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USS Chung-Hoon heads to western Pacific

MC2 Dustin W. Sisco

Navy Public Affairs Support Element West, Detachment Hawaii

guided-missile destroyer USS Chung-Hoon (DDG 93) departed Joint Base Pearl Harbor-Hickam on April 2 for an independent deployment to the Indo-Asia-Pacific region.

The ship's departure, originally planned for Feb. 28, was deferred to better refine sequestration planning and execution.

Commanded by Cmdr. Justin Orlich, the ship and its crew of nearly 280 Sailors will conduct integrated operations in conjunction with allies and partners.

"The crew's really excited to go out," Orlich said. "We've been on hold for a little over a month now while we fought through the battles of sequestration, but now that we're approved and ordered to deploy, we're ready to go. "It's a great feeling knowing we're ready to go out and do the good



U.S. Navy photo by MC3 Diana Quinlan

The guided-missile destroyer USS Chung-Hoon (DDG 93) undergoes final preparations prior to departure from Joint Base Pearl Harbor-Hickam for an independent deployment to the Indo-Asia-Pacific region. The ship and its crew will conduct integrated operations in conjunction with allies and partners.

where we're going to work, "We train for any contin- the crew is fully trained. No

things we've been training gency, so regardless of matter what we're faced with, we'll be ready," Orlich

The ship's motto is,

Sea Warriors." As part of Naval Surface Middle Pacific and Destroyer Squadron 31, Chung-Hoon operates forward, maintaining the highest warfighting readiness to preserve the freedom of vital sea lanes.

Chung-Hoon is a guidedmissile destroyer that is a multi-mission, anti-air warfare, anti-submarine warfare and anti-surface warfare surface combatant—an important component of the Navy's rebalancing of assets and forces to the Pacific.

The ship is named in honor of native Hawaiian Rear Adm. Gordon Pai'ea Chung-Hoon, recipient of the Navy Cross and Silver Star in World War II for conspicuous gallantry and extraordinary heroism.

"This deployment is a great opportunity for the men and women of the ship. We've trained hard for the last 18 months, and we're very excited to go out and do the nation's bidding," said USS Chung-"Imua e na Koa Kai," which Hoon Command Master translates to "Go Forward Chief Christian Detje.

Fed Fire Hawaii takes top awards

Story and photo by Fire Inspector Angela Sanders

Federal Fire Department

Federal Fire Department (FFD) Hawaii was named as the 2012 Navy Fire and Emergency Services winner the Large Fire Department of the Year award in a ceremony March

Glenn DeLaura, Federal Fire Department regional award for Navy Fire Chief of Chief of the Year. the Year for 2012.

"Whenever a leader is Fire Department Joint given an opportunity to surtrustworthy, hardworking individuals from all areas of the workforce, only then will a highly successful team be developed to build a vision that supports the goals and objectives of the Navy," DeLaura said.

The fire chief's award, although considered a single award, is truly one that I share with the individuals that were part of my team,"

During the 2013 Federal the Year.



fire chief who retired in Rear Adm. Frank Ponds, commander of Navy Region Hawaii December 2012 with 38 and Naval Surface Group Middle Pacific, congratulates years of service, won the retired regional fire chief Glenn DeLaura, 2012 Navy Fire

Firefighter Recruit Academy round themselves with loyal, graduation ceremony March 22, Rear Adm. Frank Ponds, commander of Navy Region Hawaii and Naval Surface Group Middle Pacific, presented Regional Fire Chief Fletcher Dahman and DeLaura with a certificate for recognition of significant achievements. The award honored contributions to the United States Navy Fire and Emergency Services for winning the award for 2012 Large Fire Department of

"As the fire protection and emergency services provider for all Navy, Air Force, Army, Marine Corps and Coast Guard installations on Oahu, 'Fed Fire' has contributed immeasurably to the safety of more than 185,000 personnel, the naval shipyard, 39 ships and submarines, Hickam airfield with more than 60 aircraft, and over \$53 billion in assets - protecting those who defend America," Ponds said.

The submittal process and See FED FIRE, A-9

Pinwheel planting marks start of Child Abuse Prevention Month

Story and photo by **Brandon Bosworth**

Staff Writer

The Joint Base Pearl Harbor-Hickam Military & Family Support Center (MFSC) hosted a special pinwheel planting ceremony April 1 to mark the beginning of Child Abuse

About 80 children from the Kama'aina Kids program at the neighboring Moanalua Preschool planted pinwheels in front of the center located at 4827 Bougainville Drive.

This is the second year in a row that MFSC has held the pinwheel ceremony, but the first in which children were invited to participate.

"Last year it was mostly military personnel planting the pinwheels," said Tyra Lamb, family advocacy program prevention and education specialist.

"This year we had the great idea of involving the children."

national symbol of the Dawn Ogden, counseling See PINWHEEL, A-10



Keiki from Kama'aina Kids at Moanalua Preschool plant pinwheels along the pathway to the Military & Family Support Center. (Additional photo on page A-5.)

movement to prevent child and advocacy supervisor.

"The old symbol was a blue ribbon with the blue Pinwheels are the new representing bruises" said

"Pinwheels are more positive and represent the winds of change."

Speed limits to change in some areas of Joint Base Pearl Harbor-Hickam

Story and photo by **Brandon Bosworth**

Staff Writer

A serious traffic accident earlier this week has led officials at Joint Base Pearl Harbor-Hickam (JBPHH) to implement a basewide speed limit of 25 mph unless otherwise posted.

Previously, certain base streets had posted speed limits of 30 or 35 mph. The speed limit for housing areas remains at 15 mph.

The 25 mph speed limit is now in effect on Pearl Harbor Boulevard and is expected to go into effect on other areas of the base in the near future. More details will be available soon.

The action to lower speed lim-



Old speed limit signs are being removed as Joint Base Pearl Harbor-Hickam plans to institute a base-wide speed limit of 25 mph.

its results from an incident that Hickam. "Fortunately there were occurred on the morning of April no life-threatening injuries." 2. A Sailor was struck by a vehicle while in the crosswalk in actions taken to help increase front of the Fleet Store on Pearl Harbor Boulevard.

broken right arm, right leg and traffic safety across the base,' Medical Center via ambulance.

The driver of the vehicle was taken to security and cited for causing an accident involving bodily injury, inattention to drivlicense and subsequently was released to his command.

Jeffrey James, commander of Joint Base Pearl Harbor- entering the crosswalk.

There may be additional safety at JBPHH.

"We are taking a hard look at The victim, who sustained a all aspects of pedestrian and lacerations to the right elbow, said James. "We will be implewas transported to Queens menting changes immediately to protect service members, their families and civilians."

Both drivers and pedestrians are cautioned to be careful when crossing streets. Pedestrians ing and having no driver's should always check both lanes to see if vehicles are coming before walking into a crosswalk. "It's tragic that this sort Drivers are expected to stop for of accident happened," said Capt. pedestrian crosswalks when a pedestrian is in the crosswalk or



U.S. Rep. Gabbard inspires attendees at Women's History Month seminar See page A-2



Emergency preparedness See pages A-6, A-7



USS Chung-Hoon, **USS Reuben James** See page A-10



NIOC repeats as JBPHH basketball champions See page B-1



Earth Day celebration an opportunity to 'go green' for the environment See page B-3



Sexual Assault Awareness Month events planned at JBPHH See page B-7

Air Force deputy undersecretary attends Malaysian exhibition

Pacific Air Forces Public Affairs

Deputy Undersecretary of the Air Force for International Affairs Heidi Grant and military leaders attended the Langkawi International Maritime Exhibition Aerospace (LIMA) 2013 held March 24 to 28 at Langkawi Island, Malaysia, as part of ongoing efforts to build relationships in the Asia-Pacific region.

Grant said the United States Air Force remains committed to engaging U.S. partners and allies in the Asia-Pacific region and around the world by participating in aerial events such as LIMA-13. The focus of the effort is to promote regional security interests, support friends and allies, and demonstrate U.S. military capabilities and resolve even during times of fiscal constraints.

"Sequestration, as a nearterm fiscal challenge, should not be interpreted as a lack of long-term commitment," said Grant. "Our alliances and partnerships bring with them years of mutual trust and respect, significant interoperability, and information more than 120,000 public sharing—all of which build multilateral relationships and 40 warships and vessels



U.S. Navy photo by Mass Communication Specialist 1st Class Michelle Lucht

Adm. Cecil Haney (center), commander of U.S. Pacific Fleet; U.S. Air Force Lt. Gen Salvatore Angelella (right), commander U.S. Forces Japan; and Heidi H. Grant, left, U.S. Deputy Under Secretary of the Air Force for International Affairs; attend the opening ceremony of the 2013 Langkawi International Maritime and Aerospace Exhibition (LIMA 13) held March 26 in Malaysia.

prosperity in the region."

In 2011, more than 230 delegations from 35 counattended LIMA-11 along with approximately 33,000 trade visitors and

the Republic of Korea, France, Russia, the United Kingdom, Sweden, Singapore and Thailand also participated in LIMA-11.

After much consideration, visitors. About 75 aircraft Pacific Air Forces' event planners opted to cancel the

and underpin security and from the U.S., Malaysia, F-16 Fighting Falcon demontion team to attend LIMA to in LIMA-13 due to significantly constrained flying international event. hour programs and support costs. PACAF leadership pursued and received Headquarters Air Force approval permitting the C-17

Globemaster III demonstra-

Australia, Indonesia, China, stration team's participation preserve the Air Force's aerial footprint at the biennial

tinue to make cuts in supporting theater engage-Air Forces commander. "We

just have to do them smartly, so that we maintain our rebalance and pivot to the Pacific and maintain our capability to do what we need to do in support of our friends and allies.

PACAF's support for these events and international commitments are the backbone of the command's mission to continue these key engagements and build partnership capacity throughout the region. Historically, PACAF supports 20 U.S. Pacific Command exercises and 19 PACAF-sponsored events annually, some of which include humanitarian assistance and disaster relief focused operations. Also, annually, there are approximately five international trade shows or aerospace exhibitions like LIMA.

First organized in 1991, LIMA provides participating countries with a venue for promoting increased understanding and interoperability with the purpose of fostering regional stability and security across the Pacific theater. LIMA is a leading "PACAF has and will con- international trade show for aerospace and maritime manufacturers targeting the ments, we know that," said Asian market in defense, Gen. "Hawk" Carlisle, Pacific enforcement and commercial



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

were a private or if you were

a team leader or a squad

leader or a platoon sergeant,

we can accomplish the mis-

sion best together when each

of us takes action on a daily

basis within the framework

of being a servant leader,"

during

History Month included a

women's military leadership

panel, computer training

and a literary event for chil-

dren at the Hickam Library.

