

Navy’s first littoral combat ship visits Pearl Harbor

MC2 Daniel Barker

*Navy Public Affairs
Support Element West, Det
Hawaii*

The Navy’s first littoral combat ship USS Freedom (LCS 1) arrived at Joint Base Pearl Harbor-Hickam on March 11.

The ultra-modern U.S. Navy ship, bearing a four-color camouflage combination of flat black, haze gray, haze white and ocean gray, arrived at Pearl Harbor after departing its homeport of San Diego to deploy to the Asia-Pacific region.

Following a brief port visit, 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.

The ship was specially created to be able to maneuver in areas of water difficult for many larger Navy ships. The littoral zone refers to the part of a sea, lake or river that is close to the shore.

“This vessel, the littoral combat ship, is really designed for operating in the littoral shores of the land, what we commonly refer to as brown water,” said Cmdr. Timothy Wilke, commanding officer of USS



U.S. Navy photo by MC2 Nardel Gervacio

The littoral combat ship USS Freedom (LCS 1) passes by the Missing Man Formation monument at Joint Base Pearl Harbor-Hickam for a scheduled port visit during a deployment to the Asia-Pacific region. Additional photos on page A-5.

Freedom. “It does have a capability to operate in blue water, but it’s mainly focused on bridging that gap of what we have in our ship class right now.”

After making initial port visits in Hawaii and Guam, Freedom is expected to participate in the International Maritime Defense Exhibition and Conference (IMDEX) in Singapore and in select

phases of the Cooperation Afloat Readiness and Training (CARAT) exercise series in Southeast Asia.

“Getting this ship out on this deployment is just important, and it is really unique that it is occurring on the heels of a week that ends on the 15th of our anniversary for the [U.S.] 3rd Fleet and the [U.S.] 7th Fleet,” said Adm. Cecil

D. Haney, commander U.S. Pacific Fleet.

“This deployment will also capstone looking at the operational concepts—minimal manning, maintenance and the business of rotational presence for this class of ship.”

Haney also talked about the ship’s crew and their responsibilities with the new ship.

“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. Rotationally deploying our new littoral combat ships improves our warfighting capability and directly supports the Navy’s rebalance strategy to the Asia-Pacific,” concluded Haney.

During the first-ever

Hawaii Senate recognizes Navy Region, installations

**Story and photo by
MC2 Jon Dasbach**

*Navy Public Affairs
Support Element West, Det.
Hawaii*

The Hawaii Senate recognized the achievements of the U.S. Navy during 2012 in preserving Hawaiian culture and lowering energy costs by utilizing renewable energy.

Senate officials presented signed certificates to Rear Adm. Frank Ponds, commander of Navy Region Hawaii and Naval Surface Group Middle Pacific; Capt. Jeffrey James, commander of Joint Base Pearl Harbor-Hickam (JBPHH); and Capt. Nicholas Mongillo, commanding officer, Pacific Missile Range Facility Barking Sands. Also honored were Victor Flint, Patty Coleman, Jeff Panteleo, Cory Campora and Chief Master-at-Arms James Wooten for commu-



State Sen. Maile Shimabukuro (far left) recognizes the Navy for its community outreach efforts in Hawaii, at the Hawaii State Capitol on March 6.

nity outreach efforts for JBPHH.

Sen. Maile Shimabukuro co-sponsored the certificates with Sen. Will Espero, chair of the Senate Committee on Public Safety, Intergovernmental and Military Affairs.

“Joint Base Pearl Harbor-Hickam has partnered with other organizations to perform important projects that help preserve our culture,” said Shimabukuro. “These projects mean a lot to our community, and we certainly appreciate the Navy pitch-

ing in to help.”

Some of these projects included maintaining the Halealoha Haleamau Burial Platform and replacing invasive pickleweed with native Hawaiian plant species at Ahua Reef.

During the past 10 years, the Navy has also hosted the makahiki event (Hawaiian Thanksgiving), co-sponsored with the O’ahu Council of Hawaiian Civic Clubs.

Joint Base Pearl Harbor-Hickam further promotes environmental stewardship by utilizing photovoltaic arrays to lower energy costs in support of

U.S. Navy and Department of Defense initiatives.

Not only does the base operate a fuel oil reclamation facility to reduce disposal costs and dependence on foreign oil, but it was also recently recognized as the best in the Navy for energy and water efficiency.

“We cherish the heritage and the history that’s unique to Hawaii, and you make it possible by protecting the environment and moving forward this specific initiative regarding energy and water conservation. That’s a great thing, so thank you very much for everything that

Joint Base Pearl Harbor-Hickam to implement changes to services

Grace Hew Len

*Joint Base Pearl Harbor-Hickam Public
Affairs*

In the face of the continuing resolution and sequestration, Joint Base Pearl Harbor-Hickam (JBPHH) will begin implementing changes to some services and programs beginning March 18. The changes will affect some operations, facilities and quality-of-life services.

Many high-visibility services will be affected, including Morale, Welfare and Recreation (MWR) programs and some port operations. Services which will not be impacted are health and safety

repairs, primary child development centers, and most family programs.

“Our focus is on executing the changes in the smartest manner possible with the least impact to customers,” said Capt. Jeffrey James, commander of Joint Base Pearl Harbor-Hickam.

“We will continue to keep the safety and well-being of our people foremost in mind. We regret the inconvenience and thank you for your patience,” James said.

To view the list of changes, visit the JBPHH website at www.cnic.navy.mil/pearlharbor-hickam or the CNRH website, www.cnic.navy.mil/hawaii. Please continue to visit the sites for updates.

Airmen carry on



U.S. Air Force photos by Tech. Sgt. Jerome S. Tayborn

Service members from the 15th Aircraft Maintenance Squadron and the 154th Hawaii Air National Guard Aircraft Maintenance Squadron prepare to perform a four-man carry using a litter on a simulated wounded Airmen at hangar 17 during an operational readiness exercise on March 9 at Joint Base Pearl Harbor-Hickam, Hawaii. Additional photo on page A-5.



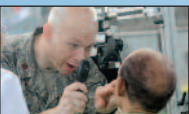
Medal of Honor recipient visits 15th Wing Airmen
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Easter Sunrise Service to be held March 31 on Mighty Mo
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‘A full and unwavering commitment to readiness’
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Pacific Angel-Philippines team treats nearly 7,000 patients
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Pearl Harbor survivor honored at Utah Memorial
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Events planned for Women’s History Month at JBPHH
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Medal of Honor recipient visits 15th Wing Airmen

Staff. Sgt. Terri Barriere

15th Wing Public Affairs

U.S. Medal of Honor recipient Col. (retired) Joe Jackson visited the 15th Wing from Feb. 28 through March 3 to attend the 15th Maintenance Group's (15 MXG) annual Knucklebuster [maintenance career field's maintainers and leaders] award ceremony and visit with Hickam Airmen.

Jackson, who received his Medal of Honor in 1968 for a heroic rescue of a combat control team during the Vietnam conflict, served as the guest speaker for the Knucklebuster event. He brought with him a message of inspiration and encouragement as he spoke to Hickam maintainers about the importance of their mission. Jackson is also highly regarded for his three combat tours over the span of his 33-year career.

Col. Michael Novotny, 15



U.S. Air Force photo by Tech. Sgt. Jerome S. Tayborn

U.S. Air Force Medal of Honor recipient Col. (retired) Joe Jackson (blue shirt) has lunch with Hickam Airmen on March 1 at Hale Aina Dining Facility, Hoint Base Pearl Harbor-Hickam. Jackson provided a first-hand account of how he earned the Medal of Honor. Additional photo on page A-5.

MXG commander, said they knew Jackson would be an awesome choice for guest speaker because of his maintenance background in the early years of his active duty career.

Novotny said Jackson's story is an inspiration to maintenance Airmen who may not see the importance of what they do or understand their true potential.

"Stories like this show

them they aren't just bending wrenches, but that they can go on to achieve great things," he said. "When you get speakers like Col. Jackson, I think that really shows Airmen what they can

accomplish. Every one of them has it in them to be great."

One of those great things, according to Jackson, is being well educated. He emphasized the importance

of Airmen pursuing their education, urging them to "never stop getting education."

Jackson's speech also highlighted the impact just one Airman can have, a point Novotny said he continuously stresses to his Airmen.

"Each person is important to the mission," he said. "Each person has a unique role to play in order to achieve mission effectiveness, and it's important for each one of them to do their best, be productive, ensure they are being safe both on and off duty, and continue to develop themselves professionally."

In addition to his attendance at the Knucklebuster ceremony, Jackson attended a wing promotion ceremony, toured the flightline and Hawaii Air National Guard F-22 facility, and attended an Airlift Tanker Association meeting. Jackson also spent much of his free time engaging with Airmen and taking in the historical sights.

Easter Sunrise Service to be held March 31 on Mighty Mo

Story and photo by Brandon Bosworth

Staff Writer

The Navy will host its annual Easter Sunrise Service beginning at 6:30 a.m. March 31 aboard the Battleship Missouri Memorial.

