

Change of command highlights history, ‘rebalance’ in Hawaii

MC2 Nardel Gervacio

Navy Region Hawaii Public Affairs

Navy Region Hawaii and Naval Surface Group Middle Pacific (MIDPAC) held a change of command ceremony July 10 at the Battleship Missouri Memorial at Pearl Harbor.

Rear Adm. Richard L. Williams Jr. relieved Rear Adm. Fernandez “Frank” Ponds as region and MIDPAC commander. USS Arizona Memorial stood as a backdrop to the ceremony and a constant reminder of World War II history.

The ceremony was held in the shadow of the former USS Missouri (BB 63), site of the signing of surrender that ended the war in the Pacific.

The event began with the arrival of the official party and parading of colors, followed by the national anthem, sung by Seaman Steven Martinez who is assigned to guided-missile destroyer USS Michael Murphy (DDG 112).

Students from Hickam Elementary School were on hand to sing “Hawaii Pono’i.” Kumu Hula Kaleo Trinidad provided an *oli* (Hawaiian poem and chant), and Kahu Kelekona Bishaw of Kamehameha Schools offered a Hawaiian blessing and presented lei to the official party.

Adm. Cecil D. Haney, commander of U.S. Pacific Fleet, was keynote speaker, and Vice Adm. William D. French, commander, Navy Installations Command, presided at the ceremony.

Each speaker acknowledged the significance of Pearl Harbor’s history and

mentioned Hawaii’s place in the ongoing rebalancing to Indo/Asia/Pacific. French, Haney, Ponds and Williams each expressed appreciation for the attendance of recently retired U.S. Sen. Daniel Akaka, senior distinguished visitor. Dozens of other dignitaries and flag and general officers were also in attendance.

“Today we salute the efforts of Frank and Carol Ponds and welcome Rick and Susie Williams to the Pacific Fleet and to the Hawaii *ohana*,” said Haney in his opening remarks.

“I know this transition is bittersweet for the Ponds [family], who enjoyed the wonderful *aloha* and the spirit of Hawaii *ohana*.”

“The presence of so many guests, including distinguished leaders, friends and families from the community, is a clear reflection of the remarkable relationship between our Navy and the Hawaii community as well as the great work by Frank and Carol,” said Haney.

“Frank has passionately led the charge to balance the budget reduction while supporting the operational readiness of middle Pacific warships and quality of life initiatives for our most valued assets, our people — our Sailors, our civilians and, of course, the families that support them,” he said.

French highlighted Ponds’ many accomplishments. “You will be missed here in Hawaii, but I’m confident you will have an equally impactful tour in San Diego. Our nation is stronger because of leaders like Frank Ponds. I’ll miss your bold leadership and



U.S. Navy Photos by MC2 Nardel Gervacio

Rear Adm. Frank Ponds, passes through side boys at the conclusion of a change of command for Navy Region Hawaii and Naval Surface Group Middle Pacific. Ponds was relieved by Rear Adm. Richard L. Williams Jr. during a ceremony held at the Battleship Missouri Memorial, July 10.

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sage advice and your insightful perspective on the operational CNIC enterprise, an enterprise you made better every day.”

French then presented Ponds with the Legion of Merit award.

Ponds began his address by saying, “I’m going to give



Rear Adm. Richard L. Williams Jr., commander, Navy Region Hawaii, Naval Surface Group Middle Pacific, passes through side boys at the conclusion of a change of command for Navy Region Hawaii and Naval Surface Group Middle Pacific.

you a couple of words to think about as I give my remarks. The first one is “teamwork,” and the second one is “thank you” because that is how it all happens.

Teamwork is essential for success, and everything that you’ve heard today is all about teamwork.”

“This day provides me with the perfect opportunity to recognize the many faces that Carol and I have

See change of command, A-8

CNIC and new Navy Region Hawaii admiral tour PMRF

Story and photo by Stefan Alford

Pacific Missile Range Facility Public Affairs

Two days prior to the official change of command, the incoming commander of Navy Region Hawaii and Naval Surface Group Middle Pacific was already personally familiarizing himself with one of the installations under his regional control during a visit July 8 to Pacific Missile Range Facility, Barking Sands (PMRF), Kauai.

Rear Adm. Richard L.