Other events held at joint

Women's

she said.

base

Chief Master Sgt. "Les" Bramlett, command chief master sergeant of 15th Wing, Joint Base Pearl Harbor-Hickam, greets Rep. Tulsi Gabbard prior to the Women's History Month seminar March 29 at JBPHH. (See additioal photo on page A-5)

U.S. Rep. Gabbard inspires attendees at Women's History Month seminar

MC1 Cynthia Clark

Defense Media Activity — Hawaii News Bureau

Representative (Hawaii-D.) Tulsi Gabbard was the keynote speaker March 29 at the Women's History Month seminar at Joint Base Pearl Harbor-Hickam.

Highest Potential and Help Others Reach Theirs," was the final event for Women's History Month at joint base.

Approximately 100 service men and women, Department of Defense civilians how to be the ones who are and family members attended the seminar, which was facilitated by Air Force Col. Eva Jenkins commander 692nd Intelligence, Surveillance

Reconnaissance Group. Gabbard stressed how catalyst to ensure the suc-

cess of our country.

plishments is what this single day," Gabbard said. month is really all about," "It didn't matter if you Gabbard said.

"It's exciting for us as women in uniform, especiallv to see the kinds of progresses that are being made, that have allowed us to be where we are, and that are being made this year. The kinds of progress that we've seen would not be possible The seminar, "Reach Your without the tremendous contributions of those who came before us and those who paved the way," she said.

Jenkins, also a motivational speaker, shared her own recipe for success and out there making it happen.

"It's up to us to change the perceptions," Jenkins said. "If you want to make a change, you have to go and make that change. It matters

- it really does.' Gabbard, a captain in the important it is to honor the Hawaii National Guard, accomplishments of women used her experiences to bring who have come before. She home the message that it's also noted the importance of not about what position you taking those accomplish- are in - you can affect ments and using them as a change and you can influence progress.

"It was a message and a "Celebrating remarkable lesson that I tried to pass women and their accom- along to my Soldiers every

PACAF command chief visits 15th Wing Airmen



U.S. Air Force photos by Tech. Sgt. Jerome S. Tayborn Chief Master Sgt. Steve McDonald, Pacific Air Forces command chief, joined by Command Chief Master Sgt. Leslie Bramlett, 15th Wing command chief, addresses 15th Wing Airmen at the Hale Aina dining facility at Joint Base Pearl Harbor-Hickam on



Chief Master Sgt. Steve McDonald, Pacific Air Forces command chief, speaks to service members at an enlisted call in the Memorial Theater at Joint Base Pearl Harbor-Hickam

Keep informed about sequestration

To keep apprised of updated informasequestration, please visit http://www.defense.gov/home/features/2013/0213_se

STORY IDEAS?

Contact the Ho'okele editor for guidelines and story/photo submission requirements Phone: (808) 473-2890/2895 Email: editor@hookelenews.com

WHO'OKELE

Burma, Myanmar in her eyes: 'Freedom From Fear'

Review by Bill Doughty

Navy Region Hawaii Public **Affairs**

Aung San Suu Kyi is a pivotal figure, philosopher and heroic leader in Burma (now also known as Myanmar) who calls for "a genuine respect for freedom, peace and justice."

Aung San, a former leader of the country's indepen-Japanese just prior to military and sided with the League for Democracy. Allies. He was assassinat-

bered today as the father of literature in the context of modern Burma.

Aung San's daughter, an Oxford-educated winner of the 1991 Nobel Peace Prize, continued her father's push to democratic rule and freedom but was arrested, separated from her family and kept under house arrest for 15 of 21 years between 1989 and 2010. Her selfless com-She is the daughter of mitment, backed by the free world, led to elections and the beginning of a transidence movement against tion from military junta British colonialism. Aung control to civilian govern-San first aligned with the ment rule. Today, Aung San Suu Kyii chairs WWII until he saw the fas- Myanmar's leading opposicism of Imperial Japan's tion party, the National

Part I, "The Inheritance," ed by a rival in 1947 on the focuses on her early writeve of the country's inde- ing, including a biography pendence but is remem- of her father and review of

religion and politics. The chapter "My Country and People" is a must-read for anyone who wants to understand the ethnic diversity of Burma.

It provides the geography, history and sociology needed to explain the differences of Mon-Khmers, Tibeto-Burmans and Thai-Shans - Chins, Kachins, Krens, Kayahs, Arakanese (Rakhines) and Shans; how these people were impacted by Indian, Chinese, Portuguese and British culture; and how the country has been influenced by religions such as natural spirit worship, Hinduism, Buddhism, Christianity, Islam and

Although she doesn't mention the immigrant ethnic Rohingva Muslims in her 1991 book, Aung San Suu Kyi recently called ethnic violence between Buddhists and Rohingya Muslims in western and central Burma international huge

She restated her desire to promote reconciliation after 200 people were killed and 100,000 were displaced from their homes in 2012.

Aung San Suu Kyi challenges people to rise above their superstitions, prejudices and, most of all, fears.

Part II, "The Struggle," shows a chronological sequence of the movement toward democracy.

"The quest for democraof a people to live whole,



Image from navyreads.blogspot.com "Freedom From Fear" was first published in 1991 and reissued in 1995, edited by Aung San Suu Kyi's late husband, Dr. Michael Aris. It is presented in three parts.

meaningful lives as free and equal members of the world community. It is part of the unceasing human endeavour to prove that the spirit of man can transcend the flaws of his own nature," she writes.

Aung San Suu Kyi outlines her vision, objectives and strategy. The book's chapter, namesake "Freedom from Fear," calls for courage in the face of oppression:

"It is not power that corrupts but fear. Fear of losing power corrupts those who wield it and fear of the scourge of power corrupts those who are subject to it. Most Burmese are familiar with the four *a-gati*, the four kinds of corruption.

Aftermath of 1960 Chilean tsunami in Hilo

pursuit of bribes or for the reconciliation." sake of those one loves. Dosa-gati is taking the against whom one bears ill will, and moha-gati is aberration due to ignorance. But perhaps the worst of the four is *bhaya*lies at the root of the other three kinds of corruption ... It would be difficult to dis-

In a message that continues to resonate for developing free nations, Aung San Suu Kyi discuss-Japan became strong chapter, "The Need for diverse traditions and Solidarity Among Ethnic aspirations can breathe must all work together if mutual understanding and we are to live together in unity and harmony.

truth unfettered by fear."

Part III, "Appreciations," reminiscences, observations and assessments by others.

The 1995edition, which includes forewords Václav Havel and Archbishop Desmond Tutu, concludes with "The Spirit 1995 after nearly six years of detention.

always believed that the future stability and happi-Chanda-gati, corruption ness of our nation depends a guest post from Craig cy in Burma is the struggle induced by desire, is devia- entirely on the readiness of Symonds, author of "The tion from the right path in all parties to work towards Battle of Midway.")

In another book, 1996's "Letters from Burma," wrong path to spite those Aung San Suu Kyi waxes philosophically on life in her homeland.

Many of her letteressays in "Letters from Burma," which were pubgati, for not only does lished in Japan's Mainichi bhaya, fear, stifle and Shinbun, culminate in slowly destroy all sense of moral reflections, such as right and wrong, it so often this powerful observation:

"Unity in diversity has to be the principle of those who genuinely wish to pel ignorance unless there build our country into a is freedom to pursue the strong nation that allows a variety of races, languages, beliefs and cultures to flourish in peaceful and happy co-existence. Only a government that tolerates es how Germany and opinions and attitudes different from its own will be democratic states after the able to create an environ-Second World War. In the ment where peoples of Groups," she writes, "We freely in an atmosphere of trust," she writes.

Daw Aung San Suu Kvi has a strong and inspiring voice, in many ways like that of Ayaan Hirsi Ali and Dr. Martin Luther King Jr., not only for women and men in her country but for people everywhere.

(Doughty writes the Navy Reads blog http:// of Reconciliation," Aung navyreads.blogspot.com/ San Suu Kyi's statement in on weekends in support of Chief of Naval Operations Professional She writes, "I have Reading Program and related books. Coming to Navy Reads this weekend:



"What steps are you taking to prepare for a natural disaster such as a tsunami?"

Maj. Kimberly Boswell-Yarbrough 15th Medical Group

"Since our arrival to Hickam, my husband has put together an emergency kit complete with MREs, nonperishable items, two cases of water and extra blankets. He is a local and knows the importance of being prepared.





Kathleen Chang Joint Base Pearl Harbor-Hickam

"I'm doing food storage at my house, making sure I'm stocked up on candles, batteries, blankets and dog food just in case we need to evacuate in an emergency situation."

Airman 1st Class Christopher Dubois 56th Air and Space Communications Squadron

"I just got here to Hawaii less than a year ago. I haven't done anything to prepare yet, but I plan on buying an emergency kit and a case of water to store away just in case.'





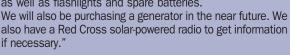
Shaun Miyata Joint Base Pearl Harbor-Hickam

"First off I would turn on my radio to make sure I know how far the wave is and how much time we have, make sure I know where my family is, (and that) we have enough food and essen-

tials like batteries and water in case of a blackout."

Senior Master Sgt. Garrett Kuwada HQ PACAF

"My family and I have a month's supply of food and water. We also have propane and a propane camping stove as well as a propane grill to cook with if we lose power. as well as flashlights and spare batteries.





Yeoman 2nd Class Eileen Schiff USPACOM JIOC

"The steps I'm taking is making sure I have water. I have contact information with my family. We have a location to meet and a designated area to go to if there is a natural disaster. We store

canned foods and always keep the gas tank greater than half a tank."

Staff Sgt. Sarah Gaertner 56th Air and Space Communications Squadron



"I have been here for almost two years and sadly, I have no preparation. But it is important to have the basic essentials. It will be definitely something to get going and do now.'



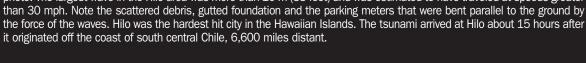
Chief Master Sgt. Wayne Cardwell HQ PACAF

"I'm retiring and moving to Spokane so I'm no longer preparing for anything here in Hawaii. But I think it's wise to have 30 days of food and water on hand so we don't become a liability to our community.

(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



HO'OKELE

On May 22, 1960, a Mw 9.5 earthquake, the largest earthquake ever instrumentally recorded, occurred in southern Chile. Aftermath of the Chilean tsunami in the Waiakea area of Hilo, Hawaii, 10,000 km from the generating area is shown in this photo. The largest wave in the Hilo area was more than 10 m (33 feet) and was estimated to have traveled at speeds greater

Commander, Navy Region Hawaii Rear Adm. Frank Ponds

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Individual augmentee receives surprise welcome at airport

Story and photo by MC2 Nardel Gervacio

Navy Region Hawaii Public Affairs

HONOLULU Salisha Labonte, an individual augmentee assigned to Naval Surface Group Middle Pacific, received a surprise welcome when she returned home from a 10-month deployment April 1.

Dressed in their whites, the entire wardroom greeted Laborte as she arrived home from Afghanistan.

"When we knew Lt. Laborate was returning from her deployment from Afghanistan, we found out her flight information and we decided to greet her," said deputy chief of staff at Naval Surface Group Middle Pacific.