Lt. Rick Tiff, Chaplain Corps, Pearl Harbor Memorial Chapel, will lead the service. This is his second time leading the Easter Sunrise Service. His first time was last year, and he admits he was a bit nervous.

"I was in awe by what a sacred place the Missouri is," he said.

Tiff majored in history at the University of South Florida before entering the seminary, so he greatly appreciates the significance of the Battleship Missouri Memorial.

"The Missouri is such a special place," he said. "It's impossible to



Lt. Rick Tiff, Chaplain Corps, Pearl Harbor Memorial Chapel, will lead the annual Easter Sunrise Service March 31 at the Battleship Missouri Memorial.

escape the history. So many things happened on board this ship."

It isn't unusual for the Easter Sunrise Service on Battleship Missouri Memorial to attract more than 1,000 people.

"You attract people you wouldn't normally attract," said Tiff.

A great deal of hard work goes into making the event possible.

"It's such a unique environment," he said. "We have to consider that we are on the aft portion of a ship. The logistics are challenging. But it's also a wonderful environment for services. We will be facing the ocean and the opening of Pearl Harbor and will be right there when the sun rises."

Tiff joined the Navy in summer 2008. A travel buff who has visited 33 different countries, he appreciates the chance to see the world as a Navy chaplain. He also

welcomes the opportunity to work with and help a variety of people.

"As a Navy chaplain, you do a lot of counseling and have a real impact on people's lives," he said.

He also encourages Sailors and their families to take some time to experience Hawaii.

"Get out there and talk to people," he said. "See Hawaii. Each island is very different. This is the time in life to grow and expand your horizons."

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

For more information, call the Pearl Harbor Memorial Chapel at 473-3971.

Commentary

‘A full and unwavering commitment to readiness’



Rear Adm. Frank Ponds

Commander, Navy Region Hawaii and Naval Surface Group Middle Pacific

Our Navy has been required to make tough choices in the face of the continuing resolution and effects of sequestration. The Secretary of the Navy announced on March 2 that sequestration had begun and its effects set in motion, causing the Navy to make those tough choices. As we evaluate our priorities and make required adjustments to services and hours of operation, we do so with a full and unwavering commitment to readiness, support to warfighters and families, and our ability to operate forward.

On March 3, Adm. William French, commander, Navy Installations Command, told us in his all-hands email that we can expect impacts to hours of operation, temperatures in buildings, military construction and a variety of services. “But I can assure you,” he said, “we will maintain the standards set forth by DoD to ensure our bases remain safe and secure.”

Today, our team must confront the effects of those fiscal challenges as we support fleet, fighter and family. There is uncertainty in the weeks and months ahead. If sequestration is not resolved, our invaluable civilian workforce may be facing furloughs. We are forced to make tough decisions on how limited

resources are allocated.

As we begin implementing changes to some services at our installations, I have asked for a “one-stop-shop” approach, where information is available at a single location so it can be easily accessed and easily updated. That will ensure, as much as possible, that information is accurate at all times.

Capt. Mongillo, commanding officer of Pacific Missile Range Facility, will announce his changes in services directly with his workforce on Kauai. Here on

Oahu, Capt James, commander of Joint Base Pearl Harbor-Hickam, has set up a list of changes in services today at the joint base. His list of changes is available through the JBPHH website, www.cnic.navy.mil/pearlharbor-hickam, or through the CNRH website, www.cnic.navy.mil/hawaii.

In recent months, I encouraged you to learn more about the aspects of the fiscal issues facing our Navy and our nation. In the base newspaper and online,

we have provided a steady drumbeat of information from the Secretary of Defense; Chief of Naval Operations; Commander, U.S. Pacific Command; Commander, U.S. Pacific Fleet; and Commander, Navy Installations Com-mand.

On Feb. 2, I outlined the issues in my commentary “Opportunities Amidst Fiscal Challenges,” providing background, context and perspective for our region/MIDPAC team: <http://bit.ly/Vj2esJ>

I urge you to continue to

stay informed as changes unfold.

Locally, the changes to services and hours of operation mean we will have to adjust our routines and schedules. There will likely be longer lines and less convenience for all of us. Your patience and understanding as we take these initiatives is greatly appreciated. Your support to our mission and readiness is second-to-none. Remember that safety must underpin all that we do, today and every day.

Thank you.

Ho'okele takes first place in newspaper competition

Navy Region Hawaii Public Affairs

Ho'okele, the newspaper for Joint Base Pearl Harbor-Hickam (JBPHH) and Navy Region Hawaii, has been named the first place winner in the metro newspaper category for the Russell B. Egnor Media Awards, according to an announcement made March 8 by Rear Adm. John Kirby, Navy Chief of Information.

“The level of quality and professionalism from all the entries was truly impressive and made each decision by our judges a very difficult one. I am extraordinarily proud of the work you produced,” Kirby said to the awardees in the competition.

Ho'okele, which began as the joint base newspaper on June 1, 2010 with the merger of the former Naval Station Pearl Harbor and Hickam Air Force Base into JBPHH, serves the Navy and Air Force communities in Hawaii.

“It's been the lead tool in demonstrating the success of joint basing in Hawaii, reminding us all that we are an Air Force/Navy team,” said Becky Hommon, environmental counsel for Navy Region Hawaii.

Navy Region Hawaii Command Master Chief Marcos Sibal talked

about the role that Ho'okele plays in the lives of Sailors and their families.

“Our Sailors benefit from Ho'okele because it keeps them current and up-to-date with the latest Navy news affecting them and their families,” Sibal said.

“The paper also gives them an insight on what's happening in and around the region and activities or events they may want to experience or be a part of. It is good for Sailors and their families to know current information.”

Jim Taylor, retired Navy master chief who now volunteers as the Pearl Harbor survivor liaison at Navy Region Hawaii, said that Ho'okele also gives service members a way to share news about their accomplishments and their community outreach efforts.

“Ho'okele provides articles giving Sailors and Airmen an opportunity to see themselves as our nation's finest and the ability for their shipmates to see what they do for our community and our country,” Taylor said.

“Through the local news and sports, our Sailors and Airmen can show what they and their commands do for their Navy and in their community,” he said.

“I'm always learning from the

Ho'okele what our various commands and leaders are doing as well as thinking. We can't know what every organization is doing but the Ho'okele gives us a look into their contribution to the bigger effort, whether it be RIMPAC or Pacific Partnership,” Hommon said.

Navy Region Hawaii also won an honorable mention for its social media initiative, headed by Anna-Marie General.

In the past year, General established new social media platforms and saw a doubling in social media followers for Navy Region Hawaii and JBPHH.

Karen Spangler, managing editor of Ho'okele, took honorable mention in the commentary category.

Mass Communication Specialist 3rd Class Dustin Sisco of Navy Public Affairs Support Element West, Det. Hawaii won first place in the graphics/multimedia category.

Mass Communication Specialist 2nd Class Sean Furey from the Navy Public Affairs Support Element West, Det. Hawaii received an honorable mention for his entry in the sports photo category.

As the top Navy metro format newspaper, Ho'okele will now compete with the first place winners from the other military services for the Thomas Jefferson Award.

Diverse Views



“Not counting the ‘Star Spangled Banner,’ what is your favorite patriotic song and why?”

Culinary Specialist 2nd (SW) Class Nathan Jackson
Joint Base Pearl Harbor-Hickam



“I would say ‘My country, Tis of Thee’ because in elementary school I learned that song before the ‘Star Spangled Banner.’ I just remember it just giving me a sense of pride. I remember getting tingles on the skin at that age and we had to sing it every morning.”



Staff Sgt. Courtney Clifford
PACAF Band

“My favorite patriotic song, not counting the National Anthem, is ‘America the Beautiful’ performed by Ray Charles. His rendition embodies patriotism, because he performed with so much soul and gratitude for our country.”

Personnel Specialist 1st Class (SW) Darwin Esmino
Joint Base Pearl Harbor-Hickam



“‘God Bless the USA,’ because it’s for the military. It says thank you, and if you listen to the lyrics, it’s for America. It’s a good song.”



Senior Master Sgt. Kimberly Adams
HQ PACAF

“‘My Country, ‘Tis of Thee.’ I remember singing it as a kid in elementary. It was patriotic.”

Yeoman 1st Class Amanda McNeely
Joint Base Pearl Harbor-Hickam



“‘God Bless the USA’ by Lee Greenwood. Every time I hear the song, it just makes me feel proud and makes me teary eye., I’m not really sure why. But it’s one of my favorite patriotic songs.”



Cassandra Reid-Selth
Hickam Elementary School teacher

“‘America the Beautiful.’ The song speaks of our country’s national beauty and about the brotherhood that is found in America.”

Master Sgt. Nicholas Kampf
15th Maintenance Squadron



“‘Courtesy of the Red, White, and Blue,’ by Toby Keith. It reminds me of why I serve, because someone needs to protect the American way of life.”