Williams Jr. assumed regional oversight of PMRF as the commander of Navy Region Hawaii and Naval Surface Group Middle Pacific, and took the opportunity to get a closer look at the Kauai installation’s mission and its people.

“I’m extremely impressed,” he said, following the half-day orientation provided to him and Vice Adm. William D. French, commander, Navy Installations Command.

The two flag officers received a PMRF command brief, windshield tour and an aerial overview by heli-

copter of the base and its outlying facilities at Makaha Ridge, Kokee and Port Allen.

“I have a great appreciation for superior ranges and the important role of ground truth analysis in validating and verifying weapons systems and training our Sailors,” said Williams, referring to one of his previous assignments with the Missile Defense Agency, as well as his surface warfare training experience on the PMRF range in the mid-2000s.

Williams and French were hosted by Capt.

Nicholas Mongillo, then-PMRF commanding officer, and new commanding officer, Capt. Bruce W. Hay, who took the reins at a change of command ceremony Thursday.

The admirals were provided with an overview of range operations and missile testing, infrastructure

and military construction programs, and the way ahead as PMRF engages with a myriad of customers on new programs, including the joint NASA and University of Hawaii micro-satellite Super Strypi test launch next year.

“A lot of people don’t understand the capability

this base brings to the Navy as a whole,” added French, who is responsible for worldwide shore installation support under the Chief of Naval Operations.

“With the programs that are coming here, plus all the testing and training we do with our allies, this is a critical location,” French said.



Rear Adm. Richard L. Williams, incoming commander of Navy Region Hawaii and Naval Surface Group Middle Pacific, (Second from right), listens as Vice Adm. William D. French (right), commander of Navy Installations Command, speaks with Department of the Navy military and civilian employees at Pacific Missile Range Facility, Kauai on July 8.

HMS Daring pulls into Joint Base Pearl Harbor-Hickam



U.S. Navy photo by MC3 Diana Quinlan

The Royal Navy’s newest Type 45 guided-missile destroyer HMS Daring (D32) pulls into Joint Base Pearl Harbor-Hickam for a scheduled port visit. The Daring’s deployment includes contributing to maritime security in the Asia Pacific, conducting science and technology trials and representing the United Kingdom in Exercise Bersama Lima, a training exercise.



Japanese Minister of Defense honors American veterans at National Memorial Cemetery of the Pacific
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Son of Arizona Memorial designer visits historic site
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Super senior Airman saves lives in Samoa
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Legislators, energy industry reps tour JBPHH hydrogen fuel cell facility
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National Oceans Month celebrates clean beaches
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Philippine ship arrives, BRP Ramon Alcaraz tours available
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Japanese Minister of Defense honors American heroes

Story and photos by
MC1 Cynthia Clark

Defense Media
Activity, Hawaii

Japanese Minister of Defense Itsunori Onodera visited National Memorial Cemetery of the Pacific (Punchbowl) on July 1 to honor American heroes. He laid a wreath in honor of those lost at in

wartime, as well as visited the gravesite of the late Sen. Daniel Inouye.

Onodera also met with U.S. Pacific Command and U.S. Pacific Fleet leadership.

"The Japanese have a very close association with us," said Gene Castagnetti, director of the cemetery.

"As a former adversary, we have progressed over 50 plus

years, so that we are great allies. This can be seen in the numerous visits we've had by Japanese dignitaries that started with the Emperor Akihito in 1994."

According to Castagnetti, it is visits like these that are important in keeping the diplomatic relations between our two countries strong.

"He set an example of reconcili-

ation and healing between the United States and Japan," Castagnetti continued. "It shows we have a strong commitment with each other."

In addition to honoring American veterans, Onodera also paid respect to the late Sen. Daniel Inouye, who received the Congressional Medal of Honor for his heroic actions in World War II and was the first Japanese-

American elected to both Congress and the U.S. Senate.

"Minister Onodera shared with me he met our late senator on three different occasions," Castagnetti said.

"The senator showed great, great compassion to build those diplomatic bridges and was very instrumental in making sure Japan and America became strong allies we are today."



Japanese Minister of Defense Itsunori Onodera honors American heroes during a wreath-laying ceremony at the National Cemetery of the Pacific at Punchbowl on July 1.



Japanese Minister of Defense Itsunori pays his respects to the late U.S. Sen. Daniel Inouye.

