

(Above left) The Los Angeles-class attack submarine USS Cheyenne (SSN 773) returns to Joint Base Pearl Harbor-Hickam after completing a deployment to the western Pacific region June 14. (Right) Chief Electronics Technician Lior Shpungin hugs his wife Dremaliza Ortiz as families reunite on the pier following the return of the Los Angeles-class attack submarine USS Cheyenne (SSN 773).

USS Cheyenne returns from western Pacific deployment

Lt. j.g. Victor Perez

USS Cheyenne (SSN 773) Public Affairs Officer

The last of the improved Los Angeles-class submarines, USS Cheyenne (SSN 773), returned home to Pearl Harbor on June 14 after completing a successful six-month western Pacific deployment.

With a crew of approximately 150 Sailors, Cheyenne visited Subic Bay, Philippines; Busan, South Korea; Yokosuka, Japan; and Guam. Cheyenne's deployment

allowed the crew to test the capabilities of the ship, employ the ship tactically and test their ability to conduct sustained forward-deployed operations away from port.

"The crew enjoyed the last six months a lot. We started with an end in mind, which was the safe execution of the deployment, mission accomplishment and a safe return to our loved ones who have supported us every day since we left. To them, I say Bravo Zulu," said Cmdr. Noel Gonzalez.

"I am very proud of the way our crew has taken care of each other, how we have safely enjoyed all the ports we visited and the international relationships we established in each port. Now it's time to spend time with our families who have also made a sacrifice and shown their commitment by letting us Sailors do what we do best.

"I hope my crew enjoys the time they get off and that they continue to take care of each other as they have done all deployment," he said.

"It's been a long six months and our guys have maintained their professionalism and kept the ship safe under stressful conditions," said Electronic Technician Master Chief Michael Hinkle, Cheyenne's chief of the boat. I want them to get out there and enjoy their time off with their family and friends," he said.

Homeported at Joint Base Pearl Harbor-Hickam, USS Cheyenne is named after the city of Cheyenne, Wyom. The ship's sponsor Ann Simpson, wife of former Sen. Alan

Simpson of Wyoming, christened Cheyenne on April 1, 1995. The ship has since lived by the city's motto, "Live the Legend."

In 2001, Cheyenne earned the distinction of the first to strike when she was the first ship to launch Tomahawk missiles in Operation Iraqi Freedom. Since then, the submariners aboard have modified the motto to "Ride the Legend," representative of the warrior spirit of the crew and the pride they take in their mission and sponsor city.



Members of the U.S. Naval Academy midshipmen participate in visit, board, search and seizure (VBSS) ship boarding operations while on USS Chafee (DDG 90).

USS Chafee hosts Naval Academy midshipmen for summer training

Story and photo by Ensign Samantha Neirby

USS Chafee (DDG 90) Public Affairs

Eight midshipmen from the United States Naval Academy recently visited the USS Chafee (DDG 90) for their first phase of summer training.

After arriving in Honolulu by plane, the midshipmen were shuttled to the small-boat pickup dock at Joint Base Pearl Harbor-Hickam. A rigid hull inflatable boat transported them alongside Chafee, and they climbed up to the flight deck.

Once on Chafee, the midshipmen were greeted by their running mates and Lt. Cmdr. Shea S. Thompson, the executive officer. Running mates are members of the Chafee crew assigned to guide the midshipmen around and instruct them on shipboard life at sea.

During their stay, the midshipmen aboard Chafee participated in damage control drills, flight quarters, a towing exercise and standing watch.

They also received hands-on training with .50-caliber machine guns and visit, board, search and seizure (VBSS) operations. Midshipman 3rd Class Richard Thomas said that if he

were to become a surface warfare officer, he would definitely want to be on the VBSS team after participating in embarkation drills.

"My favorite part of being underway has been the hands on training received, while conning the ship alongside the oiler during underway replenishment with USNS Guadalupe," said Midshipman 1st Class Emily Wilkin.

This is Wilkin's third summer cruise, but she said this experience has solidified her decision to service select surface warfare in the fall.

Midshipman 1st Class Thomas Stone said he looks forward to assuming the supply officer role so he can be the helicopter control officer (HCO) during flight operations. "The control tower is the best seat in the house while conducting flight operations," he said.

During the last week of training, the midshipmen saw first-hand how Chafee prepares for its upcoming Board of Inspection and Survey (INSURV) inspection. Some of the drills conducted during INSURV include anchor drop tests, full power runs, air defense exercises as well as strike and anti-submarine scenarios.

Major League Baseball players visit JBPHH



(Above) Rear Adm. Frank Ponds, commander, Navy Region Hawaii and Naval Surface Group Middle Pacific, met with Major League Baseball players Dallas Braden and Brian Wilson during their visit to Joint Base Pearl Harbor-Hickam on June 18. (Below) Braden and Wilson visited the F-16 Fighting Falcon, C-17 Globemaster III and F-22 Raptor. Their visit concluded with a bar tour and visit to USS Arizona Memorial.



USS Chosin Sailors visit with special education students
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Weiss relieves Mattingly as VP-9 commander at MCBH
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CNIC announces reduction in force
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Fitness, health
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Hot Hula, Cardio and Core joint base doubles down
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Independence Run/Walk to support this year's Hawaii Navy Ball
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Weiss relieves Mattingly as VP-9 commander at MCBH

Lt. j.g. Becky Shaw

Patrol Squadron Nine
Public Affairs

Cmdr. Brian D. Weiss assumed command of Patrol Squadron Nine (VP-9) from Cmdr. Craig T. Mattingly during a ceremony June 6 at Marine Corps Base Hawaii, Kaneohe Bay.

Capt. Christopher P. Ramsden, commander of Patrol and Reconnaissance Wing Two (CPRW-2), presided over the ceremony.

He welcomed Weiss and commended Mattingly for leading VP-9 through a dynamic deployment where the Golden Eagles flew a record 196,804 mishap free hours on station and added to their eight years of safety excellence.

Mattingly led the Golden Eagles to earn the prestigious Arleigh Burke Trophy for Pacific Fleet, recognizing the unit with greatest improvement in operational readiness.

Mattingly's next assignment is with Commander Task Force 72 where he will assist U.S. 7th Fleet Operations.



U.S. Navy photo by VP-9 Public Affairs

Cmdr. Brian Weiss assumes command of Patrol Squadron Nine (VP-9) from Cmdr. Craig T. Mattingly at a June 6 ceremony at Marine Corps Base Hawaii, Kaneohe.

Weiss served as executive officer during a 5th and 6th Fleet deployment. This is Weiss' third tour in Hawaii and second in VP-9.

He originally served at NAS Barber's Point from 1997-1999 with the VP-47 "Golden Swordsmen" and then with VP-9 during his

department head tour from 2006-2008.

Weiss became the 64th VP-9 skipper since the squadron's establishment in 1951.

"Going forward, my philosophy for the squadron is simple and direct – continue to give your best

every day. Act as if what you do makes a difference ... because it does! "Stay on flight plan, and remember that we're always students in the aircraft and on the hangar deck. Continue to learn and do things by-the-book, the first time,

every time," Weiss said.

Assuming the duties as Executive Officer of the squadron will be Cmdr. Katrina L. Hill of Westminister, MD. She is joining VP-9 from a tour at the United States Strategic Command in Omaha, Neb. This is

Hill's first tour in Hawaii.

"I am very happy to be joining the 'Golden Eagles' *ohana* and look forward to working with all the members of VP-9 as we continue our squadron's proud tradition of outstanding performance," Hill said.

