV drama series created by Kurt Sutter about the lives of a close-knit outlaw motorcycle club operating in Charming, a fictional town in California's Central Valley.

*For more information, call 449-7790.*