Senior Airman Daniel Swenson
561st Network Operations Squadron, Det. 1

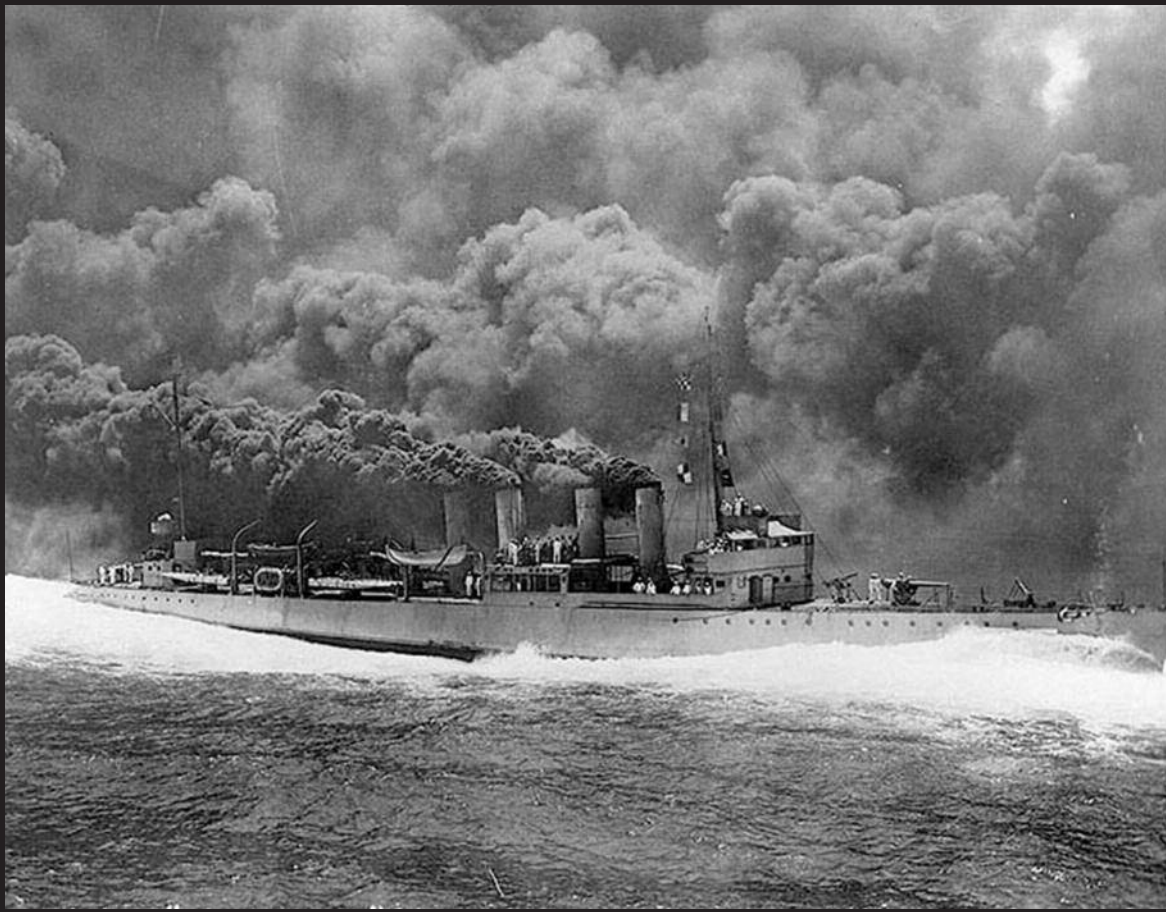
“‘Letter From Home’ by John Michael Montgomery. It reminded me that when I’m not home, during hard times, I still have family supporting me back home.”

(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 or karen.spangler@navy.mil

Woolsey practices battle maneuver



U.S. Naval Historical Center photograph

USS Woolsey (Destroyer # 77) participates in laying a smoke screen during Pacific Fleet battle practice in Hawaiian waters in mid-1919.



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Ho'okele is a free unofficial paper published every Thursday by The Honolulu Star Advertiser 500 Ala Moana Boulevard Suite 7-500 Honolulu Hawaii 96813, a private firm in no way connected with DoD, the U. S. Navy or Marine Corps, under exclusive contract with Commander, Navy Region Hawaii. All editorial content is prepared, edited, provided and approved by the staff of the Commander, Navy Region Hawaii Public Affairs Office: 850 Ticonderoga, Suite 110, Pearl Harbor, Hawaii, 96860-4884. Telephone: (808) 473-2888; fax (808) 473-2876; e-mail address: editor@hookelenews.com World Wide Web address: <https://www.cnic.navy.mil/Hawaii/> or www.hookelenews.com.

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Pacific Angel-Philippines team treats nearly 7,000 patients

Story and photo by
Senior Master Sgt.
J.C. Woodring

*Operation Pacific Angel-
Philippines Public Affairs*

DUMAGUETE, Philippines – The Operation Pacific Angel-Philippines medical mission officially ended here March 9 with 6,885 patients treated at two medical sites nearby, far exceeding the projected 4,500 mark.

Hundreds of patients waited outside a sports and cultural center in Dumaguete seeking treatment on the final day of the mission. Providers in optometry, dental, primary care and physical therapy sections worked throughout the day to see as many as possible.

Throughout the mission, the medical team handed out 2,741 pairs of glasses, filled 13,694 prescriptions and pulled 1,528 teeth.

“We took quick lunch breaks while ensuring that the care con-



U.S. Air Force photo by Senior Master Sgt. J.C. Woodring

U.S. Air Force Maj. Aaron Fields and a volunteer nurse treat a patient in the primary clinic during an Operation Pacific Angel-Philippines mission at Tanjay, Philippines, on March 6. The medical teams treated hundreds of patients each day. Fields is a physician from Joint Base Pearl Harbor-Hickam.

tinued,” said Maj. Chad Simpson, an optometrist from Misawa Air Base, Japan.

Most of the optometry patients were treated with simple reading glasses.

“It’s only when they reach their 40s and begin having problems reading their Bibles that they notice they don’t see as well as they used to,” Simpson said. “Reading glasses drastically improve their world.”

Patients seeking dental care are generally looking to get teeth pulled.

“In the states, we try everything possible to save the tooth,” said Capt. Cherie Gabriel, a dentist from Yokota Air Base, Japan. “Here, it is much more expensive to get a filling or root canal than it is to get a prosthetic. They just want to get their teeth pulled.”

The primary care doctors saw hundreds of patients every day.

“I’ve wanted to go on a mission like this for a long time, and I’m grateful for the opportunity,”

said Maj. Steven Indra, a physician from the Wisconsin Air National Guard.

“They are so appreciative for fairly minor treatment—things like vitamins and aspirin.”

Besides treating the patients on the scene, the doctors also gave them referrals for follow-up care with local doctors.

“There is only so much we can do on the site,” Indra said. “Some people need lab work or other testing that we didn’t have the capability to do.”

Operation Pacific Angel is a U.S. Pacific Command (headquartered at Joint Base Pearl Harbor-Hickam, Hawaii) humanitarian mission that sends primary care, dental, optometry and civil engineer experts to different countries each year to partner with their militaries and other non-governmental organizations. This marks the sixth year of the operation, and Pacific Angel-Philippines is the first trip of the year.

International naval officers learn about PHNSY

David Tomiyama

*Pearl Harbor Naval
Shipyards, Code 1160
Public Affairs*

For Pearl Harbor Naval Shipyards & Intermediate Maintenance Facility civilians, Navy working uniforms are a common sight around the shipyard. But for the next 45 days, there will be more variety in naval uniforms among the workforce.

Eleven international naval officers are attending the International Shipyards Management Course (ISMC) held at the shipyard. The six-week long class began March 4 and runs through April 12. Since its inception 15 years ago, 133 international naval officers have graduated from the Naval Education & Training Security Assistance Field Activity course



ran by the shipyard. Officers from Indonesia, Saudi Arabia, Thailand, Bangladesh and Oman, as well as first time participants Iraq and Brunei, are learning generic sequences about shipyard project management, capabilities, docking vessels, security, quality assurance, safety and how to establish analysis programs.

The last week of the course involves selected subjects requested by the international naval students and generic ship maintenance processes.

“It’s an honor to support national and fleet efforts to strengthen alliances and partnerships with our international allies,” said Robert Sonoda, code 1222 other productive work

supervisor reproduction controller, whose code sponsors the class.

“The shipyard is uniquely suited and highly regarded in teaching this specialized course,” he said.

The international naval forces involved in the program have fleets and facilities that vary in size and capability. For example, some countries have a “synchro” lift dry docking system which is very different than the Navy’s dry docking system.

Synchro dry docks use a docking platform that is underwater. Once a ship is in place over the submerged platform, it is raised, bringing the ship out of the water for maintenance to begin, said Sonoda.

Sonoda explained that the students benefit from the opportunity to see first-hand how a U.S. Navy shipyard operates from hands-on-training to classroom lectures from subject matter experts across the shipyard.