USS Chosin Sailors visit with special education students

Lt. Jeffrey Moore

USS Chosin Public Affairs

OLONGAPO CITY, Republic of the Philippines (NNS) —Sailors and midshipmen from the Ticonderoga-class guided missile cruiser USS Chosin (CG 65) visited approximately 35 students at the Center for Special Education at the Columbine College during a port visit to Subic Bay on June 13.

The Center for Special Education, sponsored by the Lotus Foundation, Inc. and funded by Lotus Hilfsprogramme e. V., is one of the few schools focused on students with special needs.

The students, a majority of



U.S. Navy photo by MC3 Dustin W. Sisco

The guided-missile cruiser USS Chosin (CG 65) departs Joint Base Pearl Harbor-Hickam on April 30 for a scheduled western Pacific deployment.

whom are deaf, entertained the Sailors and midshipmen with several dances. Inabilities to communicate verbally were quickly overcome with pen and paper and some sign language.

"I truly enjoyed the opportunity to interact with the students," said Seaman Aaron Montoya. "The students, who could not hear but, could make you laugh, gave you a greater perspective on life."

Emilia Sanchez, special education coordinator, and Norman Tuzon, retired Marine liaison volunteer, explained that the school educates children from early elementary school through college.

Currently, the school system

in the Philippines is undergoing a transition. Previously, high school in the Philippines was four years from ages 12 to 16 following six years of elementary school. The program is moving to a K-12 system that mirrors the United States' school system. This resulted in many college students' ages that are younger than American counterparts.

Chosin is currently on deployment in the U.S. 7th Fleet area of responsibility supporting security and stability in the Indo-Asia-Pacific region.

For more news from Commander Task Force 70, visit www.navy.mil/local/ctf70/.



Online

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

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





Commentary

Keep yourself ‘fit to fight’ ready with healthy choices



Rear Adm. Frank Ponds

Commander, Navy Region Hawaii and Naval Surface Group Middle Pacific

The slogan “fit to fight” applies not only to the hardware we operate but also to the men and women serving in uniform today. We must be able to meet the Chief of Naval Operations’ third tenet: “Be Ready.”

Our installations have top-notch fitness facilities. The joint base has been selected for the Department of Defense’s Healthy Base Initiative, and we are fortunate to be in Hawaii with nearly year-round outdoor sports.

If you’re not kayaking,

surfing, hiking, playing volleyball or learning martial arts, you’re missing out.

Fitness programs available on base through Morale, Welfare and Recreation (MWR) or off base in the civilian community provide a great opportunity to not only build strength and endurance but also give service members and families healthy alternatives away from their jobs.

Our work is often filled with physical, mental and emotional rigors and stress, particularly if we are asked to deploy or go on assignment. It is important that we make healthy choices in how we spend our leisure time.

The Navy is making a concerted effort to promote fitness and wellness: healthy

eating, tobacco cessation, and responsible use of alcohol.

Recently, CMDCM (SS) Robert Crossno of USS Port Royal (CG 73) appeared on local TV here in Hawaii to demonstrate and explain the alcohol detection device now deployed throughout the fleet. He and other waterfront leaders are helping Sailors make good choices about drinking alcohol. The goal is to prevent problems before they happen. Some choices made in the wrong situations can be career-ending.

Alcohol is often the common (and lowest) denominator in sexual offenses, harassment or hazing incidents, car and motorcycle accidents and suicide tragedies ... poor decision and bad behavior. Through studies, we have found that alcohol often is the path to drug use/abuse and an accelerant of sexual assault.

Fortunately, there are

alternatives to alcohol use and abuse, and you can find them in the gyms, on the beach, in the library, in a classroom, on a trail, or in a kayak. You just have to look, and if challenged in finding something that you like, I encourage you to visit your nearest Information, Tickets and Travel (ITT) for activity information and resources, often at reduced and very affordable prices.

“Individual fitness leads to greater team cohesiveness.”

—Rear Adm. Frank Ponds

You’ll be seeing more emphasis on a “culture of physical readiness,” where healthy choices are the norm; where more nutritious wholesome foods are available as “fuel for the fighter,” and where fitness is incorpo-

rated in our lifestyles, not just tested in assessments.

Individual fitness leads to greater team cohesiveness. Inclusion and diversity lead to respect and understanding. The goal is preventing suicides, DUIs and sexual assaults. There’s a lot being done to achieve this goal, and resources are available for fleet, fighter and family.

Improved fitness means improved readiness, resilience and a safer environment for our people, our greatest asset and most precious resource.

The continuing resolution and sequestration have caused cutbacks in some services, and many of our valued DoD civilians are unfortunately facing financial hardship in the months ahead due to furloughs. Non-appropriated fund (NAF) activities Navy-wide, particularly MWR services, have not been significantly impacted but may be affected by some lowered patronage

in the months ahead. But even where we have had to reduce hours at some facilities, these steps have been prudent, measured and reversible.

Still, Navy leaders, including here in Hawaii, remain committed to promoting quality-of-life services and fitness and helping Sailors and their families build life skills to promote wellness. In the long run, a healthier workforce will actually reduce costs for the military.

The 21st Century Sailor and Marine program encapsulates what’s being done now and what’s on the horizon for better nutrition, tobacco cessation, alcohol abuse prevention and other issues. I hope you’ll take an opportunity to learn more about the options available to you and your shipmates. We need you “Fit ... We need you Fit-To-Fight.”

(Editor’s note: Learn more at www.21stCentury.navy.mil.)

Navy Installations plans reduction in force

Commander, Navy Installations Command

Commander, Navy Installations Command (CNIC) has announced a plan to conduct a reduction in force (RIF) action in fiscal year 2013 that will be completed in 2014.

Over the course of the next seven months, CNIC will eliminate 745 civilian positions throughout its shore enterprise in seven Navy regions across 20 states, the District of Columbia, the island of Guam, and in the countries of Italy, Greece and Cuba.

The actual total number of people directly impacted by this RIF action will be determined once other workforce shaping measures such as Voluntary Separation Incentive Payments, Voluntary Early Retirement Authority and placement into current vacancies have been completed.

CNIC, along with other Navy commands, has experienced reduced budgets and must implement cost-saving

measures across the entire force.

“Up to 42 positions may be impacted at Navy Region Hawaii,” said Rear Adm. Frank Ponds, commander of Navy Region Hawaii and Naval Surface Group Middle Pacific. “Every effort will be made to place displaced employees within the organization, and we are looking at creative opportunities to take care of all of our people. I urge all Navy Region Hawaii civilian employees to stay informed, engaged and involved as we meet these challenges together.”

“Our civilian workforce remains essential to the success of our Navy’s mission and our nation’s security; especially here in Hawaii. We value their contribution and regret the negative impact that this and other personnel workforce shaping actions will have on them and their families,” Ponds said.

“This action is not taken lightly, but is part of a conscious, risk-based approach to future shore capabilities that are aligned with the Navy Mission,” said Vice. Adm. William French, CNIC. “I am committed to

ensuring that we do all we can to assist those people directly impacted by this action by providing them access to all tools available under reduction in force rules and assisting them with finding future employment.”

Career transition services for the employees affected by the RIF action will vary depending on their needs, but services available will include skills assessment, resume and cover letter preparation, networking and interviewing techniques, counseling, job search assistance, and retraining, if necessary.

Reducing these positions may have marginal impacts on the services CNIC has provided in the past. However, it will not have any direct impacts to CNIC’s capability to support the mission of providing service to the fleet, fighter and family.