As Labonte's flight from collect her baggage. Phoenix landed, the Sailors approached



Lt. Cmdr. Joe Casale, Lt. Salisha Labonte receives a surprise welcome upon her return home to the islands after a 10-month tour in Afghanistan.

she prepared

to throughout the world but and interagency experience. also serve as ambassadors Sailors who serve as IAs for the Navy and gain nice

was a ${
m `This}$ surprise,'

by emotion.
"I wasn't expecting this." While Labonte's family was not present for her homecoming to the islands, she greet her "my Navy family."

excitement and greetings, but Casale explained to the crowd that she (Labonte) "was in Afghanistan for a year." That received applause from the other passengers at the baggage claim," Casale said.

who serve in diverse capaciconditions. They make significant impacts in places such as Iraq, Afghanistan, the Horn of Africa and the Republic of the Philippines. They provide commanders with mission-tailored, globally-distributed forces.

Capt. Salvador Aguilera, Navy Region Hawaii and Naval Surface Group Middle Pacific chaplain.

"It was wonderful to see called all who were there to the civilian community in the area recognize her great Onlookers from the flight sacrifice and contribution were puzzled by all the and service to our country by providing some applause for her return."

Labonte served as an administration officer for Joint Special Operations Command in Afghanistan.

"It was great seeing her surprise, and I think at one IAs are active duty and point she became emotion-Reserve Sailors and Marines al," said Aguilera. "Maybe she was thinking about her ties and usually in hostile family, but she realized that we are also her (Navy) family, and we are all here to support her."

Since 2001, there have been 110,000 IAs. The Bronze Star has been awarded to 1,416 service members. IAs have been the recipient "I think the applause she of one Silver Star and 48



Pearl Harbor-Hickam Highlights



U.S. Navy photo by MC3 Diana Quinlan
A Sailor assigned to the guided-missile destroyer USS
Chung-Hoon (DDG 93) gives his farewells as the ship
prepares to depart Joint Base Pearl Harbor-Hickam for an
independent deployment Apri 2.

Sailors from Construction Battalion Maintenance Unit 303 (CBMU-303) work on a metal structure during the construction of a storage facility at Joint Base Pearl Harbor-Hickam.

The guided-missile destroyer USS Michael Murphy (DDG 112) returns to the ship's homeport of Joint Base Pearl Harbor-Hickam. The ship returned from an underway period in the Hawaiian operating area. The destroyer is named after Lt. (SEAL) Michael P. Murphy, the first person to be posthumously awarded the Medal of Honor for actions in Afghanistan, and the first member of the U.S. Navy to receive the award since the Vietnam War.

U.S. Navy photo by MC3 Diana Quintan



U.S. Navy photo by MC2 Nardel Gervacio
U.S. Pacific Fleet Master Chief (SW/AW) John Minyard, along with Joint Base Pearl HarborHickam Command Master Chief (SW) Brian Ortega (left) and Navy Region Hawaii Command
Master Chief (SW/AW) Marc F. Sibal, celebrate the 120th birthday of the chief petty officer rank with a cake-cutting ceremony at the Silver Dolphin Bistro Galley. Authorized by
Congress, the U.S. Navy established the grade on April 1, 1893.







Department of Defense photo by U.S. Air Force Tech. Sgt. Michael R. Holzworth U.S. Representative Tulsi Gabbard, speaks at the Women's History Month seminar March 29 at Joint Base Pearl Harbor-Hickam. (See related story and additional photo on page A-2.)

Children from Kama'aina Kids at Moanalua Preschool planted pinwheels in front of the Military & Family Support Center on April 1 to mark the beginning of Child Abuse Prevention Month.

U.S. Navy photo by Brandon Bosworth

Government and military leaders promote tsunami awareness

Gov. Abercrombie declares April 2013 as Tsunami Awareness Month

Story and photos by Staff Sgt. Michael Meares

Joint Base Pearl Harbor-Hickam Public Affairs

HONOLULU – Hawaii Gov. Neil Abercrombie issued a proclamation naming April 2013 Tsunami Awareness Month at the State Capitol on April 1.

Hawaii Defense, The State Civil mayor of the City and County of Honolulu, Department of Emergency Management, National Oceanographic and Atmospheric Administration's National Weather Service, and representatives from Joint Base Pearl Harbor-Hickam and other Department of Defense agencies joined the governor. The proclamation emphasizes the importance of tsunami awareness and preparedness for residents and visitors in Hawaii.

According to the Pacific Disaster Center, tsunamis have accounted for more lost lives in Hawaii than any other type of local disasters. In the 20th century, an estimated 221 people have been killed by tsunamis, most of which occurred on the Big Island in 1946 and 1960. April 1, 2013 marks the 67th anniversary of the Hilo tsunami, one of the deadliest waves to strike the islands.

"It's a rather sobering experience today," Abercrombie said. "It was a little over two years ago that momentary, as Japan experi-I had my first formal con- enced, we had a considerable frontation with the responsi-



Navy Capt. Jeffrey James, commander of Joint Base Pearl Harbor-Hickam, unfurls one of four banners to mark the Tsunami Awareness Month proclamation made by Hawaii Gov. Neil Abercrombie during an event April 1 at the State Capitol building.

islands of Hawaii."

off the coast near Natori, Miyagi, Japan generated a tsunami felt across the Pacific. The largest quake on Japanese record shook buildings across Tokyo and unleashed a seven-meterhigh tsunami that killed hundreds as it engulfed towns on the northern Japanese coast. More than 20 countries around the Pacific Rim were put on alert to brace for a potential tsunami. Abercrombie said he remembers the anxiety of preparing and waiting for 11:45 a.m. the wave to hit.

"Instead of it being almost amount of time to think bilities associated with deal- about and to go over what it

ing with the possibility of a was we are prepared to do," major tsunami hitting the Abercrombie said. "And to examine postscript, post On March 11, 2011, an tsunami, what it is we might 8.9-magnitude earthquake do to be better prepared, if we needed to be.

Improving the tsunami alert system is key to Hawaii being able to respond prepared to natural disasters. Lessons learned since the surprise tsunami of 1946 led to the creation of the alert system used today. While the governor was speaking, right on cue, the monthly tsunami alarm started blaring across the state to signal the monthly test which is held the first working day of the month at

Where to find JBPHH emergency alerts

Updates are available on JBPHH Facebook website, www.cnic.navy.mil/pearlharbor-hickam, Joint Base Television (Oceanic Ch. 2), and the JBPHH Straight Talk Line at 808-421-4000.

say that I have really complete confidence in the profits, police agencies, fedcapacity of the various agencies, individuals and groups that have responsibility with regard to a tsunami, sure the public knows both with the point of view of the warning and the point of view of awareness," he

"[I'm] Very, very proud

"I'm very, very pleased to and collaborative way across government agencies, noneral, state and local entities to come up with the plan that we have and to make that we are prepared," Abercrombie said.

having 'Tsunami Awareness event of a tsunami warning Month' is we don't want to and follow the alerts on and happy that we've been get complacent that we will media, radio, television or able to work in a cooperative never have a tsunami of that social media outlets.

Tsunamis are a series of waves varying in height. Abercrombie warned people to take higher ground instead of testing the strength of a tsunami by refusing to evacuate coastal areas.

"How do we save lives," said Dr. Gerald Fryer, senior geophysics at NOAA's Pacific Tsunami Warning Center. "The tsunami warning system has improved, and it gets better every day. We have learned a lot. The number of unnecessary warnings is really going down. So when we issue a warning, it's for real."

Capt. Jeffrey James, commander of Joint Base Pearl Harbor-Hickam, agreed that it is important for people to be prepared to deal with an impending tsunami and be prepared to evacuate to higher ground.

"You have to heed the warning," James said. "The science behind a warning is pretty solid. We're prepared. We are a tsunami-ready base, the first base in Hawaii to become tsunami-ready, which means we have a plan. We've looked at it very closely, and very critically, are in close communications with city and state civil defense, as well as higher headquarters in the military.

The agencies at the proclamation event urged the people of Hawaii to take "Part of the reason for immediate action in the

Joint base takes 'walk to safety' to promote tsunami awareness

Story and photo by David D. Underwood Jr.

The Joint Base Emergency Management Office sponsored a one-mile "walk to safety" April 1 in concert with the National Oceanic and Atmospheric Administration (NOAA), State Civil Defense, the American Red Cross and the City and County of Honolulu. The event was held in conjunction with the monthly "all hazard" outdoor siren tests.

Participants gathered at Aloha Aina Park at joint base and walked down Signer Street to the softball fields near the Hickam Fitness Center. The walk demonstrated that people don't necessarily have to drive to escape a tsunami threat, but can walk a mile inland in less than 30 minutes to be safe from disaster.

With the potential threat of a tsunami and hurricane season coming soon, Capt Douglas Holderman, chief staff officer at Joint Base Pearl Harbor-Hickam stressed the importance of being prepared.

"Preparedness for either one is essentially the same thing," he said. "It's thinking about the basics you'd need to take with you to get out of the disaster zone for a short period of time. It's all about pre-



Capt. Douglas Holderman, chief staff officer at Joint Base Pearl Harbor-Hickam, walks with other participants in the Joint Base Pearl Harbor-Hickam Department of Emergency Management one-mile "Walk to Safety" on April 1.

paredness and thinking about what you want the outcome to be.

According to the 2013 tsunami awareness talking points, when people know right way. It is advised that they listen to the radio, watch TV and use social media to stay informed.

The guidance recommends having a three-day supply of food, water and essen-

Derrick Vaughn from the American Red Cross advised that those who have pets should include them in their family plan and should be aware that some shelters will not take in pets.

Because traffic can create gridlock, it is important for people to realize that they can quickly walk to a safe place, according to Daniel DuBois, joint base emergency management officer.

The message is it is not necessary to have to drive. You can easily walk to safety, especially if down in Waikiki," said DuBois.

"When the sirens go off, it can create gridlock, and they should know that they can walk to safety and not have to consider driving," he said.

Emergency management officials noted that tsunami awareness is especially a concern to the joint base. It is important to keep the people and assets safe and ready what to do in advance, they can react the to carry out the mission. The military has provided support and assistance after the tsunami in Indonesia in 2004 and Japan in

The tsunami "walk to safety" event family plan and practicing it. Residents marked the 67th anniversary of the April should have a kit prepared with at least a 1, 1946 Aleutian Tsunami. An earthquake with a magnitude of 7.4 occurred in the early morning in an area of the Aleutian Trench about 90 miles south of Unimak Island.

> This produced a large Pacific-wide tectonic tsunami that reached Hawaii five hours later. Wave heights across the islands reached as high as 55 feet, 36 feet and 33 feet on Hawaii, Oahu and Maui, respectively. The tsunami inundated some areas up to a half a mile inland and claimed the lives of 159 people.

> For more information on preparing for disasters, visit FEMA's Ready.GOV website, the American Red Cross website, and Navy and Air Force "Ready" websites at www.ready.navy.mil and http://www.beready.af.mil/disasters&emer gencies/

Tsunami-ready families learn, plan, build for emergencies

Commander, Navy **Installations Command Public Affairs**

WASHINGTON (NNS) -For many, spring brings a resurgence of energy and activity with the milder temperatures.