“The students walk away with valuable management skills and the knowledge to compare and improve upon their own processes and in some cases, begin a shipyard program from scratch,” said Sonoda.

“Some of the best takeaways will be from the interaction they’ll have with their fellow classmates. While they learn how we (the shipyard) do business, having other shipyard models to compare and contrast is something all of us, including Pearl Harbor, get smarter on.”

“In my home country of Brunei, we’re in the middle of building our first shipyard,” said Brunei Maj. Surainwati Haji Abdul Samat. “What I learn here in terms of how the U.S. manages shipyards, the maintenance training of the workforce, and the implementation of safety and security will be invaluable in implementing those processes in our future shipyard.”

Community meeting set for March 18

Military housing residents have one more opportunity to meet with Navy leadership and Forest City representatives at an upcoming community meeting scheduled for 6 p.m. March 18 at NCTAMS in the conference center (the old chapel).

Previous community meetings were held March 11 at Moanalua Community Center and March 13 at Ford Island Community Center.

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

Pearl Harbor-Hickam *Highlights*



Capt. Jeffrey James, commander of Joint Base Pearl Harbor-Hickam, reads to students at the Hickam Elementary School library on March 11 during the 2013 Read Across America event.

U.S. Navy photo by David D. Underwood Jr.

Rear Adm. Frank Ponds, commander, Navy Region Hawaii and Naval Surface Group Middle Pacific, and his wife, Carol, chat with students at Hickam Elementary School before reading "Oh, the Places you'll Go" by Dr. Seuss during the Read Across America program. The National Education Association's Read Across America is the nation's largest reading event, occurring each year on or near Dr. Seuss's birthday.

U.S. Navy photo by MC2 Nardel Cervacio



(Below) Staff Sgt. Corey Knight, 15th Aircraft Maintenance Squadron aerospace propulsion, performs maintenance on a C-17 Globemaster III during an operational readiness exercise March 9 on the flightline at Joint Base Pearl Harbor-Hickam.

U.S. Air Force photos by Tech. Sgt. Jerome S. Tayborn



U.S. Air Force photo by Tech. Sgt. Jerome S. Tayborn

(Above) Senior leaders representing the 154th Hawaii Air National Guard and the 199th Fighter Squadron ask U.S. Air Force Medal of Honor recipient Col. (retired) Joe Jackson about his experiences as a life-long patriot, next to an F-22 Raptor near the flightline at Joint Base Pearl Harbor-Hickam on March 1.



U.S. Navy photo by MC3 Diana Quinlan

(Above) Service members and distinguished visitors tour the combat information center (CIC) aboard the littoral combat ship USS Freedom (LCS 1) upon the ship's arrival to Joint Base Pearl Harbor-Hickam. USS Freedom arrived at Pearl Harbor for a scheduled port visit during a deployment to the Asia Pacific region.

(Right) The Navy's first littoral combat ship USS Freedom (LCS 1) arrives at Joint Base Pearl Harbor-Hickam for a scheduled port visit during a deployment to the Asia Pacific region.

U.S. Navy photo by MC2 Daniel Barker





Andrew Crow visits USS Hopper as part of his "Make-a-Wish."

Hopper Sailors host Make-a-Wish teen

**Story and photo by
Ensign Matthew
Conners**

*USS Hopper (DDG 70)
Public Affairs*

Wearing a command ball cap, an *aloha* shirt and a smile, Andrew Crow recently visited USS Hopper (DDG 70).

The 15-year-old from

Houston, Texas was diagnosed with leukemia in May 2011 and visited Hawaii courtesy of the Make-a-Wish Foundation. While exploring Waikiki, he met two members of the Hopper wardroom who invited him to tour the guided missile destroyer.

Following a tour of the ship that included an overview of the weapon sys-

tems, bridge, flight deck, armory and the combat information center, Andrew met Cmdr. A.I. Lopez, Hopper commanding officer, and dined in the wardroom.

Despite his illness, Andrew climbed all over the ship with ease and demonstrated a genuine eagerness to learn, rapidly learning the intricacies of shipboard life.

Kekaha Rifle Range live fire training to be held March 14-29

The Pacific Missile Range Facility's (PMRF) Security Department will conduct live small arms fire training March 14 to 29, between the hours of 1 and 9 p.m., at the Kekaha Rifle Range.

All fishermen, surfers and beach users are cautioned to stay away from this area due to hazardous nature of live fire training. Red warning flags will be flown at the range during the live fire training. As a

reminder, PMRF is a customer of the Kekaha Rifle Range which is a state-owned facility.

Questions concerning the upcoming exercise should be directed to PMRF's dispatch office at 335-4523.

Warning posted on TSP website

There is a warning posted on the TSP website www.tsp.gov concerning third-party mobile applications such as a new iPhone application, "TSP Funds."

The statement on the TSP website reads as follows:

Warning: third-party mobile applications — There are a number of mobile applications that reference the Thrift Savings Plan and may prompt you for your TSP account credentials. These

applications are not sponsored by the TSP. The TSP cannot endorse any information or advice provided by third-party applications. More important, providing your TSP account credentials to third-party applications may jeopardize the security of your account.

For more information on keeping your account safe, see the Security Center on the TSP website or contact the ThriftLine at 1-TSP-YOU-FRST (1-877-968-3778).



HO'OKELE Online

<http://www.hookelenews.com> or <https://www.cnmc.navy.mil/hawaii>

Shipyard preps for another record breaking NMCRS fund drive

David Tomiyama

Pearl Harbor Naval Shipyard, Code 1160 Public Affairs

Pearl Harbor Naval Shipyard & Intermediate Maintenance Facility kicked off the 2013 Navy-Marine Corps Relief Society (NMCRS) fund drive by committing to topping their 2012 contribution, a record for the shipyard and the highest amount raised at Navy Region Hawaii.

“Each year our goal is 100 percent contact with all ship-

yard Sailors,” said Shipyard Command Master Chief Petty Officer (SS) Jeff VanBlaracum. “However, we’re also aiming to top our 2012 contribution which would set another shipyard record.”

According to their website, the Navy-Marine Corps Relief Society is a non-profit, volunteer organization founded in 1904 to provide financial assistance to active duty and retired Navy and Marine Corps personnel and their families. NMCRS provides assistance with basic living expenses, emergency trans-

portation, funerals, medical bills, essential car repairs, pay problems and other emergency needs. Assistance is provided in the form of interest-free loans and/or grants, depending on financial need and type of assistance rendered.

“The NMCRS fund drive is the only contribution where the money raised goes directly back to Sailors and Marines,” said Paul Belanger, NMCRS Pearl Harbor Hawaii director. “Essentially, Sailors and Marines are helping themselves.”

In 2012, the shipyard raised \$30,040, the highest

amount donated among active duty commands in Navy Region Hawaii and an all-time high for the command. The amount nearly tripled their 2011 contribution of just over \$11,000.

For their 2012 efforts, the shipyard received the team spirit award and was recognized as the “highest contributor” for a large command in Navy Region Hawaii. NMCRS helped 58 shipyard

Sailors in 2012.

For Chief Information Systems Technician Eric Walter, code 210 fleet technical support standard operating procedures technical assistant and 2013 NMCRS shipyard co-chairperson, NMCRS is invaluable for Sailors and Marines who need financial help due to unforeseen circumstances.

“The importance of NMCRS in helping fellow

shipmates can’t be stressed enough. The number of Sailors and Marines who they’ve helped speak for themselves,” Walter said.

“I’ve seen Sailors that had an emergency, needed to get home but couldn’t afford it. They reached out to NMCRS who provided financial support. Seeing the smile on their face after purchasing their plane ticket was priceless,” Walter said.

Bring ‘em on: Shipyard welcomes 100 apprentices

David Tomiyama

Pearl Harbor Naval Shipyard, Code 1160 Public Affairs

Pearl Harbor Naval Shipyard & Intermediate Maintenance Facility recently welcomed aboard 100 apprentices to the command during new employee orientation. Over the next four years, the newcomers will work toward a tuition-free associate’s degree in applied trades with classroom and hands-on training in the shipyard, all while earning a fulltime paycheck.

The apprentice program is a partnership between the shipyard, Department of Labor and Honolulu Community College (HCC). During their time in the work/study program, apprentices receive a minimum of 7,200 hours of training in three areas: on the job, trade theory and academic study.

Upon successful completion of the program, graduates earn an associate’s degree in one of 18 different trades. They also receive certificates signed by the Secretary of Labor and the Department of the Navy certifying them as “journey worker” with qualifications to work at any Navy ship-

yard.

“The apprentice program includes classroom instruction in academics and trade theory as well as on-the-job learning in the various trades,” said Bev Higa, code 900 training apprentice program administrator. “This year 70 out of 100 apprentices will be assigned to shop 38 and trained as future marine machinery mechanics.”

With uncertainties over the federal budget requiring cost-cutting measures, the selectees were temporarily caught in a Department of Defense hiring freeze which was eventually lifted for the apprentice program.