Navy Region Hawaii employees should visit this site for up-to-date RIF information: https://g2.cnic.navy.mil/TSCNRH/N1/N_13/default.aspx?PageView=Shared or check with the human resources office.

Diverse Views

“What is your favorite healthful food?”

Staff Sgt. Brian McCullough
647th Civil Engineer Squadron

“Protein shakes because they refuel after an intense workout.”



Construction Mechanic 1st Class
Dana T. Cox
Construction Battalion Maintenance Unit (CBMU) 303 Det Pearl Harbor

“A Caesar salad because I like the way it tastes.”

Pomai Silva
Joint Base Pearl Harbor-Hickam

“I currently like quinoa. You can adapt it to almost any recipe. I’ve replaced rice with quinoa. Quinoa salads made with kale and soybeans are delicious. Also, I’ve been adding to my diet almond butter. It’s creamy and rich in flavor.”



Culinary Specialist 1st Class
Lorena Cox
Joint Base Pearl Harbor-Hickam

“It’s yogurt, it tastes great and it’s healthy for you, great for your digestive system and it’s a great diet supplement.”

Staff Sgt. Carlos Hernandez
647th Civil Engineer Squadron

“Guava pancakes from Cinnamon’s Restaurant. Guava is a fruit, so it’s healthy.”



Electronics Technician Seaman
Erik F. White
Joint Base Pearl Harbor-Hickam

“Broccoli, because it tastes good.”

David Reantaso
NAVFAC HI

“I like poke, for the taste.”



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

Air Force officer candidates practice physical fitness



U. S. Air Force Officer Candidate School students take calisthenics on the beach at Miami, Fla. on Jan. 20, 1943.

Photo courtesy of the Air Force Historical Research Agency

HO'OKELE

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96 ARS hosts first JBPHH Fitness Throwdown

Staff Sgt. Terri Paden

15th Wing Public Affairs

More than 50 servicemembers from the 15th Wing competed for the chance to earn bragging rights in a friendly fitness challenge June 14 at Joint Base Pearl Harbor-Hickam (JBPHH).

The 96th Air Refueling Squadron (ARS) hosted the JBPHH Fitness Throwdown at Hangar 13 to encourage team building and camaraderie among the athletes on base who shared interest in extreme or high intensity workouts.

The Special Operations Command Pacific Team took the lead in the competition, which consisted of nine six-person teams tasked to collectively complete six high intensity workouts for the best timed score. The competition was the first of its kind for the wing, but will ultimately become part of a larger island-wide competition that will pit Soldiers, Sailors and Marines together to find the most fit team on the island.

Capt. Michael Kerschbaum, 96 ARS and competition creator, said the idea began to take shape four months ago after he witnessed the success of an



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

Tech. Sgt. Richard Baldogo, 154th Hawaii Air National Guard fuels shop technician, (right), performs an Olympic lift as Staff Sgt. Earl J. Mata, 647th Logistics Readiness Squadron and volunteer judge, looks on during the 96th Air Refueling Squadron's Fitness Throwdown Challenge, at Joint Base Pearl Harbor-Hickam on June 14.

inner-squadron competition.

"On a Sunday, about four months ago, I put together a team workout that was tons of fun," he said. "We got 11 members from the 96 ARS out in the morning to race through a course and that eventually grew into the competition we had today."

Kerschbaum said the competition was loosely based off the

Crossfit Games held in 2011 and 2012, though he changed some of the workouts for the JBPHH Fitness Throwdown.

"The goal of this competition was to test a unit's ability to field athletes with many different skill sets," he said. "Each event requires a different level of cardio respiratory endurance, stamina, strength, flexibility, power, speed, coordina-

tion, agility, balance and accuracy. The squadron that prepared their unit in one domain but lacked ability in other areas was obviously not going to win this competition."

Lt. Col. Grant Sharpe, SOCPAC team member, said his team, which also included Maj. Charles Siedlecki, Lt. Col. Loren Jerlow, Maj. Dan Fuhr and Chief Warrant Officer 3 Justin Ackerman, began training for the competition by working out as a team one to two times per week two months prior to the event.

Sharpe said he is especially proud of his team's performance given their handicap. One of their team members was forced to drop out of the competition at the last minute due to a TDY which caused one teammate to have to complete two events.

In addition to his team's performance, Sharpe said he was also impressed by the exciting atmosphere and the athletes who signed up for the competition.

"The second and third heats had some exceptional athletes that posted individual times that rival those of professional crossfitters and having that level of competition really pushed all the athletes to excel and push themselves to the limit," he said. "It was amazing to

see everyone pushing themselves to help their teams and no one giving up. It was especially fun to see the carnage of crossfitters sprawled out on the ground after each event."

Though ultimately there was only one winner, the spirit and camaraderie of the competition proved to be the biggest reward for those competing.

"It was awesome to get together with my squadron members and co-workers to workout," said Capt. Daniel Montilla, KC-135 Stratotanker pilot. "It was awesome, inspiring and it makes you want to keep working out: It's infectious and I think it definitely motivated the people watching to get back into working out if they've been out of the gym for a few weeks or even months."

As the first Joint Base Pearl Harbor-Hickam Fitness Throwdown came to a close, Kerschbaum said he was extremely excited about the outcome of the competition.

"In the end it came down to about a minute separating the top three teams and made for some great races to the finish," he said. "I am pumped we got to meet and compete with so many outstanding athletes. I could not have drawn it out any better."

15th MXS structures flight upgrades to environment-friendly wash rack

Staff Sgt. Terri Paden

15th Wing Public Affairs

A new environment-friendly wash rack recently installed on the flightline at Joint Base Pearl Harbor-Hickam will allow 15th Maintenance Squadron Structures Flight personnel to operate more efficiently while saving thousands of dollars and valuable natural resources.

The wash rack, which is used to clean the base's C-17 Globemaster III fleet, acts as a water catch system. The contaminated water is accumulated in the new water filtration system which filters

out the heavy metal deposits and other potentially harmful substances allowing the water to then be disposed of as normal.

Master Sgt. Michael Vincent, 15 MXS Structures Flight section chief, said prior to obtaining the new wash rack, the waste water was drained into a reservoir where it had to be pumped out and taken to an off-base hazardous waste disposal site at the government's expense of 62 cents per gallon. The system also created unnecessary costs by requiring that even rainwater caught in the reservoir be disposed of at the off-base site.

"This is twice as fast and more efficient," said Vincent. "The new system filters the water to make it safe enough and clean enough to be disposed of without being considered a hazard—and that's where the money is saved."

However, Vincent said the biggest benefit of having the new wash rack is its smaller impact on the environment.

"When you're on an island in the middle of the ocean there are not a lot of places to dispose of waste," he said. "We all enjoy the water here whether it's for sports or the food we eat, and we need to keep it safe by ensuring we're not poisoning the wildlife or contaminating the

water—that's really important."

To ensure the system is consistently doing its job, water samples are frequently tested to make sure the water leaving the wash rack is always clean.

Vincent said the new wash

rack saves the man-hours that were previously used to pump the water out and take it to the off-base disposal site.

In addition washing the aircraft, the Structures Flight Airmen are also charged with all aircraft structural repairs, corrosion

inspection and aircraft paint touch-ups.

"Like everyone else we're doing more with less, and this frees up more man-hours to go do more maintenance, which allows us to focus on the rest of the mission," said Vincent.

15th Medical Group provides advice for staying on course

The 15th Medical Group at Joint Base Pearl Harbor-Hickam asks patrons to stay on course with their appointments.