It is a perfect time to practice your family emergency plan and to re-evaluate and restock your emergency supply kit for the changing season. It is important to remember that weather and other hazards can be unpredictable. So spring into action as a Ready Navy family and be ready for any hazard.

Be and stay informed

Learn about hazards that are common in spring months and most likely to happen in your area. The and stay informed" tabs does, man-made hazards home.



U.S. Navy photo by Chief MC Monique K. Hilley

An emergency kit is an effective way to prepare for unexpected events. Having the entire family prepare the kit will help children better cope with emergencies and ensures everyone knows the emergency kit contents.

information and resources you may need to know

offer specific instructions, and emergency actions. Learn what you should know if you need to evacu-Ready Navy website "be regarding floods, torna- ate or take shelter in your

refine your emergency plan so that everyone in the family understands what to do, where to go, and what to take in the event of any emergency. Practice your plan by conducting a drill where all family members must gather at your designated meeting place, exiting by various doors.

Your emergency plan should also include how your family will communicate with each other, particularly if normal communication methods, such as phone lines or cell towers, are out. Road conditions and other hazards can limit to take with you. ease of movement. Have a area who each member of they are safe, if the family is separated.

As a family, make and nated contact person to be a scavenger hunt to find sure he or she is willing to and gather necessary supserve in that role. The Ready Navy website provides printable forms and missing, and shop together contact cards to guide you in at your local installation your planning.

Build a kit

The best way to prepare for the unexpected is to are involved and informed have on hand one or more emergency kits that include enough water and non-perishable supplies for every family member to survive at least three days. Keep a kit prepared at home, and consider having kits in your car, at work and a portable version in your home ready

These kits will enable contact person outside the you and your family to respond to any emergency about Air Force emerthe family can notify that more effectively. Make a game of kit building with http://www.beready.af.mil/d your children. One idea is isasters&emergencies/.

Place a call to your desig- to have your children go on plies around your house. Make note of items you are commissary and NEX to complete your kit. History shows that children who with emergency planning are better able to react safely in an emergency.

> For information about Ready Navy and tips, forms, and guidance to be prepared for and stay informed about all hazards, visit www.ready.navy.mil. Ready Navy is a CNIC-sponsored emergency preparedness program.

For more information gency preparedness, visit

Chaplains in Hawaii reach out to Sailors, Airmen with counseling and services

Karen S. Spangler

Managing Editor

With commitment, teamwork and perhaps a "little help from above, Chaplain Capt. Sal Aguilera, Navy Region Hawaii and Naval Surface Middle Group Pacific chaplain, and his chaplaincy staff reach out to Sailors and Airmen in Hawaii.

Service Department of Defense (DoD) civilians, and military families realize the farchaplains' efforts. This may be in the form of the services offered at the chapels, coordination and outreach into the community, other chapel services such as vacation Bible school and CREDO, or counseling that is available on a 24/7 basis.

All of the chaplains, including Aguilera, advise their commanders on command religious program (CRP) matters relating to manpower, personnel, professional development, and facility requirements. They develop the CRP to meet identified religious ministry requirements and manage all religious activities in the command.

"The chaplain staff also provides religious ministry according to the manner and form of the chaplain's faith tradition, effectively facilitate religious ministry requirements, care for all, and advise those served," said Aguilera.

"Other responsibilities include preparing and executing budgets of appropriated funds to support the CRP. Chaplains supervise after-duty telephone number CRP personnel and support to the ship's chief petty offitheir professional development and appropriate executive officer. If there is opportunities for competi- an emergency, the chaplains tive collateral duties, and can quickly be contacted.

they provide or facilitate religious ministry support for command functions such as changes of command, retirements,

promotions, and memorial ceremonies or services, he explained. Overseeing all of the Navy and joint base installation chapels and chap-

lains in Hawaii would appear to be a hard job, but Aguilera steers a steady members, course. His focal point is always on teamwork and on the holistic approach.

"Chaplains, starting with reaching benefits of the myself, know that we are working on a holistic approach. We aren't lone rangers. We work closely with Military and Family Support Center, our suicide prevention coordinator and mental health agencies within the military community as well as consult with chief petty officers in the development, evaluation and mentoring of religious personnel," military Aguilera explained.

In addition to the chaplains at each chapel, the chaplain community on base includes those who are assigned to the MIDPAC cruisers at joint base and those who serve all of the ships on the waterfront that are under Destroyer Squadron 31.

Aguilera said that chaplains are on duty 24/7 and on the waterfront are although not all ships have chaplains. "There may not be one (chaplain) directly on a ship, but there is a chaplain assigned to every ship,'

He said that the chaplains on the ships provide their cer, commanding officer or



U.S. Navy photo by Brandon Bosworth

Capt. Sal Aguilera (right) confers with fellow chaplains Lt. Jeff Moore (USS Chosin CG 65) and Lt. Cmdr. Brad Moore (USS Port Royal CG 73) at Pearl Harbor Memorial Chapel.

as a backup to the ships' chaplains. Submarine chapthe pool of coverage.

The team concept comes into play again as the region and joint base chaplains work closely with chaplains assigned to the submarine community as well as chaplains from other branches of the military services.

We help each other and work as a team. We have got it covered," Aguilera said.

The outreach of the chaplaincy includes hospital visits to Navy personnel and officiating at funerals National Memorial Cemetery of the Pacific (Punchbowl) and Hawaii Veterans Cemetery for vet-

erans who are eligible. They work closely with the Bureau of Medicine and Surgery (BUMED) for burials at sea. For example, the chaplains might help with burial services at the USS

The duty chaplain serves Utah or USS Arizona.

Throughout the year, the chapel staff provides a varilains are also included in ety of programs for active duty and their families. For example, the Navy's chaplains hosted the Easter sunrise service March 31 on the Battleship Missouri Memorial.

Aguilera ensures that a military rabbi is available to meet the needs of the Jewish community for High Holy Days. And the Jewish Chapel at joint base covers the religious community for other branches of service-Army, Coast Guard, Marine and Air Force—as well as Navy. "We don't just serve our own. We serve the needs of all who ask for help," Aguilera said.

Vacation Bible school will be held in June at Pearl Harbor Memorial Chapel. The chapels also provide religious education for children.

Aguilera also works closely with Adm. Frank

Ponds, commander of Navy Region Hawaii and Naval Surface Group Middle Pacific. "My job is to advise the admiral on issues of morals, ethics and religious matters," he said.

He helps the admiral with outreach and coordinating with all of the key religious leaders on Oahu.

"Adm. Ponds is extremely supportive and very progressive about making sure we are reaching out to as many people as possible, supporting our military and civilian counterparts," he continued

According to Aguilera, Navy chaplains' the Chaplain's Religious Enrichment Development Operation (CREDO) program has been completely revamped. "It will be a whole different approach and looking out for and caring for our people. We were in desperate need of pro- vided by the Navy Region grams that are fresh and Hawaii and Joint Base Pearl

military and their families," he said.

And one of the most important roles of the chaplains is involved with counseling.

"All of the chaplains provide counseling on alcohol, marriage, family problems, etc. We take a holistic approach and on many occasions refer people to MFSC [Military and Family Support Center] otherand agencies, Aguilera said.

Although it can sometimes be difficult for a service member or family member to take the step to confide in a chaplain, they are assured that whatever they share will be kept in confidence. "The Chaplain Corps saw the importance of chaplains having complete confidentiality. Every Navy chaplain is bound by total and absolute confidentiality," explained the chaplain.

"One of our roles is to be advocates, to help those who don't have power or the means. If they don't have a mom and dad or best friend to confide in, they can come to us,' Aguilera said.

"Once they know they have somebody who will truly listen to them, they realize they have support. They have an advocate," he shared.

The responsibilities of a chaplain can be extremely time-consuming and intense. But it truly is a labor of love for Aguilera. "I love doing this. I love the people in the military. We're really here for them," Aguilera said.

"Our chaplains love our people. That's why we do

this."
(Editor's note: Please watch future issues of Ho'okele for additional articles about the services proinnovative and will help our Harbor-Hickam chaplains.)

PACAF chief wins gold, breaks records in powerlifting

Master Sgt. Peter Borys

Pacific Air Forces Public

Chief Master Sergeant Troy Saunders, the Pacific Air Forces vehicle management functional manager at Joint Base Pearl Harbor-Hickam, is one individual who carries a lot of weight in Pacific Air Forces—literally.

Saunders recently competed at the 2013 Raw International Powerlifting Championships Ohio Columbus, Ohio and coached the Air Force Powerlifting Team at the 2013 Military National Powerlifting, Champion-ships in Orlando, Fla., where he dominated the competition at both events.

At the Ohio event, the 44 year-old team captain won a first place gold medal in the 205-pound master class and tied for the third place bronze medal in the open 205-pound class with a 534pound squat, 352-pound bench press and a 622pound deadlift.

"This was by far one of the most challenging competitions I have competed in, with athletes coming from 15 different countries," said



Chief Master Sgt. Troy Saunders performs a squat during the 2013 Raw International Powerlifting Championships at Columbus, Ohio. Saunders is the Pacific Air Forces vehicle management functional manager at Joint Base Pearl Harbor-Hickam.

event, Saunders was able to dedication and hard work squat 540 pounds, bench press 348 pounds and deadlift 639 pounds, which won him 16 gold medals in many of the 220 pound classes. The Air Force team also garnered the second place team trophy.

"It was an exceptional day for the Air Force team, and it was an honor to coach my fellow Airmen to be their best," Saunders said. "Each is an exceptional athlete and the military an example to all of what

can realize."

Saunders captured gold medals in many classes including the overall best lifter categories with lifters who outweighed him by more than 80 pounds.

"As a big believer in personal fitness myself, I believe the chief serves as a great role model for all of Phillips, PACAF Logistics Readiness division chief.

"He takes a very balanced

approach to fitness, pushes himself to achieve, and is always willing to share his wealth of knowledge in exercise and nutrition with his fellow Airmen."

Saunders' motivation to be an athlete started at the age of eight. He claims that the 1976 Olympics and Arnold Schwarzenegger's bodybuilding achievements us," said Col. Herbert were a great influence and said he began lifting at the age of 12.

Arizona, and his first major lifting competition in 1999 Powerlifting Champion-

Saunders has competed in 59 bodybuilding and 40 powerlifting competitions as well as being the 2004, 2008 Forces Europe Athlete of the Year and 2011 Air Mobility Command Athlete of the

"Great mentoring and natural talent are big parts of the recipe. However, hard work and dedication are without a doubt the biggest indicators of a true champion," Saunders said.