“This apprentice class is a special one,” said Capt. Brian Osgood, shipyard commander.

“In the face of sequestration and budget issues, the shipyard fought hard to ensure this class came aboard as planned. They joined a great organization and are now a part of the shipyard *ohana*.

Apprentice Stacy Miller said she appreciates the opportunity.

“I was very excited to hear the news that we would be joining the shipyard after all. I really appreciate all the work that leadership did to fight for

us,” she said.

“I look forward to learning something new. My father was a Marine, so this is my way of giving back to the military without putting on the uniform,” Miller added.

The shipyard graduated its first apprentice class in 1924. Since then more than 5,000 apprentices have completed the program. Every year, an average of 3,000 applicants compete for 100 or more positions.

Applicants are subjected to stringent testing and interviews, medical examination and security clearance before stepping foot in the shipyard. This year’s candidates were given the Office of Personnel Management’s (OPM) Wage Grade Performance Potential Assessment (WGPPA) exam. This exam was developed to ensure entry-level job candidates can successfully learn and execute wage-grade job functions.

“We changed the assessment test from previous years,” said Higa. “In the past, we relied on HCC’s college placement test. Now we use the OPM’s WGPPA, and the apprentices are now hired as career conditional employees for the first time. In the past they were on excepted appointments.”

Life&Leisure

B

HONORING A SHIPMATE

Story and photos by Brandon Bosworth
Staff Writer



(Clockwise from above) The ashes of Boatswain's Mate First Class Stanley "Lucky" Stahowick, a survivor of the Dec. 7, 1941 attack on Pearl Harbor, were scattered in the waters near the USS Utah Memorial. Capt. Larry Scruggs, deputy commander, Pearl Harbor Naval Shipyard, and Jim Taylor, Pearl Harbor survivor liaison, bring the flag to full staff at the completion of the ceremony honoring Lucky. Capt. Larry Scruggs spoke at the memorial ceremony. Members of the Navy ceremonial guard await the start of the ceremony. Scruggs offers his condolences to Tom and Anita Stahowik.

The ashes of Boatswain's Mate 1st Class Stanley "Lucky" Stahowick, a survivor of the Dec. 7, 1941 attack on Pearl Harbor, were scattered in the waters near the USS Utah Memorial on Ford Island during a ceremony held March 12.

Stahowick was born Feb. 11, 1919 in Des Moines, Iowa. Shortly after graduating from high school, he enlisted in the Navy, on Dec. 7, 1937. He was assigned to the USS West Virginia, boarding the battleship in April 1938. Three-and-a-half years later, he was still assigned to the ship when it was bombed during the attack on Pearl Harbor.

On the morning of the attack, Stahowick was in his dress whites, preparing to go home on leave. He was standing near the ship's bugler when the bombs started to fall. Both were blown across the deck by the blast.

Stahowick managed to reach his battle station on the bridge where he found his commanding officer, Capt. Mervyn Bennion, who was seriously injured. Stahowick rendered aid, literally holding Bennion's flesh together so the captain could pass orders to the ship personnel. Bennion eventually died from his wounds and posthumously received the Medal of Honor.

Later, as the ship was sinking, Stahowick helped to pull survivors out of the water. One of those he pulled out of the water was his best friend. He was so covered with oil that at first Stahowick didn't even recognize him. By the evening, Stahowick was manning a .50-caliber machine gun in his underwear with orders to "shoot anything that moved."

Stahowick served throughout World War II and retired from the Navy in May 1975 after more than 30 years of service. He went on to work as a custodial engineer in the Des Moines Public School System. Stahowick was a member of the Fleet Reserve Association, American Veterans Association, and Iowa State Sheriffs and Deputies Association.

Stanley "Lucky" Stahowick died in his hometown of Des Moines on Nov. 18, 2003.

"It was Lucky's desire to return to Pearl Harbor when he died to have his ashes scattered here so he could be with his brothers who were lost that fateful day," said Jim Taylor, Pearl Harbor survivor liaison, who spoke at the ceremony. "It was also the wish of his children Tom and Nancy. Today, thanks to them and the United States Navy, Lucky's wish will come true."

"Boatswain Stahowick stood his watch as the West Virginia sank and settled on the harbor's muddy bottom," said Capt. Larry Scruggs, deputy commander, Pearl Harbor Naval Shipyard, who also spoke at the ceremony.

"He would have said he wasn't a hero. I stand here today as a proud member of the world's greatest Navy to say, 'Boatswain, you are a hero, and we have the watch.'"

Lt. Rick Tiff, Chaplain Corps, Pearl Harbor Memorial Chapel, presided over the service. He described Stahowick as a "shepherd who led his flock and served his country in a time of need."

Stahowick's son Tom was in attendance at the ceremony, along with his wife, Anita. They were not in Hawaii only for the service. The trip was part of their honeymoon as well.

"My dad always talked about Pearl Harbor and how he loved it and loved the Navy," said Tom Stahowick. "It was a wonderful ceremony, and I want to thank the U.S. Navy for doing it right."



COMSUBPAC shoots lights out to down Medical

**Story and photo by
Randy Dela Cruz**

Sports Editor

Fire Controlman 2nd Class Frank Lofton's four three-pointers in the first half helped Commander, Submarine Force U.S. Pacific Fleet (COMSUBPAC) take a 27-17 lead at halftime before finishing off Medical from Naval Health Clinic Hawaii, 49-36 on March 12. The Gold Division intramural basketball game we played at Joint Base Pearl Harbor-Hickam Fitness Center.

The shooting of Lofton and teammate Lt. Greg Koch, who also added two long distance shots in the first half, broke an 8-8 tie early in the game.

The win raised the divisional record of COMSUBPAC to 8-3 and kept the team in the hunt for the playoffs, while Medical fell to 4-7.

Lofton, who finished the night with 20 points, said that once he got on a roll, he just wanted to keep it going.

"I want it all the time," said Lofton about his hot streak. "I got pulled out and got a little cold, but we kept the lead and we still won. It was a good win for the team."

With the score tied at 8-8 in the first half, Lofton warmed up and knocked down his second trey of the game to take an 11-8 lead with 10:13 remaining before halftime.

Then on the next trip down the floor, Lofton immediately zeroed in on another long-range jumper to give COMSUBPAC a 14-8 advantage.

Medical cut the lead in half and pulled to within three at 14-11, but Lofton answered the call again with another three-point shot to go back up by six.

A shot by Marine Cpl. Absalom Johnson pulled Medical back to within four points at 20-16, but with Lofton getting a rest on the bench, COMSUBPAC regained momentum by sending the ball to the inside where center Electronics Technician 2nd Class Jesse Gauf went to work to score five straight points en route to a 10-point lead at intermission.

"I just played to my strength," said Gauf about the strong play in the lane. "I'm a little undersized, so playing against bigger guys, I got to be in the right position. When the team is struggling, I try to be the go-to person down low."

Gauf responded with another big basket in the second that kept Medical 10 points behind at 35-25 with 12:20 left on the clock.

A trey by Koch, his third of the game, at the 8:02 mark, gave COMSUBPAC a 40-29 advantage before Information Systems Technician 3rd Class Willis Bueno completed a basket-and-one to all but seal the game at 43-31 with only 5:29 in the game.

Lofton's game-high 20 points was followed by Koch with 11, Gauf with nine and Bueno with five.

Medical got most of their scoring from Johnson, who pumped in 17 points and Hospitalman Justin Blatch with 10.

Lofton, who scored 18 of his total in the first half, said that while his hot hand cooled off, it's good to know that he has teammates that can step up and deliver when needed.

"It's real good we got players like that," he said. "We got Gauf, who can get established in the paint and we got other shooters like LT. Unlike last year, we got a team. That's what I like about it."

After losing to the 8th Intelligence

“I want it all
the time. I got pulled
out and got a little
cold, but we kept the
lead and we still won.
It was a good win for
the team.”

—Fire Controlman 2nd Class Frank Lofton

Squadron in the third game of the season, COMSUBPAC has turned things around to contend for a playoff spot, which is scheduled for March 30.

Gauf said if the team continues to improve, he likes its chances of taking things to the next level.

"I think we're starting to hit our stride," he stated. "We're going to be tough to beat in the playoffs. Just keep playing good fundamental basketball and we're going to be all right."

Lofton agreed with Gauf, but added that for good things to happen, everyone would have to show up to be ready to play.

"I think we got a real good chance," Lofton admitted. "As long as people show up and play together, we'll be good."



Electronics Technician 2nd Class Jesse Gauf, Commander, Submarine Force U.S. Pacific Fleet (COMSUBPAC), goes up for a shot during a Gold Division game versus Medical.

15th MXG substitutes take charge over CES Team 2



Staff Sgt. Josh Frederico, 15th Maintenance Group (15 MXG), scores on a reverse lay-up for two of his 14 points during a Blue Division game versus the 647th Civil Engineer Squadron CES Team 2.