Super senior Airman saves lives in Samoa

Staff Sgt. Terri Paden

15th Wing Public Affairs

Heroes are typically thought to be super human beings with extraordinary strength, capable of leaping over tall buildings in a single bound, shooting fire out of their eyes and in some cases even flying. However, for two very fortunate women, their hero recently came in the form of a super Senior Airman deployed from the 15th Wing.

It was a typical day for Senior Airman Rainier Jeffrey as he rode to the Upolu Hospital in Samoa. As a medical technician deployed with the Navy in support of the humanitarian operation Pacific Partnership 13, it was Jeffrey's job to share medical knowledge with the auxiliary nurses at the village hospitals in Australia, New Zealand, Japan and Canada, as well as provide medical assistance to the villagers.

Acting in a dental technician capacity for this deployment, it was Jeffrey's job to in-process patients, check their vital signs and document pertinent medical information in their charts.

This particular day, the rain had deterred many of the locals from making the trek to the clinic, so Jeffrey decided to busy himself training the local dental staff on proper patient care and documentation procedures.

He was eating his lunch when the day took an unexpected turn as he was summoned into the treatment room by one of the local auxiliary nurses to assist with an elderly patient in distress.

Her pulse was irregular, her breathing was shallow and her extremities were getting cold and clammy. Jeffrey sprang into action, initiating manual chest compressions, instructing his counterpart on how to administer proper rescue

breaths, and inserting an intravenous fluids bag. The resuscitation was a success, and the patient became stable. With the absence of hot water to warm fluids, Jeffrey improvised by using an MRE heating packet to warm the IV and covered the patient with blankets to keep her warm as they waited for the ambulance to arrive.

Believing the hard part was over, Jeffrey went to update the patient's family on her condition.

Moments later, he was approached by one of the auxiliary nurses with more shocking news. A patient had gone into labor and, without her midwife present or the help of a physician, he would have to deliver the baby by himself. A few big pushes later and Jeffrey had successfully made it through his first delivery.

The midwife arrived just in time to finish afterbirth care and, surprisingly enough, help deliver the woman's second baby. It

turned out the patient was pregnant with twins. But nevertheless, Jeffrey's work was done. He'd managed to deliver the first baby and keep the patient stable until trained help arrived.

"I feel like any armed forces medic in my position would have done the same thing," he said, reflecting back on the day.

"Springing into action is what we are all trained to do in a tactical setting regardless of rank or specialty. I enjoy being a medic, and I definitely got an opportunity to do something that day that truly made me proud to be an Air Force medical technician."

Jeffrey, who has been in the Air Force for three years, said though he realizes he probably helped save lives that day, he doesn't consider himself a hero for doing what he was trained to do.

"My first thought was just to respond," he said. "At first I was drawing a blank because I was over thinking

things, but as my hands started moving my training came back to me, and I started remembering the right steps and proper medical procedures. Though I was in no way completely comfortable, the adrenaline kicked in and the knowledge started resurfacing as I needed it, and it became second nature in a matter of seconds."

Maj Wanda Edwards, Jeffrey's supervisor, said she was not surprised by Jeffrey's actions when she had heard about the day's events.

"He is not one to sit by and let others take care of things," she said of Jeffrey. "His compassion and dedication were evident by his swift actions and immediate response at the clinic."

The major said she knows all too well the fear, excitement and sense of responsibility that comes with having a critical patient, but Jeffrey conducted himself exactly as she would have in the same situation.

"Out of my three deploy-

ments, he is by far the best medical technician that I have had the pleasure to be deployed with," she said.

"I am so proud of him, and his professionalism and leadership shines through every day. As medical responders, we never know what we will face and to know that I can trust our Airmen to not only respond appropriately, but exceed the expectations and respond as I would have."

Two saved lives and one baby later, Jeffrey recalls how what started out as a normal day ended up becoming anything but.

"After the shock of the event wears off, you realize that everything you did resulted in keeping someone alive," he said.

"The sheer thought brings an overwhelming sense of happiness, elation and a sigh of relief gets sprinkled in there somewhere. It's a mass of mixed emotions and truly an indescribable feeling."



Photo courtesy of Pacific Partnership
Senior Airman Rainier Jeffrey, 15th Medical Group, checks a young patient's blood pressure and pulse during a recent stop for humanitarian operation Pacific Partnership 13.