"Years of pushing a body to its limit will leave a mature athlete with injuries and joints that are not as willing to do the same work without significantly more effort. But if you are willing to put in the effort and train smart, anyone at my or any age can still be a big challenger at louder than just words any competitive level," he explained.

the American Military Raw He won his first competi- Lifting Records for the our staff."

tion in 1989 as a body- squat, bench press and builder at the Luke Air deadlift in the 198- and 220-Force Base Invitational, pound classes. He also holds two American Raw Masters Deadlift Records in the 198at the Montana State and 220-pound classes and will be pushing to exceed his own personal records.

"Turning 45 this year will make me eligible to set records in another masters age category, and I hope to and 2010 United States Air continue to do the same when I am 50 and beyond," Saunders said.

> With nearly 26 years in the Air Force, Saunders shared his formula for suc-

"Mentors are priceless," he said. "Also, dream big and never underestimate willpower and desire. It is what keeps you going and Saunders stressed that moving forward. Once you invariably age is a factor. reach a goal, there is no better way to motivate yourself then setting the next challenge to pursue."

He said he would never be able to compete or perform at his best without the support of his peers, coworkers and leadership.

"His actions speak much when you look at his incredible accomplishments and At this point in his lifting success in the recent comcareer, Saunders holds all petitions," Phillips said. "It's great to have him on

Fed Fire personnel protect those who serve America

Continued from A-1

guidelines for the various nominations are addressed in the OPNAVINST 11320.23G. This process is conducted annually by all Navy fire and emergency service fire departments.

The award categories identified are: Navy Fire Department of the Year (small, medium and large category), Fire Prevention Program of the Year, Military and Civilian Firefighter of the Year, Military and Civilian Fire Officer of the Year, Fire Service Instructor of the Year, EMS

or Group Firefighter Acts of

Once the nominations are submitted, the award package goes through an evaluation process. Packages are evaluated against the criteria, scored and ranked by the awards

The Navy Fire and Emergency Services Fire Chief of the Year is selected by the awards panel from the department level awards winner. Nominations are not accepted for this award.

Once the winners are announced, Hawaii also received the award for

Provider of the Year, and Individual each award winner is issued and Fire Prevention Program of the drills and nearly two-dozen massawarded a recognition coin, award plaque and certificate. The Navy winners then compete for the Department of Defense award for their category. This competition is against Army, Air Force, Coast Guard, Marine Corps and Defense logistics Agency award winners.

In 2007, the Federal Fire Department won the same award for Large Fire Department of the Year and DeLaura won Navy Fire Chief of the Year. In the same year, the Federal Fire Department Year.

"As a team, 'Fed Fire' accomplished a great deal in FY12," Ponds said, citing more than 6,000 emergency responses, 24 significant event responses, three major aircraft responses and 134 mutual aid responses.

"Additionally, you directed multiagency, multi-day wildfire responses protecting Department of Defense property, weapons magazines, civilian homes and property, and state forest preserved land," Ponds said.

Noting the team's hundreds of fire angela.sanders1@navy.mil.

casualty and disaster response exercises, Ponds said, "Finally, your continued focus, dedication and collaboration with other federal, state and county agencies toward prevention and preparation has been unparalleled and vital to our continued success. Congratulations again and keep pressing forward," Ponds

For more information about the Federal Fire Department, contact Fire Inspector Angela Sanders at 471-3303, ext. 617 or email

USS Reuben James Sailors honor fallen 2013 Air Force Community

Story and photo by **Ensign Travis Dickerson**

USS Reuben James (FFG 57) Public Affairs

Sailors from USS Reuben James (FFG 57) participated in a cleanup at the American Cemetery during a recent visit to Manila, Philippines.

The project included beautifying the grounds and cleaning the headstones at the cemetery, the resting place for 17,201 Soldiers, Sailors and Marines who died in various engagements throughout the Pacific.

Founded in 1960, the cemetery spans more than 152 acres and has multiple memorials to fallen service members, including a missing man wall which lists the names of the 36,286 men missing in action in the

for so many years, this Sonar Technician (Surface) Communications Electrician



USS Reuben James Sailors participate in a cleanup of American Cemetery in Manila,

bling and invaluable, shedding light on a completely

2nd Class "It was great to give back White.

in whatever way we could, to The American Cemetery different aspect of the war those who gave so much for is open to the public. For "Having lived in Hawaii in the Pacific," said Chief our freedoms." said Interior more information, visit

Christopher

minutes to complete.

Philippines. experience was both hum-Chad Robinson.

Chung-Hoon Sailors participate in 'fun run' at Alvah A. Scott Elementary

USS Chung-Hoon (DDG 93) Public Affairs

AIEA, Hawaii - It was aloha Friday for the students of Alvah A. Scott Elementary School for their annual fun run field day March 8 as volunteers from USS Chung-Hoon (DDG 93) took part in the festivities and acted as safety observers for the students.

Sailors Nine from Chung-Hoon, including the commanding officer, as well as a number of parents and other military volunteers, were on hand for the run. The event consisted of four activity stations and included students from all grades at Alvah Scott Elementary.

included



Chung-Hoon Sailors help with fun run at Alvah A. Scott Elementary.

jumping rope, running, dancing and an obstaclecourse relay.

"The younger kids needed a little more instruction, but for the older students we could kind of sit back and let them be competitive," said Hull Technician 3rd Class Adam Covens.

"And of course everybody loved the dance station."

Indeed, students and supervisors of all ages were caught singing along to the music.

"This was just an opportunity for the kids to get out and exercise in a fun setting," noted Gas Turbine Systems Technician 3rd Class Amanda Jacobs noted.

"I think everyone had a great time. I definitely had a great time," she said.

Assessment Survey launched

Community Assessment Survey has been launched. munity. This survey is a tool for senior leaders in determining the strengths and needs of Air Force communities and community action planning at the installation, major command and Air Force levels.

The survey provides the Integrated Delivery Systems and Community Action Information Boards with a means to ensure that community interventions are timely, focused and data-driven.

Participation in the survey can be done by locating ny Ipsos to conduct this surthe survey link in the email sent to your Air Force account, then answering the online survey by visiting the web address provided. The survey takes about 30

Participation is anonymous. Responses will assist 342-3357 or email afcasur-

The 2013 Air Force vice providers in their efforts to improve the com-

> The Community Assessment is the only Air Force-wide survey that includes spouses and tailors feedback for community or installation improvements.

> Previous surveys have resulted in new parks, job opportunities for spouses, increased support networks such as the Adopted Family Program, INTRO program, Singles Network Group), and new classes such as New Dads.

> The Air Force has contracted the research compavey and it has been designed so that no aspect of responses can be linked to personal identifiable information.

For assistance in taking the survey, call the survey support helpline at 1-866-Air Force leaders and ser- vey@ipsosresearch.com.

Pinwheel planting stirs positive winds of change

Continued from A-1

Lamb concurred. "Pinwheels make you happy," she said. "The ribbons represented pain."

The pinwheel ceremony was thought to be more effective than a standard proclamation marking the start of Child Abuse Prevention Month.

"Planting pinwheels takes the place of a formal proclamation," said Michelle Dewberry, victim advocate. "It's more hands-on so the kids can be involved."

Joint Base Pearl Harbor-Hickam was not the only military installation on Oahu holding a pinwheel planting ceremony on April 1. All branches of the armed services held similar ceremonies throughout the island. On April 7, there will be a pinwheel event at the Hawaii State Capitol from 2 to 4 p.m.

Another pinwheel planting ceremony is planned for 11 a.m. April 10 at the Center Drive Child Development Center at Joint Base Pearl Harbor-Hickam. Rear Adm. Frank Ponds, commander of Navy Region Hawaii and Naval Surface Group Middle Pacific, will attend the cere-

Next year, MFSC hopes to include students from neighboring Pearl Harbor Elementary School in the pinwheel

Life&Leisure

NIOC repeats as JBPHH basketball champions

Story and photos by Randy Dela Cruz *Sports Editor*



hat started out as Joint Base Pearl Harbor-Hickam's 2013 version of March Madness ended in the same way as 2012, with Navy Information Operations Command (NIOC) "A" capturing another intramural basketball title.

On April 2, NIOC beat 647th Security Forces Squadron (647 SFS) Pound Town, 52-38, at Hickam Fitness Center to claim their second consecutive crown.

The finale completed three days of playoff action that welcomed the top 16 teams from the Blue, Gold and Afloat Divisions and began with eight games on March 30.

NIOC head coach Master Chief Yeoman Darrin Bobbitt, who, along with assistant coach Senior Chief Cryptologic Technician (Collection) Christopher Webb, master-minded and guided the team to its repeat championship season, said the first title just might outrank the second.

"Always, the first one is sweeter because it was new territory for us," he said. "But this one just put the cap on. The first one is that feeling, but, man, the second one is a dream come true."

This season's final showdown pitted last year's intramural champs, NIOC, squaring off against Pound Town, which captured the Summer League crown.

The billing did not disappoint as the two squads came out on fire and hammered each other from the get-go.

Tied at 5-5 early in the game, baskets from Cryptologic Technician (Networks) 2nd Class Michael Lyles and Senior Airman Sean Caddell gave NIOC a 16-11 lead with 1:27 remaining before halftime.

The advantage quickly evaporated though, when Airman 1st Class Jacob Eszlinger knocked down a trey and Staff Sgt. Dion Moore sank two from the charity stripe to tie the score at 18-18 with only 13 seconds to go until intermission

With the clock ticking away, it appeared that the deadlock would hold up until the break, but NIOC culminated a fast break with a thunderous dunk from Cryptologic Technician (Collection) 2nd Class Quentin Leathers to take a 20-18 lead at the buzzer.

In the second half, Pound Town stormed out of the gates and got two quick back-to-back hoops from Airman 1st Class Lortavius Smith to grab a 22-20 advantage.

However, still up by one, Pound Town saw their lead disappear when Cryptologic Technician (Collection) 2nd Class Jomario Thomas put NIOC back on top at 27-25 with a long-range splashdown from well beyond the arch.

As the clock moved under the 10-minute mark, NIOC, holding on to a five-point lead, got a huge boost from reserve player Cryptologic Technician (Collection) 3rd Class Tariq Tucker, who pulled up from beyond the half circle and twisted a dagger into the heart of Pound Town with a trey for a 35-27 lead.

The shot, with 9:02 left on the clock, seemed to signal the start of the end for Pound Town.

"It was just me trying to provide a spark off the bench," said Tucker, who is in his first year in the Navy. "I just watch Kobe. I love Kobe. I just try to mimic him. It feels awesome."

Despite coming off the bench, Bobbitt said that he had no doubt that Tucker would step up and get it done.

"That's what I wanted the team to understand," Bobbitt said. "Every player had a role. Coming off the bench, he is cold, but he understood that he had to give me 110 percent. You take individuals and you got to make them a team. I believe in each and every one of my players."

Thomas, whose heroics early in the second half helped NIOC hold off Pound Town, said that he wasn't surprised about Tucker's gamechanging shot.

"What everybody don't realize is that our bench is not second string," he said. "Everybody on our team is a starter at one point or another."

Thomas said recognizing everyone as equals made the team a family. And that was a key reason for its success.