A late-show is considered showing up more than 10 minutes after the sched-

uled appointment time.

A no-show is failure to cancel two hours prior to the scheduled appointment time. If an appointment is before 9 a.m., cancel before close of business the duty day prior.

For information on how

to cancel an appointment on duty days, call central Appointments at 448-6000 between 7:15 a.m. and 4 p.m. After hours, contact Tricare Online at www.tricareonline.com.

Pearl Harbor-Hickam Highlights



(Left) One of 12 incoming Chinook helicopters alights on a helo pad behind NAVSUP Fleet Logistics Center Pearl Harbor.

U.S. Navy photo by Jim Murray

(Right) Rear Adm. Frank Ponds, commander of Navy Region Hawaii and Naval Surface Group Middle Pacific, on June 17, presents a plaque to retired Regional Fire Chief Glenn DeLaura and Regional Fire Chief Fletcher Dahman for receiving the 2012 Navy Fire and Emergency Services award for Large Fire Department of the Year. Ponds also presented a DeLaura with a plaque for receiving Fire Chief of the Year.

U.S. Navy photo by Al Balderama



(Right) USS Chafee (DDG 90) crew members conduct a rifle salute during a recent burial at sea ceremony honoring deceased service members and their spouses.

U.S. Navy photo courtesy of USS Chafee



Photo courtesy of HRO

(Above) Rear Adm. Frank Ponds, commander of Navy Region Hawaii and Naval Surface Group Middle Pacific, and Nadine Bayne, Total Force Manpower director, untie the maile lei for the Navy Region Hawaii Human Resources Office (HRO) open house and blessing on June 10 at building 1 at Joint Base Pearl Harbor-Hickam (JBPHH). The human resources office stood up on April 21 to serve Navy Region Hawaii, JBPHH and base operating support employees assigned to the Pacific Missile Range Facility at Barking Sands, Kauai. Under the Navy's new Human Resources Service Delivery Model, each major command is served by their own HRO. Previously, Navy Region Hawaii HRO served most of th Navy commands and activities in Hawaii.



U.S. Navy photo by Denise Emsley

(Below) USS Chung-Hoon (DDG 93) lines up next to USS Paul Hamilton (DDG 60) conducting a passing exercise (PASSEX) in waters off of Guam.

U.S. Navy photo courtesy of USS Chung-Hoon

(Above) Naval Facilities Engineering Command (NAVFAC) Hawaii personnel install a security fence with multiple gates around a parking area, including building 5, at Joint Base Pearl Harbor-Hickam at Ford Island, to protect small boat operation's equipment and accessories.



Ageless shipyard employee continues to compete strong

David Tomiyama

Pearl Harbor Naval Shipyard
Public Affairs

For many athletes, the thrill of competition drives them to train in order to compete with peers at the highest levels possible. For Pearl Harbor Naval Shipyard's Michael Lorne, age 61, competing is just simply fun.

"I do it for the fun, for the feeling, for the health benefits," he said.

The code 105 radiological control health physicist competes in more than 20 events a year that cover swimming, biking, running, paddle boarding, bodysurfing and surfing. Lorne spends a considerable amount of time out-of-state which gives him less time to train and attend the competitions he's scheduled for.

"I try to compete in about four major competitions in six events in a season at different locations so I get around the island," he explained. "I've had two events in the same day on numerous occasions. I participated in a biathlon at Ala Moana one morning and a



Photos courtesy of Michael Lorne

Michael Lorne, Pearl Harbor Naval Shipyard code 105 radiological control health physicist, competes in a surfing/bodyboarding/marathon.

bodysurf contest at Pyramid Rock in the afternoon. Not too long ago, I had a triathlon in the morning on the North Shore, then a surf contest over at Barbers Point afterwards."

While the events Lorne competes in vary from land-to-ocean, the one thing they have in common is that they require great physical endurance.

"The longest paddleboard event I

do is the Duke which is about 10 miles. The shorter paddleboard events are about four miles. The longest swim I do is about 2.2 miles; the shortest is about a mile in the North Shore Swim Series," he said. "I only do sprint triathlons which are about a 750-yard swim, 12-mile bike, and three-mile run."

Lorne is not just a participant; he has won numerous awards as a top three finisher in his age group, 60-61. Over the last 12 months, he finished in the top three in six different sporting events which was his best stretch ever. Over the years, Lorne has accumulated dozens of trophies, medals and plaques.

For Lt. j.g. Brian Governale, code 105 radiation health officer and 24 years younger, Lorne's lifestyle and race results are more than impressive.

"He's a great example of a lifetime of fitness and healthy living," he said. "I do a lot races myself and I wish I had the results Mike has."

Lorne often competes against competitors 10 years younger than him, which makes it tougher to finish at the top as he continues to age. In order to be physically pre-

pared for the grueling events, he has a very broad training regimen. He does not train specifically for one type of competition, rather he cross-trains in order to be prepared for everything.

"If the waves are up, I surf or bodysurf. When the ocean is flat, I paddle or swim," Lorne said. "I typically run on the beach and spend more time on a stationary bike than a road bike."

The Marin County, Calif. native grew up on a beach and started surfing and bodysurfing when he was 12. He began competing while in high school and college in cross country and track. Now 61 and with many awards and events under his belt, his main goal is to stay injury free in order to continue to compete.

While he does not plan on stopping any time soon, at some point Lorne will have to give up what he loves to do.

"I'm going to continue to compete until I cannot do it any longer," he said. "I have told many of the North Shore lifeguards that if I have the 'big one' while running on the beach, then just throw me in."

15th Medical Group plans family health school sports physicals

Capt Scott D. Cook

15th Medical Group
Group Practice Manager

The 15th Medical Group (15th MDG) Pediatric Clinic has partnered with the Family Health Clinic to streamline annual school sports physicals this summer.

Maj. (Dr.) George Tripp, a board certified pediatrician normally assigned to pediatrics, will be working in Family Health from July 8 to 19 to provide school sports physicals for Family Health beneficia-

ries. To book an appointment for family health beneficiaries ages 0-17 who need a sports physical, utilize TRICARE Online (TOL), www.tricareonline.com, or call the 15th MDG Central Appointments line at 448-6000 between the hours of 7:15 a.m. to 4 p.m. during duty days.

Appointments are anticipated to fill up fast and it is recommended to utilize TOL to book the appointment that best meets your need. Patients who would like to secure one of these pediatrician-specific appointments via TOL should select the "school physical" appointment option for their

Family Health beneficiary. If these dates are not convenient, select the "wellness visit" option on TOL to book a school sports physical with the beneficiaries family health primary care manager (PCM).