Admirals meet with midshipmen



U.S. Navy photo by MC1 Amanda Dunford

Adm. Cecil Haney, commander of U.S. Pacific Fleet, speaks with midshipmen from the USS Chafee (DDG 90) and USS Hopper (DDG 70) at Tea House lanai during an open discussion forum July 3. The open discussion gave midshipmen the opportunity to have a frank exchange with senior naval officers during their summer cruise training.

15th Comptroller Squadron changes hands

Story and photo by
Tech. Sgt. Jerome
S. Tayborn

15th Wing Public Affairs

The 15th Comptroller Squadron (CPTS) officially changed hands June 27. Maj. Amanda B. Evans assumed command from Lt. Col. Theresa Sheppard at a change-of-command ceremony held at the Missing Man Formation at Joint Base Pearl Harbor-Hickam.

"From Asia Pacific Economic Cooperation, presidential visits, the first joint base total force integration inspection, Rim of the Pacific Exercises, Airman leadership school and Hawaii 5-0 filmings, you have supported the men and women of the 15th Wing and all of Team Hickam in countless ways through professionalism and dedication," said Sheppard, addressing the flight for the

final time as commander.

"Despite being small and transitional, you rose to every occasion and continuously got the job done. So many things you do are not glamorous, but essential for our success. I know that I have only touched the tip of the iceberg for all the things you all have done, but know that I have learned so much from you.

"Thanks for the teamwork and sharing your lives with me. I think we made it a little better along the way," Sheppard said.

She was presented with the Meritorious Service Medal for her outstanding service and accomplishments as commander to the 15th CPTS and wing staff agencies.

Just before relinquishing command, Sheppard thanked her family, special guests, 15th Wing leadership, and group and squadron commanders.

Evans, incoming commander, comes to Team Hickam from the 628th Comptroller Squadron, 628th Air Base Wing, Joint Base Charleston, S.C., where she served as the IMA comptroller.

As the new 15th CPTS commander, Evans is responsible for the morale, welfare and good order and discipline of the Airmen who provide financial services and support to 11,500 active duty Air Force, family members, civilians and retired military personnel.

She provides financial advice and decision support in the execution of the 15th Wing's \$30 million AF budget and the accounting of \$600 million for 65 tenant and 118 geographically separated units.

"Sheppard, you have been a great leader over the last couple of years. The squadron has provided world-class customer service



Members of the 15th Wing Honor Guard present the colors prior to the singing of the national anthem at the 15th Comptroller Squadron change of command ceremony June 27 at the Missing Man Formation at Joint Base Pearl Harbor-Hickam. Maj. Amanda B. Evans assumed command from Lt. Col. Theresa Sheppard.

across the base and through the MAJCOM staff. And it's evident that they take pride in this squadron and the work that they do here. Their growth and development is because of your leadership, and I promise to continue that legacy for

you," said Evans after taking command.

"To the men and women of the 15th CPTS, we know it's all about providing great customer service and ensuring that we wisely spend taxpayers' dollars that are entrusted to us. It's important that

we do our jobs well because the men and women of this installation deserve it. I am proud to be your new commander, and I look forward to working with you and leading you, to become the best finance squadron in Pacific Air Forces," she said.

Diverse Views



What is your family's favorite summer activity?

Electrician's Mate 3rd Class
Cindy Martinez
Navy Region Hawaii



"My favorite family activity would be barbecuing and spending time with my friends, because it allows you to get to know people at a different level."



Kimberly Moore
HQ PACAF

"Paddling. It's amazing exercise, fun to be on the ocean, and we're always surprised what ocean animals come up alongside our canoes."

Tech. Sgt. LaMarr Coleman
15th Aerospace
Medicine Squadron



"We like Bellows. The waves are good for boogie boarding and the sand is more comfortable and not as crowded as Waikiki."



Religious Programs Specialist
2nd Class Alan G. Rubalcava
Joint Base Pearl Harbor-Hickam

"My favorite family activity is watching movies and checking out the summer blockbusters because it's a relaxing activity. I enjoy movies."

Capt. Daniel Montilla
96th Air Refueling Squadron



"My wife and I spend as much time as we can at Kailua Beach. A good day at the beach is usually followed by shave ice from Island Snow."