"I can't say it's just the team," he said. "It's our spouses, friends, command and everybody that supports us."

Although the thought of going for three in a row is tempting, Bobbitt said that he hasn't made up his mind just yet if he would be back at the helm next season.

If he doesn't return, he said that he would turn the team over to Webb, who admitted that he is ready to step in and continue what Bobbitt started.

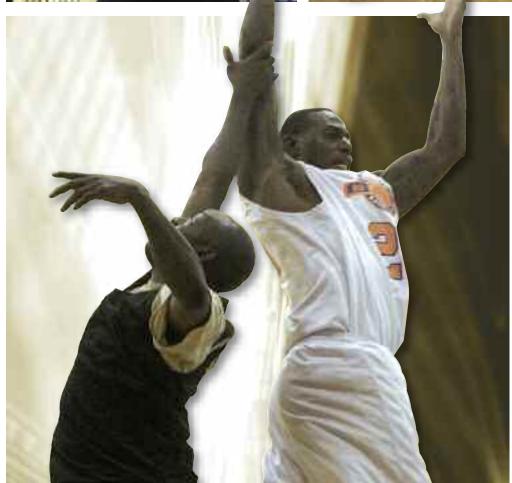
"I don't worry about the opportunity to follow in his footsteps," Webb said. "I've watched and learned from him. We will work hard and then we will bring the same intensity. We'll keep it his way."

As for their collaboration, Webb said that their coaching, combined with the hard work from the players, made everything come together in the end.

"For me this was sweet because it's my first time, and it's sweet for him (Bobbitt) because they said he couldn't do it twice," Webb said. "This year, we out-coached everybody. Coaching and talent put together allowed us to repeat."











Texas keeps pace with win over 647th SFS

Story and photo by Randy Dela Cruz

Sports Editor

USS Texas (SSN 775) the second half to break open a tied game and defeat 647th Security Forces at 1-1 just before halftime. Squadron (647 SFS) La Policia by a score of 4-1 Earhart Field, Joint Base Pearl Harbor-Hickam.

only a half game out of first place behind the 613th Air then Electrician's Mate 2nd (613 AOC) with a record of 4-0-1 and 13 points.

Despite playing Texas tough throughout the entire first half and well into the second, Security Forces fell to their fourth defeat against

"During halftime, we help each other out and critique each other," said Fire Control Technician Seaman Dave Lloyd, who got things rolling for Texas with the first goal of the game. "Second half is usually our knows what to do.'

dominated control of the ball and blasted shot after shot on goal, only to be turned away each time by 647 SFS goalkeeper Airman 1st Class Caleb Gilliard.

defender to the ball on the beyond the reach of Gilliard and into the net.

letic goalkeeper is to keep shooting at the goal.

"What I like to think is you miss every shot that Stock said that it's still you don't take," he said. early in the year, and he "Just keep shooting. He can't stop all of them.

Following the first goal, Security Forces, which had on,"

half, finally began to show some life.

The squad broke midfield on offense, where Senior Airman Reese Stock made a Port scored three times in cut down the middle of the field and finished off a breakaway to tie the score

As Lloyd explained, the pep talk at halftime seemed on March 30. The Blue to have done the trick for Division intramural soccer Texas, as the team came out showdown was held at fast to score back-to-back goals to take a 3-1 advantage.

First, Electrician's Mate The victory kept Texas 1st Class Keith Ober booted in a shot for the 2-1 lead, and Space Operation Center Class Paul Waring directed a shot that appeared headed for Gilliard, but instead, the kick was deflected by a Security Forces defender and ricocheted into the net for a 3-1 advantage.

Texas closed out the game with their final tally coming off of a penalty kick by Machinist's Mate 2nd Class Gordon Reichert.

Lloyd said that once Texas took the lead, they opened up a feeding frenzy with everyone looking for a shot.

"It definitely boosted our stronger half. Everyone team up and gave us that mentality that we have a Early in the game, Texas shot at winning it," he acknowledged. "Once we get that mindset going, everyone joins in. That's really the key.'

Stock said that although Security Forces matched up Finally, minutes into the well in the first half, it was first half, Lloyd beat a the same second-half collapse that has plagued the team left wing and sliced a shot since the start of the season.

eyond the reach of Gilliard "It was just endurance in the end," he admitted.

Lloyd explained that the "They beat us down to only way to get past an ath- where our midfielders couldn't get back."

> Although it has been a frustrating season so far, believes that the team can turn things around.

"We've got a lot to work he said. "We're been pinned on their side of Security Forces. We don't

the field for most of the go for anything but the top." no doubt that Texas is a Lloyd said he wouldn't be the first game of the play-Meanwhile, after getting contender. off to a great start this sea-

Ousted in the first round early again. son, Lloyd said that he has of the playoffs last year,

"Last year, we made it to than we did last year."

satisfied to be sent packing offs," Lloyd recalled. "We're just looking to do better



Fire Control Technician Seaman Dave Lloyd, USS Texas (SSN 775), splits two 647th Security Forces Squadron (647 SFS) La Policia defenders, before booting in the first goal of the game.

Naval Health Clinic Hawaii to be closed on April 12

Naval Health Clinic Hawaii

This includes all medical and Barking Sands. Clinics Makalapa, Camp Smith, required training to ensure deliv- appointment scheduling, prescrip-

Wahiawa, Marine Corps Base ery of the best and most current tion refills and laboratory draws. Hawaii Kaneohe Bay, Pearl patient care. Beneficiaries are All Naval Health Clinic Hawaii Harbor Naval Shipyard and asked to take this into considera- lar business hours April 15. For "provider after-hours advice line" operations will be closed April 12. Pacific Missile Range Facility tion when scheduling care. All rou- NHCH hours of operation, visit at 473-0247, ext. 3. For emergen-

dental facilities at Branch Health Providers will be attending or after April 12. This includes .navy.mil/sites/nhch.

tine care should be planned prior to the website at http://www.med cies, dial 911 or go to Tripler Army

healthcare provider anytime the All clinics will re-open for regucilinics are closed by calling the Medical Center. For active duty Beneficiaries can speak to a dental emergencies, dial 864-4705.

Chapel holds event for spouses of deployed service members

vice members, Ragain thinks

Brandon Bosworth

Staff Writer

Pearl Harbor Memorial Chapel held its first ever "Anchored in the Heart" event on March 23. The free it could also help the service event was specifically members themselves as well. geared toward spouses of deployed service members. reach to deployed person-There were workshops on nel," he said. "They will car care, pie making, health and fitness, beauty tips and crafting. A photographer was on hand to take professional-style photos. Childcare was provided.

"The chaplains came up with the idea," said Michelle Foor, director of religious education. "It was a way to reconnect deployed spouses with the chapel."

About 26 spouses attended the event.

"The feedback was very positive," said Lt. Rick Tiff, Chaplain Corps. "The spouses were very appreciative and enthusiastic." agreed Lt. James Ragain, Chaplain Corps.

"The response was great," he said. "We could envision making this an annual event."

The March 23 event went from 9 a.m. to 1 p.m., but could go longer in the

"People wanted more time at the various stations," said Ragain.

There also may be a wider array of activities at future events.

"We would like to see a greater variety of work-

shops," said Foor. "Maybe "Anchored in the Heart" ended with a free lunch, we will have hula lessons or photography lessons." including a salad bar for the adults and peanut but-While "Anchored in the Heart" was designed to beneter and jelly sandwiches for the children. The pies fit spouses of deployed ser-

that participants had

made earlier were served

as dessert. "It also serves as an out-"People enjoyed meeting other spouses who were in the same boat," said Foor. "They enjoyed having a know their spouses are being taken care of." morning to themselves.



Photo by Michelle Foor

Michelle Ragain discusses health and wellness topics as part of the "Anchored at the Heart" event at Pearl Harbor Memorial Chapel.

613th AOC stays perfect with win over PHNS



Operations Specialist 2nd Class Valentine Edward, striker for 613th Air and Space Operation Center (613 AOC), smiles as he watches his second goal hit the net after getting past Pearl Harbor Naval Shipyard (PHNSY) goalkeeper Electronics Technician 2nd Class Jason Payne.

Story and photo by Randy Dela Cruz

Sports Editor

The 613th Air and Space Edward and a game-winning are awarded for a loss). score from Staff Sgt. Garrett

game March 30. The contest was Pearl Harbor-Hickam.

Since the start of the season. the 613 AOC has won five straight games and leads the divi-Operation Center (613 AOC) got sion with a total of 15 points (each two goals from Operations win counts for three points, a tie Specialist 2nd Class Valentine merits one point, while no points

Despite battling the 613 AOC Hetzel to hold off Pearl Harbor until the very end, PHNSY saw Naval Shipyard (PHNSY), 3-2, in their record drop to 2-3 with six

"We got a lot of great players," held at Earhart Field, Joint Base said 613 head coach Paul Imperial, a Department of Defense civilian. "I wouldn't even consider myself a coach. I'm just the guy that's putting the team together. I'm just letting these guys do their thing."

Imperial's humble words about his involvement were contradicted by a well-coached 613 AOC squad, which shared the ball and opened up the game with a barrage of shots on goal.

have put the game away early.

Instead, Payne's hard effort board first when DoD civilian Matthew Hinck booted in a goal for a 1-0 lead.

The 613 AOC tied it up just before halftime when Edward took a through ball all the way to the goal.

Moments into the second half, Edward repeated the feat on the opposite side of the field to give the 613 AOC their first lead of the game at 2-1.

"Just keep shooting," said Imperial about how the team managed to get ahead. "We're just always practicing and stuff, so I guess it happens just naturally."

The 613 AOC raised their lead to two when Hetzel took a pass right above the goal and kicked in a straightaway shot for the 3-1 advantage.

right time.

'My job is to basically run up the field to try and get an open shot," Hetzel explained. "I just happened to be there. Normally, I think about it too much, but that time I just cleared my mind and shot it. I knew it was a good shot, but I didn't know if it was going to be right at the goalie or if it was going to be

in the corner where it was." Up by two goals, the game was streak continues."

If not for the solid play of by no means in the pocket of the PHNSY goalkeeper Electronics 613 AOC – especially after Navy Technician 2nd Class Jason Diver 3rd Class Kirk Thomas Payne, the 613 AOC just might tapped in a shot to bring PHNSY back to within a point.

However, the constant defenhelped PHNSY get on the score- sive pressure by the 613 AOC took its toll on PHNSY and pitched a shutout the rest of the

> While it appeared that the 613 AOC stepped up their approach on defense in the second half, Imperial said it was just business

> "We just played the same game we always play," he said.

Although PHNSY dropped three games out of first place behind the 613, Thomas said that his team is much better that its record indicates.

If the two squads ever meet again, Thomas promised that the outcome would be different.

"I guarantee that if we play these guys again, they will not win," Thomas said.

Out to a fast start this season, Hetzel said it was just a matter Imperial said that the team's first of being in the right place at the priority is to have fun, but at the same time, the 613 AOC is definitely going to compete.

Hetzel agreed with his coach and added that he has no doubt as to who has the best team in the Blue Division.