Story and photo by
Randy Dela Cruz

Sports Editor

There aren't many teams that can rest their starters for more than half of the game and still overpower their opponents, but that's exactly what the 15th Maintenance Group (15 MXG) did in beating 647th Civil Engineer Squadron CES Team 2, 64-26, March 11, in a Blue Division intramural basketball game at Joint Base Pearl Harbor-Hickam Fitness Center.

The win was the 11th for the MXG, whose only defeat came at the hands of league-leading Pound Town "A" earlier in the season.

"I saw an open lane and went for it... We practice that stuff all the time and just take it strong and see what happens."

—Staff Sgt. Josh Frederico

Meanwhile, the struggles for CES Team 2 continues as the squad has a record going in the opposite direction of the MXG with a mark of 1-9.

"We looked at the sheet and saw that they were a one-win team, so we just said we're going to send in our second team and get them some quality minutes, just so they can develop and give the starters some rest when they need it," said MXG starting guard Airman 1st Class Aaron Maxwell, who sat on the bench with the rest of the starters for the first nine minutes of the game.

Even with the starters sitting on the bench, the high-scoring MXG didn't seem to miss a beat with center Staff Sgt. Josh Frederico and Senior Airman Ryan Hubbard picking up the slack to take a 9-2 lead at the 11-minute mark.

Frederico scored on two lay-ups for four points, and Hubbard picked up two baskets and a free throw to score five points before halftime.

Once the second team gave way to the starting five, the MXG really stepped on the gas to pull away from the CES.

A basket by Maxwell on a putback, placed the MXG ahead by 13 at 17-4 with 7:03 on the clock.

Then, starting center Senior Airman Al-Tariq Stewart connected on a 10-foot jumper three minutes later, to put MXG up by 20 at 24-4.

Maxwell said that even though the starters were cold coming off of the bench, pressure on the defensive side warmed them up quickly.

"It's defense. We started it all last year," Maxwell explained. "Even though it's a different five this year, it's all about defense. That's what wins games. We figured that out the easy way and the hard way."

Two free throws by Staff Sgt. Kenneth Moore, just before the break, kept the lead at 20, with the score at 30-10.

Armed with a comfortable lead going into the second half, the MXG stuck to its platoon game plan and continued to liberally substitute players throughout the remaining minutes.

Stewart, after scoring nine points in the first half, kept up the pressure inside the paint and pounded the basket for seven more points to finish with a game-high 16.

After Stewart retired to the bench, Frederico came back in and picked up right where his fellow post player left off.

Checking into the lineup, Frederico scored three straight baskets, before adding two more hoops to finish the night with 14 points.

"I saw an open lane and went for it," said Frederico about his strong play under the basket. "We practice that stuff all the time and just take it strong and see what happens."

Although the MXG had an outstanding season last year, Maxwell said that the depth on this year's squad makes the team even more dangerous this time around.

Add a more focused approach to the mix and Maxwell said that the MXG is prepared to make a strong run for the title.

"This team is better this year," Maxwell noted. "Last year, we had a good five or six people and that was it. This year, we can bring in five off the bench and they can hold the game down for us while we get a break. We're way more focused than last year. We're even having practice on Saturdays. Definitely, everybody's sight is on a championship this year."

Pound Town 'A' runs past Fighting Geckos

Story and photo by
Randy Dela Cruz

Sports Editor

Airman 1st Class Lortavius Smith scored 21 points in the first half and finished with a game-high 27 to lead the undefeated 647th Security Forces Squadron (647 SFS) Pound Town "A" basketball team to a lopsided 69-36 victory on March 11 over the Fighting Geckos of the 17th Operational Weather Squadron (17 OWS) in a Blue Division matchup at Joint Base Pearl Harbor-Hickam Fitness Center.

In gaining the easy win, Pound Town got out of the gates quickly and raced out to a 12-4 lead on a lay-up by Smith after the first four minutes of play.

Pound Town took their first double-digit advantage on a basket by at the 13:05 mark and increased it to 20 at 27-7 after a hoop by Smith following a three ball by Airman 1st Class Vincent Kruzona.

The win raised Pound Town's record to a spotless 12-0, while the Fighting Geckos dropped to 4-7.

"Once we started the game, first off we said 'right out the gate' and that's what we stressed," said Smith about the team's quick start. "That's how we play. We're always pushing the ball. We love to win, so we just came out as a team and said let's get the win."

The first-half nightmare continued for the Geckos, as Pound Town outscored their opponent by a score of 19-10 for the rest of the half to go into the break with a 46-17 lead.

Many of the team's scores came off shots inside the lane as Pound Town dominated the boards and consistently broke down the Geckos' defense under the basket.

"Basically, it was everybody crashing and working together as a team," said Smith.

In the second half, Pound Town kept up the pressure and went up by a score of 54-25 on another three-pointer from Kruzona.

The shot, Kruzona's third from long distance, gave Pound Town a 29-point advantage and put the game away with over 12 minutes remaining on the clock.

A total of eight Pound Town players contributed points in the rout, with Kruzona following Smith with 13 points and Airman 1st Class

Marvin Martin adding eight points with two shots counting from beyond the arch.

Senior Airman Tony Oakley led the Fighting Geckos with 14 points, but it wasn't enough to spark the team's struggling offense.

Oakley said that the Fighting Geckos were missing key players in the matchup, but took nothing away from Pound Town's strong effort.

"We didn't have our full roster here today, so subbing was a big

"Once we started the game first off we said 'right out the gate' and that's what we stressed. That's how we play. We're always pushing the ball. We love to win, so we just came out as a team and said let's get the win."

— Airman 1st Class Lortavius Smith

deal," Oakley explained. "We came out a little bit lazy at the beginning, but we made a big change in the second half and played with more grit at the end. We did what we could with what we had. Other than that, they (Pound Town) were a good team. I'm going to take anything away from them."

Even with Pound Town's dominating win over the Fighting Geckos, Smith said that the team still has some work to do.

Smith did admit though that the team is starting to peak.

"We are definitely close," he stated. "Basically, we're going to get to the championship again. We're just motivated and ready to win."

However, with the playoffs two weeks away, Smith said the team has some unfinished business to take care of.

"We want to go in (the playoffs) as the No. 1 seed," he said, "so we can get as less games as possible and come out with the win overall."



Airman 1st Class Lortavius Smith, 647th Security Forces Squadron (647 SFS) Pound Town "A" team, goes past Senior Airman Tony Oakley, 17th Operational Weather Squadron (17 OWS).

Tripler clinic seeks to inform the public about traumatic brain injury

Story and photo by
Brandon Bosworth

Staff Writer

March is Traumatic Brain Injury (TBI) Awareness Month.

TBI occurs when a blow, jolt or other injury disrupts the function of the brain. Every year, approximately 1.7 million Americans sustain a TBI, and about a quarter-million military men and women have been diagnosed with some form of TBI since 2000.

Most service members sustained their injuries as a result of training accidents or motor vehicle crashes. About 30 percent are injured in combat. Concussions are the most common type of TBI in the military.

To encourage awareness about brain injuries, the traumatic brain injury (TBI)–concussion clinic at Tripler Army Medical Center has been hosting information booths at military bases

around Oahu.

Lon Lebatto, health care administrator, manned the TBI information booth at Joint Base Pearl Harbor-Hickam Makalapa Clinic on March 7. One thing he wants people to know is that brain injuries don't just happen to active duty members but to their families as well.

“We get a lot of kids at the clinic,” he said. “We’ve had kids who come in and couldn’t remember their parents’ names.”

Most children sustain brain injuries through sports, especially football. Others may have been injured in car accidents or other traumatic events.

Most of the adults the clinic treats are there as a result of an accident.

Lebatto explained that the Tripler TBI clinic offers a variety of services.

“In addition to being the core clinic for treating TBI, we also offer services such as speech



Lon Lebatto, health care administrator, manned the brain injury information booth at Joint Base Pearl Harbor-Hickam Makalapa Clinic on March 7.

therapy and anger management counseling,” he said.

Lebatto stressed that those who have experienced a head injury should seriously consider making an appointment with the TBI clinic or their primary care provider.

According to the traumatic brain injury (TBI) concussion clinic at Tripler Army Medical Center, there are many symptoms of a traumatic brain injury. Here are a few:

- Physical
- Headaches
- Sleep disturbances
- Dizziness or balance problems
- Nausea/vomiting
- Fatigue
- Distorted vision
- Sensitivity to light or ringing in the ears
- Cognitive
- Concentration problems

- Temporary gaps in memory
- Attention problems
- Slowed thinking
- Difficulty finding words
- Emotional
- Irritability
- Anxiety
- Depression
- Mood swings

If you or someone you know has sustained a head injury and is exhibiting any of these symptoms, a visit to the traumatic brain injury (TBI)–concussion clinic is highly recommended. The clinic is open weekdays from 8 a.m. to 4 p.m. For more information, call 433-6405.

“People hurt their head and, just like anything else, they think they will get over it,” he said. “And they usually will. But if you’ve had a head injury that leaves you dazed, you should probably see somebody.” Patients can make appointments

with the Tripler traumatic brain injury (TBI)–concussion clinic, either directly or through a referral from their primary care provider

The clinic is open weekdays from 8 a.m. to 4 p.m. For more information, call 433-6405.