Culinary Specialist 1st Class
Tarrell Brown
Joint Base Pearl Harbor-Hickam

"We like to go swimming. We like the beach and, growing up in a place where they don't have any beaches, we take our son out to the beach and just enjoy the weather."

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

Naturalization ceremony on board Mighty Mo



U.S. Navy photo by MCSN Johans Chavarro

Army Spc. Maroi Ngirmidol shakes the hand of Rear Adm. Bret Muilenburg, commander of Naval Facilities Engineering Command Pacific and Pacific Fleet civil engineer, after becoming a U.S. citizen during a naturalization ceremony on board the Battleship Missouri Memorial at Joint Base Pearl Harbor-Hickam. The ceremony, which celebrated our nation's 237th birthday, welcomed more than 100 new citizens during the Independence Day celebration.

Commanders confer at Ford Island



Official U.S. Navy photograph

Navy Lt. Cmdr. Joe Taylor (left) and Lt. Cmdr. William O. Burch, Jr., stand beside a Torpedo Squadron Five (VT-5) TBD-1 "Devastator" torpedo plane June 6, 1942 at Naval Air Station, Ford Island, Pearl Harbor, Hawaii. Both men had commanded USS Yorktown (CV-5) squadrons, which were transferred from Yorktown's air group just prior to the World War II Battle of Midway.



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Navy Region Hawaii
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L. Williams Jr.**

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Son of Arizona Memorial designer visits historic site

Jim Neuman

*Navy Region
Hawaii historian*

Rear Adm. Frank Ponds, former commander of Navy Region Hawaii (CNRH) and Naval Surface Group Middle Pacific, paid one final visit to the USS Arizona Memorial on July 8 before transferring command to incoming CNRH Rear Adm. Richard Williams.

His special guest on the visit was Jahn-Peter Preis, a lifelong resident of Hawaii and the son of Alfred Preis whose design for the Arizona Memorial was chosen by the Navy back in 1959.

As the party boarded the iconic memorial, Preis talked about his father's vision for a memorial at Pearl Harbor.

"He knew that there should be a memorial here. It was just a matter of where it would go. The wreckage of the Arizona was the obvious choice. My father was a very peaceful man. His design is an expression of his heart," Jahn-Peter said.

Alfred was in a unique position to appreciate the value of human freedom and express those ideas through the memorial. Born in Vienna, he fled

Austria in 1939 after the country had been annexed by Nazi Germany and eventually settled with his wife in Honolulu.

Ironically, following the Dec. 7, 1941 attack and declaration of war against the Axis powers, he was held for three months at the Sand Island Detainment Camp as part of the internment policy of Japanese and German Americans. Despite these unfortunate circumstances, Alfred never lost faith in America and, according to his son, "ultimately he believed in the good of the country."

Alfred's design of the Arizona Memorial was simple, elegant and rich with a subtle symbolism reflecting his belief that America is basically a peaceful nation that would have to be provoked to war but, once aroused, would persevere to ultimate victory. The memorial would represent a bridge between the past and the present, from defeat to victory.

"It is designed basically like a span bridge," explained Jahn-Peter. "The structure spans either side of the wreckage, without touching the ship itself." Interestingly, the large open spaces of the memorial, including the huge entry way, observation deck and

21 windows, were incorporated, not so much for symbolic purposes, but as an engineering consideration to cut down on the weight of the structure. The dip at the center over the wreckage was incorporated in order to properly distribute the weight.

Though unintended, Alfred himself recognized that the symbolism is consistent with the overall vision. The attack on Pearl Harbor and the wreckage of the Arizona represents the low point in America's involvement in World War II, but the roofline rises back to a high point over the shrine room and the memory of those who gave their lives in defense of their country.

The memorial continues to evoke a sense of contemplation and quiet gratitude. As he stood and looked around at the finished work of his father's design, Jahn-Peter said, "I'm moved every time I come back here. It is kind of a spiritual experience, and I am moved by everything that it stands for. It is a very powerful expression of my father's vision."

The public would seem to agree. The USS Arizona Memorial remains the foremost tourist attraction in Hawaii, with one and a half million visitors each year.