"Our record proves it," he said. "I think this team is great. This is definitely the best team that I've played on in the four years that I've been here. Hopefully, our

Earth Day celebration is opportunity to 'go green' for environment

Emily McNulty

Morale, Welfare and Recreation

Hickam Harbor Marina at Joint Base Pearl Harbor-Hickam will host an Earth FAC and a local wetland Day celebration April 19

and 20. people to participate in Friday and Saturday's activities," said Gavin Doi, manager.

at Foster Point or on the relax with family, while Doi said. making s'mores and watching a movie on the beach.

ily will take place, such as ing, bounce houses and tide/ touch pools for the children and entire families.

Patrons can sign up to help keep local beaches clean and to visit Earth Day booths from the Department of Land and Natural Resources (DLNR), Bioenvironmental, NAVcleanup effort.

We hope customers will "We expect about 500 be more aware of the effects on the local and global environment. We hope bringing families out to enjoy the Hickam Marina office Harbor and some of the programs that are helping On April 19, patrons have to conserve the natural the opportunity to camp out resources will teach kids the value of the ocean and beach. Participants can its nearby environment,"

According to Doi, the event is for all patrons to On April 20, several learn about the environactivities for the whole fam- ment and to learn how to protect it, but also to see banana boat rides (\$5 for what water activities are 15-minute ride), free sail- offered each day for MWR patrons.

> For more information, call 449-5215.



MWR patrons have fun on banana boat rides at Hickam Marina.

Capt. Jeffrey James, commander of Joint Base Pearl Harbor-Hickam, and Julie Smith, Boutiki chairwoman, were among those celebrating Boutiki's 40th anniversary.

Boutiki celebrates 40 years of giving

Story and photos by Brandon Bosworth

Staff Writer

Boutiki, a nonprofit retail corporation with a volunteer staff located at Joint Base Pearl Harbor-Hickam, celebrated its 40th anniversary with a ceremony April 4.

During the ceremony, Boutiki volunteers presentcharitable organizations.

"The first year Boutiki opened, they raised \$100 for charity," said Capt. Jeffrey James, commander of Joint Base Pearl Harbor-Hickam, who spoke at the event. "This year it was \$40,000."

All of the charities had strong military affiliations. For example, one of the new charities receiving a donation this year was Hawaii

works extensively with selves and sell their crafts," veterans with disabilities said Leigh Ann Miller, or post-traumatic stress disorder (PTSD).

Boutiki opened in 1973. wives looking for a place to sell the crafts they made in their homes for charity," said Julie Smith, Boutiki

of a building with an unusual background.

chairwoman.

morgue!" said Smith. being here. We sometimes do tours, too.

made, often by military

"We provide a place for 422-6662.

Fi-Do Service Dogs, which local artist to express them-Boutiki bookkeeper.

While providing a venue for local products, the heart "It was started by Navy of Boutiki's mission remains raising money for charity.

"We're here to help," said

Smith. Located at 640 Club Road, Boutiki features gifts, The founders of Boutiki jewelry and home accesed checks to 33 different were able to obtain the use sories from local and international artisans. The shop is open to military and civil-"Yes, it used to be a ians. Hours are Monday, Tuesday, Friday, and "There's a lot of history in Saturday from 9 a.m. to 1 this building, and we love p.m. and Wednesday from 1 p.m. to 6 p.m. All profits are donated to charities and Much of Boutiki's mer- organizations that support chandise is still locally the Oahu military and the military family.

For more information, call

Blood drive schedule updated Naval Health Clinic Hawaii to have

Tripler Army Medical Medical Center 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:

• April 9, 9 a.m. to 1 p.m., oceanside lobby entrance, Tripler Army

• April 22, 9 a.m. to 1 p.m., 205th, Military **Intelligence Battalion Fort** Shafter

• April 23, 11 a.m. to 3 p.m., NEX, Tripler Army **Medical Center**

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



limited health care operations today

Naval Health Clinic Hawaii

All Naval Health Clinic Hawaii (NHCH) health care will be closed starting at noon today.

and dental facilities at Makalapa, Camp Smith, .mil/sites/nhch. Wahiawa, Marine Corps Base Hawaii Kaneohe Bay, Pearl Harbor Naval Shipyard and Pacific Missile Range Facility Barking Sands. Medical and dental services will be provided from 7:30 a.m. to noon.

NHCH staff will be cies, dial 864-4705.

attending training in the afternoon. Beneficiaries are asked to take this into consideration when scheduling care.

All clinics will re-open for regular business hours This includes all medical April 8. For NHCH hours of operation, visit the website Branch Health Clinics at http://www.med.navy

Beneficiaries can speak to a healthcare provider at anytime the clinics are closed by calling the "Provider After-Hours Advice Line" at 473-0247, ext. 3. For emergencies, dial 911 or go to Tripler Army Medical Center. For active duty dental emergen-



Boutiki, a nonprofit retail store, celebrated its 40th anniver-

sary April 4.



Live the Great Life



Youth learn shore fishing techniques at Outdoor Recreation's Ocean Adventure Camps during the summer break.

Your Weekly Fun with MWR

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



Family/Group Sailing Instruction Saturdays, April 6-27 9:30 a.m.-noon

Rainbow Bay Marina

\$10/person (4 people per appointment) This introductory course includes an overview in the

classroom, demonstration of rigging, and some time on the water. Class is open to patrons ages 10 years and older. For more information, call 473-0279

Ko Olina Whale Watch Tour Saturday, April 6 Noon-3:45 p.m. Information, Tickets & Travel \$40 for adults \$35 for children ages 3-11 years old

Don't miss this opportunity to see these gentle giants before they leave Hawaii to migrate back to the north Pacific. Tour includes round-trip transportation from ITT-Hickam office. For more information, call 448-2295.

Youth Summer League Basketball 5-on-5 Registration

Registration period: April 8-May 10 Ages 9-15 years old \$45/youth

Register online at www.greatlifehawaii.com or call the MWR youth sports department at 473-0789.

Youth Summer Soccer Registration Registration period: April 8-May 10 Ages 5-15 years old \$65/youth

Register online at www.greatlifehawaii.com or call the MWR youth sports department at 473-0789.

Liberty Video Game Tournament Monday, April 8

11 a.m.

Beeman Center

Enter the world of Halo 4 as you battle the Covenant call 448-2271.

and the Prometheans with new weaponry. This event is for single, active-duty Sailors and Airmen only. For more information, call 473-2583.

Night Golf at Ke'alohi Par 3 with Liberty Tuesday, April 9

Depart Liberty Express 4 p.m. Depart Beeman Center 4:30 p.m. Depart Instant Liberty 4:45 p.m. Depart Makai Rec 5 p.m.

only. For more information, call 473-2583.

\$5/person Golf under the lights in the cool of the evening. This event is for single, active-duty Sailors and Airmen

Pre-School Story Time Wednesday, April 10 9-10 a.m. **Hickam Library**

Join us as we celebrate "National Library Week." Head to the library and read with us. For more

Free Golf Clinic Thursday, April 11 Noon

information, call 449-8299.

Navy-Marine Golf Course Free

Get some tips on improving your game at this clinic. For more information and to register, call 471-0142.

Pau Hana Friday with DJ Magic and DJ **G-Flava**

Friday, April 12 6 p.m.-midnight J.R. Rockers

No cover

Kick off your weekend with food, drinks, friends and Friday jams with the USAF's own DJ Magic and DJ G-Flava. Please note that you may request quieter dinner seating on the lanai. For more information,

Summer break ocean adventure camps

MWR's camps offer the ultimate summer break fun for youth. Parents can sign up their kids for the Keiki or Youth Ocean Adventure Camps held in June and July, with morning sessions for keiki (ages 7-9 years old) and afternoon sessions for youth (ages 10-15 years old).

Children can stay fit and active this summer while exploring new adventures in the water, such as swimming, fishing, kayaking and more. Each session will vary, depending on weather, ocean conditions and the abilities of the group.

This is an opportunity for them to learn a new water sport and is also for those who are already experienced in it. All levels are welcome. Space is limited. For more information, call MWR's outdoor recreation department at 449-5215.

Sign up for Outdoor Activities

3 1				
EXCURSION	DATE/1	TIME	COST	SIGNUP
Day hike: Mariners Ridge ¹	April 13	8 a.m	. \$15	April 10
Group surf lesson at White Plains Beach with shuttle ¹	April 13	8 a.m	. \$35	April 10
Learn to spearfish ²	April 13/14	9 a.m	. \$60	April 9
Family fun: Alpine Tower ¹	April 13	10 a.m	. \$25	April 11
Day hike: Makapuu Lighthouse, swim at Pele's Chair ¹	/ April 14	8 a.m	. \$15	April 11

Note: Excursions subject to change depending on weather conditions.

1 Sign up with OAC

Sign up with ODR

For more information and to sign up, call the Outdoor Adventure Center (OAC) at 473-1198 or Outdoor Recreation (ODR) at 449-5215.

Thic Wook with Arte & Crafte

This week with Arts & Grants							
SESSION	CLASS DATES	ļ	DAY/TIME				
Hawaiian Quilted Pillow	April 9–30 April 9–30	Tue Tue	9–11 a.m. 7–9 p.m.	\$35 \$35			
Purr-fect Impressions! (ages 3–5)	April 9	Tue	10–11 a.m.	\$15			
Digital Photography	April 9–23 April 11–25	Tue Thu	10 a.m.–Noon 6–8 p.m.	\$50 \$50			
Fused Glass Jewelry	April 9–23	Tue	2–4 p.m.	\$40			
Adult Oil Painting	April 9–May 7 April 10–May 8	Tue Wed	6–8 p.m. 10 a.m.–Noon	\$50 \$50			
Hawaiian Baby/Wall Quilt	April 11, 18, 25 & May 23, 30	Thu	6–9 p.m.	\$45			

Supplies additional for some classes

For more information and to sign up, call the Hickam Arts & Crafts Center at 448-9907.

KAYAKING CHINAMAN'S HAT

There will be a kayaking trip to Chinaman's Hat with Liberty on Saturday. Departures are from Liberty Express at 8 a.m., Beeman Center at 8:15 a.m., Instant Liberty at 8:45 a.m., and Makai Rec at 9 a.m. The cost is \$5 per person. This event is for single, active-duty Sailors and Airmen only. FMI: 473-2583.

PURR-FECT IMPRESSIONS

Children ages 3-5 years old can explore printmaking with shells, thumbs, leaves, sponges and vegetables at this even being held from 10 to 11 a.m., April 9 at the Hickam Arts & Crafts Center. The cost is \$15 and includes supplies. FMI: 448-9907.

GROUP SURF LESSON

There will be a group surf lesson at 8 a.m. April 13 at White Plains Beach. The cost is \$35 per person, and the registration deadline is April 10. Shuttle service is included via the Outdoor Adventure Center-Fleet Store. FMI: 473-1198.