The family health clinic will experience a PCM gap of several weeks this

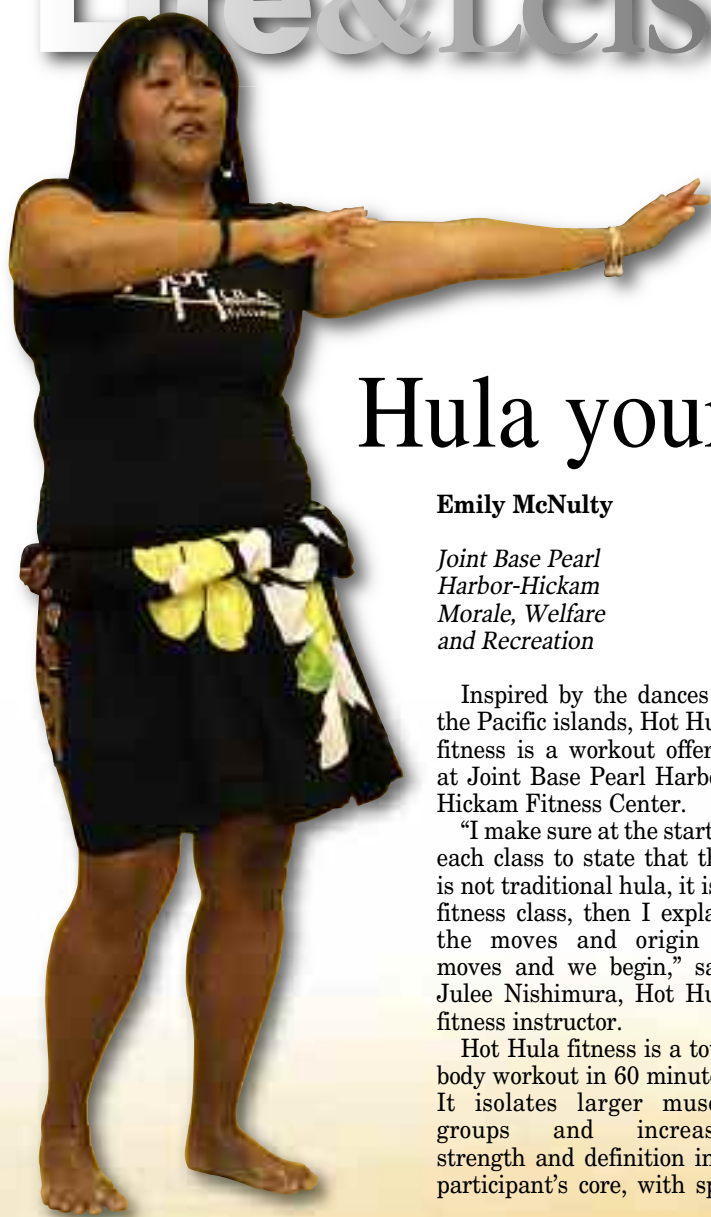
summer due to the departure and arrival of two PCMs.

Tripp has offered to assist in an effort to help reduce the workload on family health during this transition period. A board-certified pediatrician completing school sports physicals is not only a benefit to family

health beneficiaries, but will also ensure the family health clinic can continue to provide world-class healthcare to their beneficiaries during the challenging summer PCS season. The pediatric clinic expects minimal disruption to normal access to care during this two-week period.

Life & Leisure

B



Hula your way to a new you

Emily McNulty

Joint Base Pearl Harbor-Hickam
Morale, Welfare
and Recreation

Inspired by the dances of the Pacific islands, Hot Hula fitness is a workout offered at Joint Base Pearl Harbor-Hickam Fitness Center.

"I make sure at the start of each class to state that this is not traditional hula, it is a fitness class, then I explain the moves and origin of moves and we begin," said Julee Nishimura, Hot Hula fitness instructor.

Hot Hula fitness is a total body workout in 60 minutes. It isolates larger muscle groups and increases strength and definition in a participant's core, with spe-

cific emphasis on the abs, glutes, quads and arms.

"This class is fun because all fitness levels can participate, the music is very upbeat and the Polynesian drum beats draw you in," said Lori Gaynor, group exercise class Wahiaawa Annex fitness center manager. This class describes the Polynesian background and exposes military personnel to the culture of Hawaii.

Participants have the opportunity to learn foundational movements that carry on in all the choreography, and infuse different movements into the choreography. Over time they will learn a total of nine dances.

"This is very fun class for mothers, daughters and families. Men are welcome as well. We provide you with

the sarong, which helps get your minds and bodies into hula," said Nishimura.

Nishimura pointed out several times that this class is great for everyone because it is low impact and it raises body awareness.

"Remember, this is your fitness, your journey, do what you can...you might as well have fun while working out," said Nishimura.

"I was excited to bring Hot Hula fitness to joint base. We are the first military installation to bring in this class," said Gaynor.

Hot Hula fitness is offered once a week on Wednesdays from 5:45 to 6:45 p.m. at Joint Base Pearl Harbor-Hickam Fitness Center. Call 471-2019 for more information, or visit greatlife-hawaii.com.

MWR Marketing photos

Hot Hula, Cardio and Core

Cardio and core conditioning class offers challenging workout

Emily McNulty

Joint Base Pearl Harbor-Hickam
Morale, Welfare
and Recreation

A cardio and core conditioning class is offered four times a week at the Hickam Fitness Center.

"I like to use my background of basketball, track and more to make the cardio and core class a big

mish-mosh of working out. I mix it up each class, so you are never working the same muscle the same way," said Simone Davis, MWR group exercise instructor.

"This class will save you time. It's hard but beneficial. You will lose weight, get fit and do better with your fitness," said Davis.

The core conditioning class is

different, but usually consists of eight to 10 circuits around a room. As high-volume, high-energy music plays, patrons start one exercise, and 30 seconds later move to the next, and so on for the full hour.

"I'm not in front of the class the whole time. I'm constantly moving, motivating and correcting. I won't let you get hurt or fail. But I also won't let you slack,"

Davis said.

"This class is for everybody. It just takes a little bit of courage," she said.

She added that not everyone who takes the class is at the same level.

"There is no set weight or reps to hit. It's at your own pace, what goal do you want to achieve and pushing for it," said Davis. The class can be modified or changed for people with injuries or for those who

are more advanced.

"I've been taking cardio and core with Simone since last summer. This class is challenging, but you see results in a short time," said Cheri Smith, a Navy spouse.

"I like teaching this class because it's a family environment. It's a mix of young teenagers to adults up to 70 years old. I'm exposed to several different people and we all encourage

each other in and outside of the class. I love it," said Davis.

Davis, a personal trainer and MWR group exercise instructor, also teaches Zumba and boot camp in addition to cardio and core conditioning.

Cardio and core and conditioning is offered Monday, Wednesday and Friday from 9:45 to 10:45 a.m. and Monday through Friday from 6 to 7 a.m. at the Hickam Fitness Center.



MWR Marketing photos

Shipyard can't keep up with 15th Medical Group

**Story and photo
by Randy Dela Cruz**

Sports Editor

The 15th Medical Group (15 MDG) used three goals from Staff Sgt Benjamin Pack in the first half and solid defensive play from goalkeeper Airman 1st Class Daniel Lee to go on and defeat Pearl Harbor Naval Shipyard (PHNSY), 5-0, in a Blue Division intramural soccer matchup on June 15 at Ward Field, Joint Base Pearl Harbor-Hickam.

The 15 MDG, which entered the game in 10th place, switched places with PHNSY, which arrived at Ward Field in ninth place. Both teams now have identical records of 5-8.

"It's very difficult to get people to come out on Saturdays," Pack explained about the team's record. "We have a different amount of people each week. We just got to come together and play the best that we can."

Early in the first, Pack put the 15 MDG out in front by depositing a penalty kick into the net for a quick 1-0 lead.

Shortly after the goal, Pack broke down the left side of the field on a breakaway only to be met head on by

the PHNSY goalkeeper.

Instead of trying to maneuver around the goalie, Pack blasted a kick the slammed off of the defender and took a fortunate bounce toward and then into the goal for a 2-0 lead.

"I faked the keeper into going to the right and I took my shot," Pack said. "I was hoping to would hit the side of the net, but at least it went in. I think it boosted the team, so it was good."