U.S. Navy photo by Lt. Jef Ross

Jim Neuman (far left), historian for Navy Region Hawaii, describes the events of Dec. 7, 1941 to (clockwise from left) Vice Adm. William French, commander of Navy Installations Command; Jahn-Peter Preis, son of the designer of the Arizona Memorial; Rear Adm. Richard L. Williams Jr., new commander of Navy Region Hawaii (CNRH) and Naval Surface Group Middle Pacific (MIDPAC); Rear Adm. Frank Ponds, former commander of CNRH and MIDPAC; and family members during a visit July 8 to the Arizona Memorial.

The elegant white structure spanning the final resting place of more than 900 Sailors and Marines provides the opportunity for visitors from around the world to reflect on the

meaning of vigilance in the face of tyranny, selfless courage under fire, and the defense of freedom for the cause of peace.

Following his death in 1993, Alfred's legacy was

forever tied to the monument that he loved when his ashes were scattered from the memorial's viewing well and mingled with those he worked so hard to remember.

Ribbon-cutting ceremony marks completion of CFE-DMHA renovations



(Above left) A new building for the Center for Excellence in Disaster Management and Humanitarian Assistance (COE-DMHA). (Above right) Marine Corps Lt. Gen. Thomas L. Conant, deputy commander of U.S. Pacific Command, addresses the audience during the ribbon-cutting ceremony which unveiled a new location for the center.

Sila Manahane

*Naval Facilities Engineering
Command, Hawaii*

A ribbon-cutting ceremony was held at the Center for Excellence in Disaster Management and Humanitarian Assistance (CFE-DMHA) on June 26 to celebrate renovations of Ford Island's historic building 76 at Joint Base

Pearl Harbor-Hickam (JBPHH).

"This is an exciting day for us," said Pam Milligan, CFE director. "This historic building, on this lovely and historic site, offers a new beginning for the center which is in the process of re-engineering itself to fill an expanded role in building regional civil-military disaster management capacity. We expect it will enhance our capability and assist

us in our efforts."

The program included comments from Milligan; Lt. Gen. Thomas Conant, deputy commander for U.S. Pacific Command; and Peter Verga, chief of staff for the undersecretary of defense for policy.

Kahu David Patterson provided the traditional Hawaiian blessing of the land, building, employees and visitors who will

enter the new facility.

"No matter where we travel, no matter who we talk to, one theme that comes up from our 36 nations across the Pacific is that they want expertise, they want help with that intellectual discovery that comes with how you manage humanitarian assistance and how you think about training and educating the workforce, the government and the people," said Conant.

"This is what the Center for Excellence is all about and why I am so passionate about it," he added.

Efforts to assist the CFE-DMHA move to Ford Island came from the late Sen. Daniel K. Inouye's understanding about the organization's mission to aid in humanitarian relief and recognizing its impact on a global scale. His leadership in Congress drove the project to fruition and resulted in a facility that will enhance the center's capability, create a better working environment for its personnel, and, at the same time, save a historic structure on Pearl Harbor.

Building 76 was built in 1940 under the architectural guidance of the architectural firm, C.W. Dickey, and served as a naval medical facility on Ford Island. During the Dec. 7, 1941 attack on Pearl Harbor, more than 960 wounded Sailors and Airmen and 452 casualties were admitted over a three-hour period. The original structure withstood a bomb that exploded in its courtyard at the center of the facility. It also has battled weathering conditions throughout the years.

Naval Facilities Engineering Command (NAVFAC) Hawaii awarded the task order for \$6.4 million to a Kapolei-based building servicing company, FOPCO Inc., in June 2011. The renovation project was initiated on September 2011.

The building also received various energy enhancements such as photovoltaic (PV) roof-mounted panels, automatic dimming interior lights, occupancy sensors, low-flow plumbing fixtures and advanced metering for utilities which are projected to save 42 percent in energy savings per year. These improvements are intended to place the building on U.S. Green Building Council's (USGBC) list of internationally-recognized "green" building certification system — Leadership in Energy and Environmental Design (LEED) Silver.

"This facility will improve the quality of life for CFE staff, and increase mission capability said Doug Wallace, CFE's deputy director for plans and partnerships.

"For the first time, we will have our own on-site classroom, enhanced VTC conferencing capability, and the building's optimal energy efficiency design will ensure greatly reduced utility costs," Wallace said.

CFE-DMHA was established by Congress in 1994 and is a direct-reporting unit of U.S. Pacific Command. Its mission is to enhance civil-military preparedness and response through collaborative partnerships, applied research, education and training.