OAHU HIGHLIGHTS TOUR

There will be a tour of Oahu from 8:30 a.m. to 3:30 p.m. on Thursdays throughout the month of April. The tour includes Hanauma Bay, Halona Blow Hole, Pali Lookout, National Cemetery of the Pacific (Punchbowl), and the King Kamehameha Statue. The cost is \$45 for adults, \$40 for children and free for children 2 and under on an adult's lap. Lunch is included. Departures are from Information, Tickets and Travel (ITT)-Hickam office. FMI: 448-2295.

HICKAM HISTORICAL TOUR

Tours of historic Hickam will be held from 9:30 a.m. to 1:30 p.m. on Fridays throughout the month of April. The cost is \$45 for adults and \$40 for children ages 3-11 years old, and free for children 2 years and younger on an adults lap. Departures are from ITT-Hickam and Royal Alakai Lodge. FMI: 448-2295.

MWR NEWCOMERS LUNCH

A free MWR Newcomers Lunch will take place 11 a.m. April 16 at the Tradewinds Enlisted Club. This event features lunch, MWR information booths, sponsor tables and activities for kids. It is open to all military-affiliated personnel during their first six months of arrival. FMI: 473-0787.

MAKAPUU LIGHTHOUSE HIKE/SWIM

The Outdoor Adventure Center-Fleet Store will host a day hike to Makapuuu Lighthouse and a swim by Pele's Chair at 8 a.m. April 14. Hikers are encouraged to bring water and snacks, plus a swimsuit and towel. The cost is \$15 per person. The deadline for registration is April 11. FMI: 473-1198.

BENCH PRESS BODY WEIGHT CONTEST

A bench press body weight contest is scheduled for April 20. Weigh-ins begin at 9 a.m., and the competition starts at 10 a.m. Awards will be presented in two categories:

Men's/Women's Open and Men's/Women's 40-Plus. Fitness attire must be worn during weigh-in (shoes off). The entry fee is \$10 per person, and the contest is open to military and civilians ages 18 years and older. Contestants can register at Joint Base Pearl Harbor-Hickam Fitness Center. FMI: 471-2019.

AT A GLANCE

NOW — Joint Base Tax Center, run by the Region Legal Service Office, is 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.

APRIL

6 — 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. Late entries will be accepted until April 5 and the fee is \$30. No entries will be accepted on race day. Pick up registration forms at all MWR Fitness Centers, on the Great Life Hawaii Facebook Page or register here: http://www.active.com/running/honolulu-hi/16th-annual-ford-island-bridge-run-10k-2013. FMI: 473-0784, 473-2494 or 473-2473.

6 — In celebration of Earth Day, a community garage sale will be held from 6 to 11 a.m. at Catlin Park Community Center, 3349 Catlin Drive. The beneficiary is the Junior Enlisted Organization at Pearl City Peninsula. Donated items are being collected now, and organizers of the event can do pick-ups. FMI: Margherita Parrent at 474-2576 or e-mail margherita.parrent@navsoc.socom.mil.

6 — 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. Navy and Air Force volunteers can help at one of two locations, along the bike path and at Kapakahi Stream. FMI: MAC James Wooten at james.wooten2@navy.mil, or call 472-7149 or 225-5347.

6 — A tsunami-awareness event including information booths will take place from 10 a.m. to 2 p.m. at Hickam AAFES. FMI: larry.w.sabatine@navy.mil or larry.sabatine.ctr@hickam.af.mil or call 561-7141.

13 — The top 10 contestants from recent musical Idol auditions will perform at 7 p.m. at Hickam Memorial Theater. An after-party will take place at J.R. Rockers. FMI: 347-5157.

24 — A free family movie night event will start at 5:30 p.m. at Hickam Memorial Theater. Students from the Hickam Elementary School Choir will provide a special performance. After the children perform, the theater will have a special showing of "Brave." The movie will begin at 6 p.m. Refreshments will be available for purchase. FMI: call Tyra Lamb at 474-1999, ext. 6010.

27 — National Take-Back Initiative Day will be held from 10 a.m. to 2 p.m. April 27 at Pearl Harbor Navy Exchange main lobby, 4725 Bougainville Drive. This is an opportunity for those who have subsequently accumulated unwanted, unused prescription drugs to safely dispose of those medications. FMI: visit the website www.dea.gov or call 541-1930.



JACK THE GIANT SLAYER (PG13)

"Jack the Giant Killer" tells the story of an ancient war that is reignited when a young farmhand unwittingly opens a gateway between our world and a fearsome race of giants. Unleashed on the Earth for the first time in centuries, the giants strive to reclaim the land they once lost, forcing the young man, Jack, into the battle of his life to stop them.

HICKAM MEMORIAL THEATER

TODAY 4/5

6:00 Jack the Giant Slayer (PG13)

SATURDAY 4/6 2:00 Wreck it Ralph (PG)

SUNDAY 4/7 2:00 Wreck it Ralph (PG) 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.cnic.navy.mil/pearlharbor-hickam or the Navy Region Hawaii website at www.cnic.navy.mil/hawaii.

This Week's RIVIA

What is the naval origin of the term "clean bill of health?"

Last Week's

What was Operation Tomodachi, which began on March 12, 2011?

ANSWER

On March 12, 2011, in response to a devastating earthquake and tsunami in Japan on the previous day, PACAF and other U.S. forces began humanitarian and disaster relief operations later named Operation Tomodachi ("friendship").

WHO SAID IT?

"Reading is to the mind what exercise is to the body."



Last Week's **W**HO SAID IT?

"Understanding is a two-way street." -Eleanor Roosevelt

Holocaust remembrance events planned for April 11, 12

remembrance ceremony from 11 a.m. to noon April Broken Glass," will be the 11 at the Aloha Jewish Chapel. The chapel is locatfrom the Makalapa Medical Clinic at Joint Base Pearl ceremony and closing psalm ahnen@us.af.mil. Harbor-Hickam (JBPHH).

Van shuttles will be departing from building

guest speaker, discussing why we should we rememby Cantor Ken Aronowitz.

JBPHH associate professor of histo- the Tradewinds Enlisted .cfm?i=145559&k=0365470 ry, University of Hawaii at Club. The guest speaker C7E5E.

There will be a Holocaust Manoa, and author of will be Pierre Moulin, "Kristallnacht, the Night of author of several World War II books.

For more information, contact Senior Master Sgt. ed across the parking lot ber the Holocaust. There Mike Vonahnen at 448will also be a candle-lighting 6239 or email michael. von-

If you are interested in Holocaust attending, sign up at the remembrance luncheon will following link: https://ein 150. Dr. Peter Hoffenberg, begin at 11 a.m. April 12 at vittions.afit.edu/inv/anim

Pass and ID office to relocate

As of April 15, the Joint gold/agent cards as well as temporary offices are much Base Pearl Harbor-Hickam RAPIDGate credentials. pass and ID office will Arena parking lot for tempoundergoes renovations.

term/long term passes, with the employees, as the 471-2131.

smaller and accommodates All personnel requesting fewer customers. All cusrelocate to Ward Field/ Bloch restricted area badges tomers are asked to plan (RABs) should report to accordingly as wait times rary operations while build- Hickam/ building 1113/ may increase from previing 3455/pass and ID office Vickers Ave. for RABs ous pass and ID visits. issuance during the hours A follow-up announcement The temporary pass and of 9 a.m. to noon Monday will be made upon comple-ID office will continue to to Friday. All customers tion of the project. For issue vehicle decals, short are asked to be patient more information call:

Sexual Assault Awareness Month events planned

Awareness Month and upcoming events to raise awareness include:

• April 7, 10 a.m. to 2 p.m., "Bag" sexual assault at the Pearl Harbor Navy Defense Sexual Assault Exchange Commissary.

For more information, contact Shari Freeman at it...We'll solve it...Together." 722-6192

• April 13, 9 a.m. to 3 Assault p.m., Pearl Harbor Naval Intervention Shipyard car wash fundraiser at the Fleet Reserve Center.

call MMC Maya Ault at

• April 19, 6 a.m., 5k Run fundraiser at the information, call HM3 Tasha Joseph at 407-687-

Denim Day ceremony at 877-995-5247. the PSD classroom, room 143, 4827 Bougainville to volunteer or participate in Road. For more informa-

tion, call 352-8834. p.m. "Ryde" Against Sexual 6220 or Adam Sylvester at

April is Sexual Assault Blaisdell Park. A barbecue will follow.

For more information, call Master Sgt. Charles

Freeman at 599-0382. The Department Awareness Month theme this year is "We own

The Navy's Sexual Program (SAVI) is now called Sexual Assault Prevention and Response (SAPR). The For more information, name change aligns with the mission of the program, underlining the importance of providing stan-Marine Corps Base Hawaii dardized and consistent sexual assault awareness base flight line. For more and prevention efforts as well as response to survivors Navy-wide.

To report a sexual assault, • April 24, 1 to 3 p.m., call the SafeHelpline at: 1-

For information on how Sexual Assault Awareness Month events, call Shari • April 28, 10 a.m. to 2 Freeman at 474-1999, ext. Assault Motorcycle Ride at 474-1999, ext. 6215.

Unused meds can be turned in for disposal

Substance Abuse Rehabilitation have scheduled a National Take-Back to participate). Initiative Day from 10 a.m. to 2 p.m. April 27 at locations statewide, includmain lobby, 4725 Bouganville Drive.

Other military installation take-back

Naval Health Clinic Hawaii Corps Exchange Kaneohe Bay and the (1,018 tons) of prescription medica-Schofield Barracks Army and Air Force Program, the Drug Enforcement Exchange Service Post Exchange inside Administration and other agencies the flower shop (must have base access

This is an opportunity for those who have accumulated unwanted, unused ing the Pearl Harbor Navy Exchange prescription drugs to safely dispose of those medications.

In the four previous take-back locations on that day are the Marine events, more than two million pounds www.dea.gov or call 541-1930.

tions were collected and were removed from circulation.

The National Prescription Drug Take-Back Day aims to provide a safe, convenient and responsible means of disposal, while also educating the general public about the potential for abuse of these medications.

For more information,

NEX to celebrate Earth Day with coloring contest, expo



Pearl Harbor Navy Exchange will celebrate Earth Day with a coloring contest and expo.

All authorized patrons with children ages 12 and under are welcome to show off their creativity by participating in the coloring contest.

Parents can pick up the official entry form now and drop off the finished entry by April 15 to either Pearl Harbor NEX mall aloha center or NEX Garden Center.

Entries will be judged on April 18, and the winner will be presented with a prize and award April 20. All artwork will be featured in the NEX Mall rotunda.

No purchase is necessary to enter the contest.

For more information, call

The NEX Earth Day Expo titled "Partnering for a Greener Future" will be held from 10 a.m. to 3 p.m. April 20 at the NEX. All authorized patrons are invited to "think green" at the one-day

There will be eco-friendly demonstrations, information booths, Earth Day kids' games, special appearances by "Coastie" the friendly Coast Guard boat, awards presented to the coloring contest winner, and new earthfriendly products. For more information, call 423-3274.