While one lucky bounce turned out to be a good thing for the 15 MDG, getting another one immediately after the first one was even better.

Attacking the PHNSY goal down the right side, another shot on goal caromed off of a defender and landed in front of Senior Airman Maggie Noll, who was all alone with the ball on the left side of the goal.

With no defender to guard her, Noll swiped in a shot to give the 15 MDG a 3-0 lead.

"The ball ricochets off people," Pack said. "It happens all the time. That's why coaches always tell you to take shots — no matter what. Typically, if you put the ball in the center hash, down by the penalty area, good things are going to come out of it."

Pack added to the team's tally by booting a corner kick past the goalkeeper and into the goal for 4-0 lead

just before halftime.

Holding a commanding lead, the 15 MDG handed things over to the defense, which was led by the strong play of Lee.

Although playing with an injured hamstring, Lee posted stop after stop to help the team preserve the win.

"We had three defenders, so our backfield was never empty," said Lee about the team's solid defensive play. "Plus, a lot of hustle. More hustle than the other team."

While the game was well in hand, Pack wasn't done just yet.

This time, the 15 MDG striker used his foot to boot a perfect pass to teammate Trent Osier, a military family member, who kicked in a point-blank shot for the final goal.

Pack said that the key to the win over PHNSY was the ability of the 15 MDG to play well together as a team.

At 5-8, the record of the 15 MDG may not strike fear into the hearts of the other teams in the division, but said Pack, if armed with a full squad, he and his teammates are prepared to give everyone a battle.

"We've had a lot of injuries this season as well," Pack acknowledged. "If we have everybody and play to our full potential, I believe we would do very well."



Staff Sgt Benjamin Pack, 15th Medical Group (15 MDG), blasts a header toward the goal in the Blue Division intramural soccer game.

Hickam Communities' residents awarded scholarships



Hickam Communities' residents Madeline Skrocki and Thomas Stokes were among the recipients of WinningEdge Scholarships.

**Story and photo by
Hickam Communities**

Hickam Communities' residents Chandler Carlson, William Kasberg, Madeline Skrocki, and Thomas Stokes were recipients of WinningEdge Scholarships.

They were each awarded \$1,000 to be applied to their educational pursuits. The award is in recognition for their exemplary academic performance, character and potential proficiency in their chosen field of study.

The awards were granted by WinnCompanies, the firm providing the property management and mainte-

nance services at Hickam Communities.

Madeline Skrocki, a graduate of Radford High School, stated her award would go towards studies at Yale University where she plans to major in political science and international relations. Skrocki, along with her parents, Col. Thomas and Ms. Cheryl Skrocki, has lived in Hickam Communities since July 2010.

"I look forward to one day giving back to Hickam Communities," she said.

Chandler Carlson, son of Col. Dann and Sherilyn Carlson and graduate of Radford High School, will

attend college in Colorado. William Kasberg, son of Col. David and Cecile Kasberg, is a graduate of Damien Memorial School and looks forward to attending Notre Dame. Myron B. Thompson Academy graduate Thomas Stokes will attend Brigham Young University. He's the son of Col. Rodney and Lisa Stokes.

A total of \$18,000 was awarded to WinnCompanies residents at military installations nationwide. WinningEdge Scholarship applications for the 2014-2015 school year become available February 2014.

HIANG and 647th CES settle for 0-0 deadlock

Story and photo
by Randy Dela Cruz

Sports Editor

Against the 647th Civil Engineering Squadron (647 CES), the Hawaii Air National Guard (HIANG) avoided a forfeit by assembling the bare minimum of players and then dodged another bullet by battling to a 0-0 tie in a Blue Division intramural soccer showdown on June 15 at Ward Field, Joint Base Pearl Harbor-Hickam.

Competing with one player shy of a full lineup, the HIANG surprisingly out-kicked the 647 CES on shots on goal and almost pulled out a win with a frantic rally before time ran out.

"We were definitely getting behind the defense and making good passes," HIANG striker Maj. Tom Flowers said. "We were moving well without the ball and looking for the open man."

Still even with the stalemate, the HIANG remains in the thick of the hunt for a playoff spot with a record of 8-1-2, while the 647 CES, despite only suffering one defeat against six wins, have now garnered their fourth tie of the season.

Although the 647 CES held a one-player advantage, the team seemed to have its edge neutralized by the quickness of the HIANG players.

In the first half, the HIANG out-kicked the 647 CES on shots on goal by a margin of seven to five, with two of the 647's opportunities coming off of free kicks.

"They (HIANG) played their angles right," said 647 CES striker Staff Sgt. Todd Sorbin. "They have fast guys and they know soccer. You could see that every single one of them know how to play."

Not having a full squad, Flowers said, forced the HIANG to utilize every ounce of experience they had on the team.

"I think we had to rely on our skills a little bit more and play a smarter game," Flowers acknowledged. "We didn't run after every ball and played zone defense."

After halftime, the scoreless battle continued well into the second half until the HIANG started picking up the pace with time running out.

In a frenzied attack on the 647 CES goal, the HIANG spent most of the closing two minutes just outside the box and assaulted the goal with numerous shots.

One shot in particular appeared headed for pay dirt, but the ball struck the goal's upright and ricocheted out of bounds.

"We thought one of them was bound to go in," Flowers said. "We were just taking advantage of opportunities. We were rotating through our offense and defense to get a break since we didn't have any subs and we just pushed hard when we could."

Coming into the game sitting in sixth place, Sorbin said that the 647 CES missed a golden opportunity to move up in the standings.

Seeing the open gap in the HIANG's team may have forced the 647 CES to press too hard Sorbin noted.

"We weren't getting our guys down," he said. "It was like, there's so much space out there, but I think our guys were thinking way too much. We should have won this game, but they're a good team."

Full squad or not, one thing is for sure: the HIANG will come to compete no matter how players they bring to the game.

"I think we could have won that game," Flowers said. "We had all the opportunities, the game was in our hands we just couldn't finish."



Maj. Joe Gushikuma, of the Hawaii Air National Guard (HIANG), gets ready to head the ball past 647th Civil Engineering Squadron (647 CES) defender Lt. John Daly.