Pearl Harbor-Hickam*Highlights*

Change of command highlights



(from left) Rear Adm. Richard L. Williams Jr., Incoming commander of Navy Region Hawaii (CNRH) and Naval Surface Group Middle Pacific (MIDPAC) Adm. Cecil D. Haney, commander of U.S. Pacific Fleet, Rear Adm. Frank Ponds, outgoing commander of CNRH and MIDPAC, and Vice Adm. William D. French, commander of Navy Installations Command, listen to introductions during a change of command for Navy Region Hawaii and Naval Surface Group Middle Pacific. Rear Adm. Richard L. Williams Jr., relieved Rear Adm. Frank Ponds as commander during the ceremony.

U.S. Navy photo by Lt. Toan Nguyen



Flags fly in gusty winds at the change of command ceremony.

U.S. Navy photo by MC2 Nardel Cervacio



Rear Adm. Frank L. Ponds, outgoing commander of Navy Region Hawaii and Naval Surface Group Middle Pacific, salutes as his command flag is lowered during a change of command ceremony at the Battleship Missouri Memorial. Rear Adm. Richard L. Williams Jr. relieved Ponds during the ceremony.

U.S. Navy photo by MCSN Johans Chavarro



The Hickam Elementary School Chorus and violinist Ethan play traditional Hawaiian music during a change of command ceremony at the Battleship Missouri Memorial.

U.S. Navy photo by MCSN Johans Chavarro



Sailors assigned to Joint Base Pearl Harbor-Hickam stand in formation during a change of command for Navy Region Hawaii and Naval Surface Group Middle Pacific.

U.S. Navy photo by Lt. Toan Nguyen

Reserve and active duty plumbers get job done



Tech. Sgt. Benjamin M. Johnson, (bottom left), a plumber with the 647th Civil Engineering Squadron, uses his cell phone to photograph a leak in a water main break on Kuntz Avenue across from the Hickam Shoppette, Joint Base Pearl Harbor-Hickam, June 27. Airman 1st Class Robert T. Shikina, (top right), a plumber with the 624th Regional Support Group.

**Story and photos
by Tech. Sgt.
Phyllis E. Keith**

*624th Regional Support
Group Public Affairs*

It was another sunny day on the island of Oahu—84 degrees and no chance of rain. The only problem was that a water main had sprung a leak on Kuntz Avenue near the Hickam Shoppette, and the street would flood it was not repaired.

This presented no worries for the plumbers of the 647th Civil Engineering Squadron (CES), 647th Air Base Group, 15th Wing at Joint Base Pearl Harbor-Hickam (JBPHH) who were joined by two Air Force Reserve plumbers from the 624th Civil Engineering Squadron, 624th Regional Support Group.

Supervising the job was

Tech. Sgt. Benjamin M. Johnson, a plumber with the 647th CES who has 13 years of experience. Johnson said it's not uncommon for a water main break to occur every day, sometimes twice a day.

"Most of the time, Murphy's Law dictates that it happens Friday, right before we go home for the weekend," he said.

The crew started at 4 a.m. with the heavy equipment operators, called "dirt boys," digging up the street where the leak was detected. An abandoned fuel line and communication lines were lying on top of the water main, creating an obstacle.

"It's not necessarily supposed to be that way, but it's old," said Johnson.

After the dirt boys exposed the pipes, Johnson directed the Reservists to turn on the water and locat-

ed the leak. Water spurted from a hairline crack in the six-inch pipe. The two Reservists went in the pit and used shovels to clear away dirt around the pipe.

One of the Reservists, Senior Airman Tito M. Irlas, who performed his two weeks of annual Air Force Reserve training, said working with the active duty personnel hones his plumbing skills and reinforces safety procedures. In his civilian job, he is a welding inspector at Pearl Harbor Naval Shipyard and said he doesn't often get to fix a water main break during his Air Force Reserve weekends.

The other Reservist, Airman 1st Class Robert T. Shikina, joined the Air Force Reserve last August and is on a 360-day active duty tour funded by Air Force Reserve Command's Seasoning Training



Airman 1st Class Robert T. Shikina, left, a plumber with the 624th Regional Support Group holds the tape measure for Tech. Sgt. Benjamin M. Johnson, right, a plumber with the 647th Civil Engineering Squadron, as he measures off the proper length of PVC pipe needed to replace the cast iron pipe that had sprung a leak.