Navy Nutrition Month: Take guesswork out of meal planning

Navy Personnel Command
Public Affairs

MILLINGTON, Tenn. (NNS) — Navy Nutrition Month is a time to focus on meal planning and ways to make it easier, said Lt. Cmdr. Jennifer Wallinger, a dietitian with the Navy Physical Readiness Office, on March 8.

“Meal planning overwhelms many, but there are strategies that can keep it simple. The choosemyplate.gov website, for example, shows you how a balanced plate will look and divides the plate into four components plus dairy,” continued Wallinger. “Once you know what your plate will look like, it’s just a matter of choosing foods within each category.”

The choosemyplate.gov website walks you through building a plate with about one-half fruits and vegetables, one-quarter whole grains and one-quarter lean protein. Selecting the least processed foods low in added sugar, salt and fat will be among the best choices, but even if one chooses other foods, they can still strike a balance by filling the other components with good choices.

“Have fun in the kitchen when building your plate. Involve your friends and family,” stressed Wallinger.

“Including your kids in selecting foods allows them to be part of the process and is a great way to improve eating habits. Knowing more about our food and where it comes from tends to make healthful choices easier.”

Navy Physical Readiness (www.npc.navy.mil/support/physical) has several nutrition resources to help people stay energized and create a positive impact to their body and mind. The Navy Operational Fueling card deck (www.npc.navy.mil/support/physical/Documents/NOFFS_Operational%20Fueling.pdf) offers guidance on how to choose foods and portions and also includes “nutrition rules to live by.”

Additionally, the Navy and Marine Corps Public Health Center has launched its healthy living initiative (www.nmcphe.med.navy.mil/Healthy_Living/), in conjunction with DoD’s Operation Live Well (www.defense.gov/home/features/2012/0812_live-well/), underscoring the relationship between physical and emotional wellness.

For more information, visit the Navy Nutrition Webpage at www.npc.navy.mil/support/navynutrition/Pages/default2.aspx.



U.S. Navy photo by Brandon Bosworth

Culinary Specialist 1st Class Anthony Amadeo prepares a healthy meal in the Silver Dolphin Bistro's galley at Joint Base Pearl Harbor-Hickam.

Morale Welfare & Recreation

PEEWEE T-BALL

Today is the last day to register children ages 3-5 years old for PeeWee T-Ball. The season runs April 13 to June 22, and the cost is \$35. FMI: 473-0787.

MOVIE NIGHT AT BOWLING CENTER

The Naval Station Bowling Center will be showing a free movie tonight at 7 p.m. FMI: 473-2574.

UFC I58 HD, MEET B.J. PENN

Watch Georges ³Rush² St-Pierre takes on Nick Diaz in high-def at 4 p.m. Saturday at J.R. Rockers. Doors open early, and UFC fighter B.J. Penn will be on hand for a meet-and-greet from 2 to 4 p.m. Free for members, \$10 for non-members. FMI: 448-2271.

TEEN MUSTACHE PARTY

A teen mustache party will be held from 6 to 8 p.m. Saturday at the Hickam Teen Center. Attendees are encouraged to dress as their favorite character with a famous mustache. There will be games, food and prizes for the best costume. This free event is open to ages 13-18 years old. FMI: 448-0418.

ACTIVE-DUTY HICKAM HISTORICAL TOUR

A special Hickam historical tour will take place Saturday from 9:30 to 11:30 a.m. This condensed tour is tailored specifically for active-duty personnel and open only to active-duty and their guests. The tour will include visits to the original buildings at Hickam where the Army Air Forces' airmen, nurses and officers' and enlisted families lived as well as the chance to hear personal stories of the "day of infamy." The cost is \$25 per person, and the tour departs from Information, Tickets & Travel-Hickam. FMI: 448-2295.

SNORKELING SHARK'S COVE WITH LIBERTY

There will be a free snorkeling excursion to Shark's Cove on the North Shore on Sunday. Departures are from Beeman Center at 8:30 a.m., Instant Liberty at 8:45 a.m., Makai Rec Center at 9 a.m., and Liberty Express at 9:45 a.m. This event is for single, active-duty Sailors and Airmen only. FMI: 473-2583.

SONS OF ANARCHY MEET-AND-GREET

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 and Cues. Three of the TV show's celebrities will be in attendance, including Kim Coates (Tig), Mark Boone Jr. (Bobbie) and Dayton Callie (Unser). FMI: 449-7790.

FORD ISLAND HISTORICAL TOUR

There will be a Ford Island historical tour from 8:30 to 10:30 a.m. March 20. Ford Island played a significant role in World War II, and this tour will visit often-overlooked historical battle sites. The tour departs from Rainbow Bay Marina parking lot. The cost is \$25 for adults, \$20 for children 3-11, and free for lap children two and under. Free pickup is also available at lodging (call for times). FMI: 448-2295.



BEAUTIFUL CREATURES (PG-13)

A hauntingly intense coming of age story set in the South, "Beautiful Creatures" is about two star-crossed teenage lovers, Ethan, a local boy, and a mysterious new girl, Lena uncover dark secrets about their families, their history and their town.

HICKAM MEMORIAL THEATER

TODAY 3/15

6:00 PM Beautiful Creatures (PG13)

SATURDAY 3/16

4:00 Hansel and Gretel: Witch Hunters (R)

7:00 Studio Appreciation Advance Screening – Free Admission rated R Tickets available at your local exchange food court. Seating open to non-ticket holders 30 minutes prior to showtime.

SUNDAY 3/17

2:00 Beautiful Creatures (PG13)

Community Calendar

MARCH

NOW — the Joint Base Tax Center, run by the 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.

TODAY — 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. FMI: www.afceahawaii.org or call Ken at 441-8524.

22 — Auditions are underway to become a musical Idol. An audition will be held from 3 to 6 p.m. at Club Pearl Country Bar. The top 10 from auditions will perform at 7 p.m. April 13 at Hickam Memorial Theater. An after-party will take place at J.R. Rockers. FMI: 347-5157.

23 — Breakfast with the Easter bunny will be held from 8 to 9 a.m. at the Pearl Harbor Navy Exchange (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.

23 — "Discover Your Future in Aviation" will be held from 10 a.m. to 4 p.m. at Pacific Aviation Museum Pearl Harbor. The event will include hands-on activities and experiments, interactive science exhibits, and aviation industry booths with activities that also fulfill objectives for Girl and Boy Scout badge programs. Talk one-on-one with aviation professionals, enter to win aviation prizes, and bring a camera to take photos with Rosie the Riveter and her friends. The event is free with regular museum admission and free to museum members. General admission tickets are available online. FMI: 441-1005 or email Education@PacificAviationMuseum.org.

APRIL

1 — The next semester of on-base college classes start April 1. Sign-ups will be conducted at the Navy College Office (building 679) and the Air Force Education Center (hangar 2) through March 29. FMI: visit the base education offices or call 473-5754.

6 — The Ford Island Bridge Run will be held at 7 a.m. at the entrance to Adm. Bernard "Chick" Clarey Bridge. Entry fee is \$20 for military and their family members and \$25 for non-military. The bridge will be closed from 6:50 to 7:05 a.m. April 6. Entry deadline is March 22. FMI: 473-0784, 473-2499 or 473-2437.

SHARKEY THEATER
is closed
for renovations
until June.

Some MWR facilities and services may be subject to change. For more information, visit the JBPHH website at www.cnmc.navy.mil/pearlharbor-hickam or the Navy Region Hawaii website at www.cnmc.navy.mil/hawaii.

Movie Showtimes

‘Gimme 5’ campaign to launch Hickam Communities resident survey

Hickam Communities

Hickam Communities staff will be knocking on residents’ doors on March 23, delivering the annual resident satisfaction survey that launched the Gimme 5 campaign.

“We can’t emphasize enough how important it is for our families to provide us with candid feedback about their experiences being part of our community, from move-in through residency,” said Stephen Quinn, Hickam Communities property management director.

“We’re asking them to rate us on a scale of one to five, five being the highest, which is what our team aspires to,” Quinn said.

Survey results, comments and suggestions help Hickam Communities and Air Force housing leadership identify areas where the property operations team is realizing success, as well as areas in need of improvement or where there might be a need for a program or service.

The survey takes approximately five minutes to complete. Residents completing the survey on the day of delivery can

place and seal it in the envelope provided and leave it at their front door.

Hickam Communities staff will collect them in the afternoon and leave behind five ice cream coupons as a “thank you” to families for participating.

Surveys completed at a later date should be mailed in the addressed, stamped envelope provided and be postmarked no later than the May 10 deadline.

A comment card is included with the survey, and completed comment cards and surveys postmarked no later than April 12 will be eligible for an Early Bird drawing to win one of five \$250 cash prizes. One winner will be randomly drawn from each neighborhood.