Security earns Captain's Cup

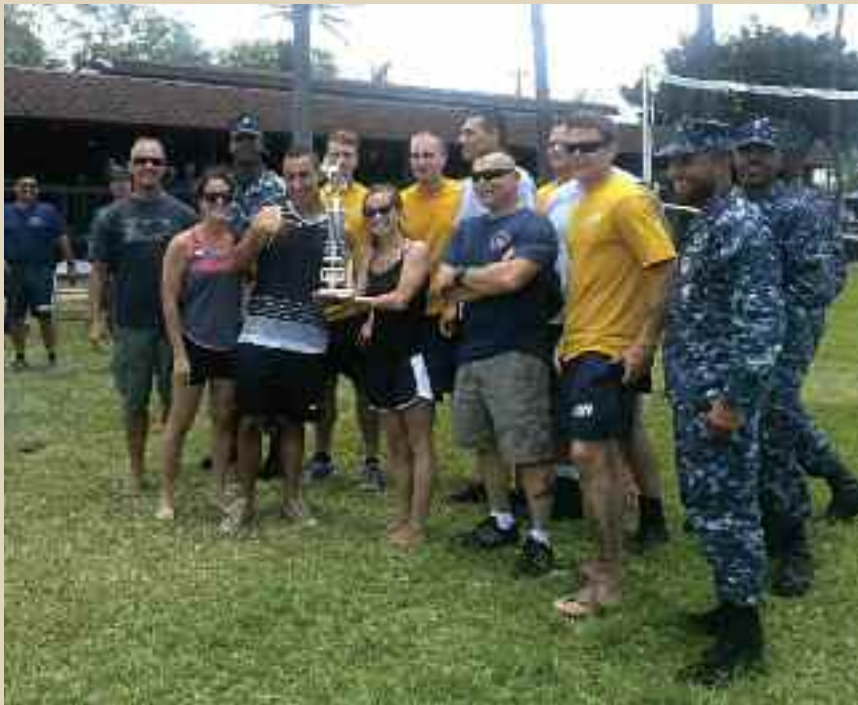


Photo courtesy of CSC (SW) Evelyn White

Capt. Jeffrey James, commander of Joint Base Pearl Harbor-Hickam (JBPHH) awards the Captain's Cup to the JBPHH Security Department. The Captain's Cup took place from June 10 to 14. All JBPHH departments including tenant commands competed with several team building sports such as basketball, volleyball, flag football, a three-legged race, two-man kayak, fitness challenge and tug-of-war. Every team or department earned points based on what place they took in the competition and the Security Department was the overall winner of the Captain's Cup. The event is held once a year followed by a command picnic.



U.S. Navy photo by MC2 Dustin W. Sisco

Sailors from various commands on Joint Base Pearl Harbor-Hickam participate in a basketball competition for Captain's Cup 2013. Captain's Cup is a series of competitions designed to enhance team performance and build camaraderie.

White Plains Beach cleanup to be held July 6

As part of National Oceans Month, a cleanup of White Plains beach and a Hawaiian monk seal educational event is scheduled for July 6.

The cleanup will run from 7:30 to 8:30 a.m., and the monk seal educational event will be from 9 a.m. to 11 a.m.

This event is open to everyone who wishes to volunteer. Attendees are encouraged to bring water, sunscreen, hat and sunglasses. Gloves and garbage bags will be provided.

For more information, call Patricia Coleman of Navy Region Hawaii Environmental Coordination at 473-0369 or e-mail patricia.colemon@navy.mil.

Chefs at Joint Base Pearl Harbor-Hickam serve fresh food to military customers



(Clockwise from above) A finished dessert tart is displayed for patrons at the Hickam Officers' Club; Ahi steak and vegetables is served at Sam Choy's Island Style Seafood Grille; A chef prepares food for a special catering event at Joint Base Pearl Harbor-Hickam.

Emily McNulty

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

Each chef on Joint Base Pearl Harbor-Hickam, whether it is at the Hickam Officers' or Enlisted Club or one of the other fine-dining restaurants on base, said they want the military customer to get the best possible quality food at the best value.

The chefs emphasized that they use fresh, quality foods and products, and work closely with vendors to provide to their military communities.

"We want the food to be the star. It has to shine," said Roberto Los Banos, executive chef of Sam Choy's Island Style Seafood Grille. He added that the quality has to be spot-on to achieve this.

"We're here to provide a great dining experience for the families and service men and women here on base. We want them to come back again and again for different occasions, (including) banquets and weddings, and to continue supporting us. We have to deliver," said Los Banos.

Each restaurant searches for local ingredients to use. For example, Sam Choy's uses greens from Hirabara Farms on the Big Island in addition to Hamakua tomatoes and mushrooms.

When watermelon, pineapples and melons are available locally, Los Banos uses them in his desserts and fruit salad. The Hickam Officers' Club and Enlisted Club chefs also buy herbs, fish and produce locally. Hawaii is famous for its fresh fish and seafood.

Chef Andreas Knapp of the Enlisted Club/JR Rockers said he has loyal customers and has built up a trust with the military community.

"I think a lot of customers come in with a low expectation but then are surprised when the food is excellent, with big portion sizes and low prices. They come to expect

good food for a good price because they have had it before on this base," Knapp said.

Tradewinds Enlisted Club has gourmet dinner nights, a German Stammtisch, Oktoberfest and other special events.

"Our staff knows the sacrifices our active duty military and their families make as well as our retirees. They really appreciate their service to our country. Many of our staff are military spouse or family members," said Chef Robert Souza of the Hickam Officers' Club.

Both the Officers' Club and Sam Choy's Island Style Seafood Grille offer views of the ocean off their outdoor lanai. The Officers' Club has a Koa Lounge, Lauhala Garden and Polynesian Gazebo. In addition, next door is Wright Brothers Café and Grille, open for breakfast and lunch.

JR Rockers, located next door to the Tradewinds Enlisted Club, is known for its All Nighters thrown the night before each federal holiday. JR Rockers has a sports bar atmosphere for watching NFL Football and UFC fights. There are also daily specials, including Wild Wing Wednesday, Grill Night and Mongolian BBQ.

Los Banos of Sam Choy's said his favorite item on the current menu is the poke and fresh fish. "If you are born and raised in Hawaii, you have to love fish. It's mixed fresh to order and the quality of fish we use to make it is outstanding," he added.

Knapp of the Enlisted Club said he loves cooking at the specialty nights, especially the German Stammtisch, and trying out different styles of cooking based on the experience and specialties of his staff.

Souza of the Officers' Club favors the prime rib on the menu. "It is roasted to perfection so the meat is tender and tasty. It just melts in your mouth," Souza said.

For more information, locations and menus, visit the website www.greatlife.hawaii.com.



Live the Great Life

Hiking with Outdoor Adventure Center offers chance to see Hawaii

Hawaii's weather and natural landscape offers a wealth of outdoor activities. One of those activities is hiking, and the Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation Outdoor Adventure Center (OAC) leads hiking tours throughout the year.

Hikes are available for the

beginner who is new to the outdoors and for the avid hiker looking for a challenge. OAC provides transportation to the site and guides along the way. The variety of trails adds to the escape, as OAC often goes to out-of-the-ordinary places. "We do a lot of hikes that aren't commonly known to the public, but we still

keep it safe," said outdoor recreation specialist Shelton Fuertes.

Fuertes enjoys sharing the experience of the real Hawaii with patrons. He says it's fun to see the looks on their faces as they view the unique landscape, spot wildlife, or mention how good it feels to be away from city life for a while.

Hiking is not just about appreciating the natural beauty of Hawaii. It's also good exercise. "You get a workout. You definitely sweat," said Fuertes, but "it's more of a fun sweat when you know you're doing something. You're in nature—it's more fun than going to the gym!"

Hikes are scheduled every

month. For patrons who can't go on the scheduled dates and have a group of six or more, the OAC will book a private tour (based on availability). For more information, call the OAC at 473-1198. The full schedule of outdoor activities is also available at www.greatlifehawaii.com under Sports/Recreation.



(Above left) A hiking group explores Maunawili Falls trail. (Above right) Hiking offers many scenic opportunities such as this view from Lanipo Trail.

Your Weekly Fun with MWR

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



Summer Concert Series will begin at 5:30 p.m. June 21 at Hickam Harbor lawn. The Pacific Fleet Band Popular Music Group will perform music from all mainstream genres including rock, pop, hip-hop, country and R&B. Bring a beach chair, blanket and your favorite snacks and beverages. FMI: greatlifehawaii.com.

Glass Bottom Boat Tour will be held from 9:15 a.m. to noon June 22 through Information Tickets and Travel-Hickam. Glass windows below allow participants to see the coral reef and the hidden marine life. FMI: 448-2295.

After-school Introduction to Children's Drawing will be held from 3:45 to 5:15 p.m. June 25 to July 30 at the Hickam Arts and Crafts Center. This course is

designed for the youth who draws all the time, as well as for the beginner. FMI: 448-9907.