The survey is conducted by the nationally-recognized real estate consulting firm CEL & Associates, Inc. Residents’ names will be kept confidential. Bar codes on the return envelope provided only identify neighborhoods.

For more information, call Hickam Communities resident services team at 423-2300.

My Favorite Photo



Kalvin Vaughn took this recent photo of a Chinese New Year lion dance performance at the Pearl Harbor Navy Exchange.

Lung Kong Physical Culture Club Hawaii performed the dance demonstration, welcoming the Year of the Snake.

How to submit

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

Great American Voices create excitement at Hickam Officers’ Club

Erica Myers and Emily McNulty

Joint Base Pearl Harbor-Hickam MWR

The Hawaii Opera Theatre brought a concert event called Great American Voices to the Hickam officers cJoint Base Pearl Harbor-Hickam at the Officers’ Club March 9. This concert was made possible by a grant from the National Endowment for the Arts. More than 100 attendees started their evening at a

wine, cheese and olive pairing. During the opening event, the general and artistic director of Hawaii Opera Theatre provided an overview of the evening’s performance. The 90-minute musical performance, sung in front of more than 200 Morale, Welfare and Recreation (MWR) patrons, began with classic opera acts and wrapped up with Broadway classics. Attendees included active-duty military, Department of Defense civilians, family members and retirees.

“I’m so glad I decided to come. The talent and their voices were amazing! I hope they come back soon,” said Sarah Smith, an MWR patron. “We were so pleased to have Hawaii Opera Theatre’s Great American Voices back on joint base. The show was exciting and wonderful. I personally loved the children, who would not normally be in attendance, exposed to the excitement and the drama of a live performance,” said Lara Katine, MWR special events director.

Federal employees eligible for transit voucher 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 website at 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 or 448-2906 or the Navy transit benefit manager Jamie Chatarsa at Jamie.chatarsa@dot.gov or call 202-366-1641.

STORY IDEAS?

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

473-2890 editor@hookelenews.com

Pearl Harbor Historic Sites announce hours

Battleship Missouri Memorial, Pacific Aviation Museum Pearl Harbor and USS Bowfin Submarine Museum and Park will continue to operate as normal. The Pearl Harbor Visitor Center will remain open until 4:30 p.m., and shuttle service to the Battleship Missouri and Pacific Aviation Museum are unaffected.

The Pearl Harbor Historic Sites’ hours of operation are as follows:

- Pearl Harbor Visitor Center: 7 a.m. – 4:30 p.m.
- USS Arizona Memorial tours: 8 a.m. – 1 p.m.
- Battleship Missouri Memorial: 8 a.m. – 4 p.m.
- USS Bowfin Submarine Museum and Park: 7 a.m. – 4:30 p.m.
- Pacific Aviation Museum Pearl Harbor: 9 a.m. – 5 p.m.

For more information on the four attractions at Pearl Harbor, visit www.PearlHarborHistoricSites.org.



Photo courtesy of Hawaii Opera Theatre

MY FAVORITE PHOTO

Do you have a favorite photo? Here is your opportunity to see it featured in Ho’okele.

My favorite photo can be anything in good taste.

Please send information regarding where it was taken and any interesting details. Include the name of the photographer and contact information.

Please send your photos to editor@hookelenews.com and “cc” Karen Spangler, managing editor, at karen.spangler@navy.mil and Don Robbins, assistant editor, at drobbins@hookelenews.com.

WHO SAID IT?

“I can imagine no more rewarding a career. And any man who may be asked in this century what he did to make his life worthwhile, I think can respond with a good deal of pride and satisfaction: ‘I served in the United States Navy.’”

Last Week's

WHO SAID IT?




Photo by Molly Greenberg

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

—Dalai Lama

This Week's Trivia

Who shines the ship's bell?

Last Issue's Question:

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

Answer:

On Feb. 28, 1959, as part of the CORONA reconnaissance program, the Air Force launched Discoverer 1 – the first polar orbiting satellite.



‘Choose to Lose’ event includes Zumba, dietitian

A “Choose to Lose” Zumba fitness event will be held March 15 at Pearl Harbor Commissary. The Zumba will begin at 9 a.m. and a dietitian's kitchen will be held from 10 a.m. to noon. Naval Health Clinic Hawaii Health Promotion and the Defense Commissary Agency (DeCA) are partnering to hold the event, which will focus on healthy activity and a food recipe. A dietitian from the Hickam side of Joint Base Pearl Harbor-Hickam, Amanda O'Neill, will be at the commissary for dietician's kitchen after the Zumba to answer questions and share the recipe for apricot cilantro quinoa pilaf. Adults and children are welcome at the event. A tent with the Naval Health Clinic Hawaii Wellness on Wheels van will also be located outside.

Two Easter brunches planned for March 31

Two Easter brunches will take place at Joint Base Pearl Harbor-Hickam on Easter Sunday, March 31. An Easter champagne brunch buffet will be held at the Hickam Officers' Club. Seating times are 10 a.m. and 1 p.m. at the lanai, 10:30 a.m. and 1:30 p.m. at the dining room. The cost is \$29.95 for adults, \$15.50 for children ages 7-12, \$8.25 for children ages 4-6, and free for children ages 3 and under. There will also be a \$2 members first discount. The brunch will feature a carving station, omelet station and more. Reservations are required. The brunch is open to all ranks. For more information, call 448-4608. In addition, an Easter Sunday champagne brunch will be held at the Tradewinds Enlisted Club. Seating times are at 10 a.m. and 12:30 p.m. The cost is \$29.95 for adults, \$15.50 for children ages 7-12, \$8.25 for children ages 4-6 and free for children ages 3 and younger. There will be a \$2 members first discount. Chef Andreas Knapp will prepare the Sunday Brunch at the Tradewinds Enlisted Club. Reservations are strongly encouraged. For more information, call 448-2271, ext. 226.

WHO'OKELE

PEARL HARBOR-HICKAM NEWS

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Oahu's natural wonders makes it ideal for a 'staycation'

Hookele Staff | Mar 09, 2013

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NAVIGATE TO HO'OKELE ONLINE

www.hookele.com or www.cnmc.navy.mil/hawaii

Volunteers needed for Pearl Harbor Bike Path cleanup

Joint Base Pearl Harbor-Hickam will partner with the City and County of Honolulu for a Pearl Harbor Bike Path cleanup from 8 to 11 a.m. April 6.

Navy and Air Force volunteers can help in one of two locations. The first location is the area along the bike path between McGrew Point (also known as Aiea Bay Park) and Neil S. Blaisdell Park to including Pu’uloa Stream near Blaisdell Park. The other location is Kapakahi Stream across from Honolulu Police Station on Waipahu Depot Road. Volunteers should meet by 8 a.m. at Blaisdell Park or Kapakahi Stream.

Work will include trash removal, weeding and beautification. Volunteers should dress to get dirty, wear covered shoes and bring sunscreen.

To volunteer, contact MAC James Wooten, james.wooten2@navy.mil, work number 472-7149 or cell 225-5347. For more information, call Tom Clements, Navy Region Hawaii outreach, 473-0662 or cell 445-4981.

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:

- 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 (bring your own lunch) 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.

Burning carbon-based fuel contributes to warming planet

Rebecca Hommon

*Navy Region Hawaii
Environmental Counsel*

Earth Tip: Global warming is a security issue. In 2011, the Chief of Naval Operations identified the Arctic as the Navy’s next frontier as the Arctic ice recedes.

Pacific Command’s Adm. Samuel Locklear noted that the Pacific island of Tarawa in Kiribati will need to move their entire population because the island will soon be covered by water.

Much of the Navy’s effort in the near future will likely be in responding to destructive weather events and other consequences of a warming planet. So what does that have to do with each of us?

The combustion of carbon-based fuels such, as coal, oil, natural gas results, in the release of emissions.

These emissions or gasses contribute to the warming of the planet as

these gasses sitting in the atmosphere closest to the earth absorb the sun’s heat and retain the earth’s warmth, popularly known as the green house effect.

Every time we choose to burn a carbon-based fuel, we contribute to a warming planet. By driving a few fewer miles, shutting off an engine immediately, being conscious of what fuel produced the electrical power we’re using, using our purchasing power to exert influence on commercial suppliers and product manufacturers, purchasing local products and food rather than items shipped here from thousands of miles, we help reduce the release of emissions and help to slow global warming.

Because we are engaged in the business of international peace and security, we have no choice but to do so. To learn more, see Locklear on climate change as reported on March 9 in the Boston Globe at <http://b.globe.com/Y3Zvnb>

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 4:40 to 6:30 p.m. Friday. 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. Saturday. 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. Sunday .

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.

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 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.
- March 26, 9 a.m. to 1 p.m., Naval Computer and Telecommunications Area Master Station NCTAMS Gym, 500 Center St., Wahiawa.
- March 29, 8 a.m. to 1 p.m., Pearl Harbor Naval Shipyard.

For more information, call 433-6699 or 433-6148 or email michelle.lele@amedd.army.mil.