Beginning Adult Watercolor will be held from 6 to 8 p.m. June 25 to July 30 at the Hickam Arts and Crafts center. Learn how to use the basic tools, techniques and procedures of watercolor. FMI: 449-9907.

Splash into Summer 5k Run/Walk will begin at 7 a.m. June 27 at Wahiawa Annex Fitness Center. No registration is required. FMI: 653-5542.

'Have Book will Travel': Learn a new language will begin at 2 p.m. June 27 at the Hickam Library. Presentations will be held in German, Spanish, French and Chinese. FMI: 448-8299.

All-American, all-night activity planned for teens

The Joint Base Pearl Harbor-Hickam Teen Center will hold an All-American All-Nighter lock-in to celebrate the 4th of July Weekend. The lock-in will start at 7:30 p.m. July 5 and end at 7:30 a.m. July 6. This event provides 12 hours of non-stop activities for teens ages 13 to 18.

"We are showing our youth that we hear what they are saying, and the teens have been saying they want another lock-in. After the April lock-in we heard nothing but positive comments and a few sob stories from the youth that missed it," said Dana Smith, youth support coordinator. She also said the lesson learned from the last lock-in is to remind everyone they can bring a pillow and that there are "safe" sleep zones where no one is allowed to mark your face if

you fall asleep.

Teens will have the opportunity to participate in team-building, dodge ball, bowling, button making and video games on the big screen. There will also be a photo booth and music from a live DJ. Treats such as milkshakes, root beer floats, hamburgers, hotdogs, chips and more will be provided.

Stop by the Teen Center to sign up now through July 5 and remember to bring a completed Teen Center Registration form, which can be found online at greatlifehawaii.com. There is a fee of \$25, but if you bring a canned food donation you will receive \$5 off. For more information call the Teen Center at 448-0418. "Like" them on Facebook at www.facebook.com/JointBasePearlH arborHickamTeenCenter.



MWR Marketing photo

A group of teens prepares to dance at the Joint Base Pearl Harbor-Hickam Teen Center.

Morale Welfare & Recreation

KAYAKING NORTH SHORE

There will be a stand-up kayaking trip to Anahulu Stream on the North Shore at 9 a.m. June 29. Departures are from Outdoor Adventure Center-Fleet Store. The registration deadline is June 25. FMI: 473-1198.

CHILDREN'S DRAWING CLASS

The Hickam Arts & Crafts Center will hold a children's drawing class from 3:45 to 5:15 p.m. Tuesdays beginning June 25. This course is designed for children who draw all the time as well as beginners. Fundamentals, such as correct use of light and shadows on four basic shapes, will be stressed. FMI: 448-9907.

PRESCHOOL STORY TIME

Preschool story time will be held from 9 to 10 a.m., June 26, at the Hickam Library. The theme will be "July 4 Independence Day." FMI: 449-8299.

CRUD TOURNAMENT

There will be a free crud tournament from 6 to 10 p.m. June 28 at the Officers' Club (Koa Lounge). Crud is a team game played on a billiards table with players using their hands instead of pool cues. No experience with the game is necessary, and all branches and skill levels are welcome. FMI: 448-4608.

CHINATOWN TOUR

A tour of Honolulu's Chinatown featuring a traditional dim sum lunch will take place from 8:45 a.m. to 1 p.m. June 29. The tour departs from Tickets & Travel-Hickam. FMI: 448-2295.

LADIES' GOLF CLINIC

There will be a free ladies' golf clinic at 9 a.m. June 29 at the Mamala Bay Golf Course. FMI: 449-2300.

JULY 4TH BEACHFEST

The annual Independence Day beachfest will be held from 11 a.m. to 5 p.m. on July 4 at Hickam Beach and Marina. Activities will include a search-and-rescue demonstration by the Coast Guard, jet pack and water ski demos and free rentals for water activities. This is a free event. FMI: 449-5215.

RACQUETBALL LESSONS

The Joint Base Pearl Harbor-Hickam Fitness Center will hold free racquetball lessons on July 11, 12 and 13. Classes are from 5 to 7 p.m. on July 11 and 12, and from 9 to 11 a.m. on July 13. Classes are taught by an American Professional Racquetball Organization certified instructor, and are open to eligible patrons 18 years and older. The last day to register is July 8. Sign up at the fitness center customer service desk. FMI: 471-2019.

Community Calendar

JUNE

27 — Joint Base Pearl Harbor-Hickam AMC Passenger Terminal will hold a "space available" brief at Hickam Memorial Theater from 2 to 3 p.m. for anyone interested in exploring this benefit. FMI: Passenger Service Center at 449-6833 or <http://www.facebook.com/HickamAMC>.

30 — The Battleship Missouri Memorial announced that the historic attraction will be closed to the public for one day on June 30. Use of the battleship has been bought out for that day to accommodate a filming project. The memorial will reopen on July 1, with normal operating hours. The Battleship Missouri Memorial is open daily from 8 a.m. to 5 p.m. during the summer (June, July and August). Contact the memorial for information about admission fees. FMI: 1-877-644-4896 or visit USSMissouri.org.

JULY

1 — The City & County of Honolulu will hold the monthly statewide outdoor warning siren test at 11:45 a.m. The Joint Base Pearl Harbor-Hickam "Giant Voice" works in conjunction with Honolulu's outdoor warning sirens and will sound a steady tone for 45 seconds.

4 — U.S. Army Garrison-Hawaii will host a July 4 celebration at Schofield Barracks, for military members and their families. In the past, the Army has opened the July 4 event to the public. However, Army officials are forecasting that Schofield Barracks will reach maximum field capacity this year due to conditions that did not exist in previous years, including the return of most service members from deployment, and Joint Base Pearl Harbor-Hickam and Marine Corps Base Hawaii not offering fireworks. Because of these capacity and safety concerns, the event will be open to Department of Defense (DoD) ID cardholders. This includes military members, their families, military retirees, DoD civilian employees, and their authorized guests. FMI: www.himwr.com.

6 — An Independence 5K run/walk will be held starting at 7 a.m. at Ford Island. Prizes will be awarded for the top three male and female finishers and for best patriotic costume. All proceeds will benefit the 2013 Enlisted Navy Ball. Sign up at www.active.com or www.navyballhawaii.com. FMI: www.facebook.com/#!/PearlHarborNavyBall

9 — AFCEA Armed Forces Communications and Electronics Association (AFCEA) luncheon event will be held at Hale Ikena Club, Fort Shafter. Check in is at 11 a.m. and the buffet starts at 11:30 a.m. The speaker will be Brig. Gen. Richard Simcock, deputy commander, U.S. Marines Forces Pacific. The cost is \$14 for AFCEA members who pre-register and \$17 at the door or for non-members. FMI: www.afceahawaii.org or call 441-8565 or 441-8524.



TYLER PERRY'S TEMPTATION PG-13

Acclaimed playwright Tyler Perry explores the hardships of marriage and the benefits of confronting problems in this drama about the stressful union between a hardworking accountant and his loving wife, a harried marriage counselor.

HICKAM MEMORIAL THEATER

TODAY 6/21

6:00 Iron Man 3 (PG13)

SATURDAY 6/22

2:00 Tyler Perry's Temptation (PG13)

7:00 Star Trek Into Darkness (PG13)

SUNDAY 6/23

2:00 Star Trek into Darkness (PG13)

Movie Showtimes

SHARKEY THEATER
is closed for renovations

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.