Program. Shikina, a reporter for the Honolulu Star-Advertiser, said he loves learning a skill like plumbing. He said the impact on people is direct and, hence, the job rewarding. "We know it's going to stop the road from flooding," he said.

Johnson said he selected the two Reservists for the job so they could get hands-on training.

The plumbers used a snap tool powered by hydraulic pressure to sever the cast-iron pipe. They measured the correct length of polyvinyl chloride (PVC) pipe needed to replace it, using couplings to secure the PVC in place.

Johnson pointed out that the blue PVC pipe is "C900," which means it conforms to the American Water Works Association's

standards for high pressure pipes used to transport potable water. It is lightweight and easier to handle compared to the old cast iron pipe that is seldom made nowadays.

"Seeing how they worked around the abandoned fuel line and the comm lines was new for me," said Shikina.

After the new pipe was secured, the Reservists turned on the water to check their repair. It was good to go. The grand finale was when the plumbers shot water through a fire hydrant into the shoppette parking lot to clear out any debris or dirt that may have gotten into the line while they were fixing it. Johnson timed it while Shikina manned the valve key that controlled the flow.

"When we do deploy, this

helps us to be able to perform the job," said Irlas.

Johnson said he welcomes Reservists anytime he can utilize them. He said their maturity and civilian job experience make them good listeners who can pick up new tasks easily.

Shikina said he appreciates training full time with the active duty because they bring a lot of experience to the table, especially Johnson, a former Red Horse member who has deployed to build new bases.

"I've been doing this for a long time and there's always something to learn," Johnson said.

In the Air Force Reserve, all career fields are eligible for STP active duty tours after tech school; the length of training depends on the career field.

PMRF range safety and access initiative balances security with public’s right to beaches

Stefan Alford

Pacific Missile Range Facility Public Affairs

To accommodate future range operations, ensure safety, and guarantee continued public access to its shoreline here, the U.S. Navy has developed a range safety and access initiative (RSAI).

The RSAI consists of a written policy that formalizes the existing rules for beach access, as well as a U.S. Army Corps of Engineers proposed modification of the current danger zone in waters of the Pacific Ocean off the Pacific Missile Range Facility (PMRF) at Barking Sands, Kauai.

Currently, PMRF’s danger zone is situated near the north launch pads, but the modification is necessary to include planned launches from a southern pad as part of the University of Hawaii and NASA’s Super Strypi project. The proposal would increase the water area his-

torically noted on nautical charts as 334.1390. As proposed, the danger zone would extend along approximately seven miles of shoreline adjacent to PMRF and range seaward between 2.96 and 4.16 nautical miles.

“Public access to the beaches for swimming, fishing, surfing, etc. will not be



File photo

Pacific Missile Range Facility (PMRF)

affected except during launches and training events, in line with current policy,” said Capt. Nicholas

Mongillo, recent outgoing PMRF commander, who noted that such events historically occur an average of 25 times per year, from anywhere between 30 minutes to a few hours at a time.

The U.S. Navy conducts missile defense activities, test missile launches, and training activities at

test and training activities, and increased force protection conditions.

Public access to the area would be provided to the maximum extent practicable as is current policy, said Mongillo. Under the RSAI, the proposed danger zone would be closed to the public only during range operations, test and training activities, and force protection conditions that are determined to pose a hazard to the general public, which is also no change from existing policy. In addition, only those sections that might pose a hazard would be closed and not the entire shoreline, said Mongillo.

The other three are force protection measures, public safety during range operations, and protection of threatened and endangered animal and plant species and habitats designated as critical pursuant to the Endangered Species Act.

Various levels of public access to the beaches and

water areas along PMRF’s seven-mile coastline have existed for decades. After the Sept. 11, 2001 terrorist attacks, most civilian beach access was restricted.

In 2005, PMRF introduced the Morale, Welfare and Recreation (MWR) guest card program. This program allows card-holding civilians to access PMRF through the main gate, travel unrestricted to Majors Bay recreation area or Shenanigans beach restaurant, use Majors Bay and Shenanigans facilities, and access beach areas. In August 2012, PMRF further relaxed beach access along its north and south boundaries to facilitate walk-in civilian beach use.

“MWR guest card holders will continue to enjoy main gate access, 365 days per year, unless heightened FPCON is in effect,” said Mongillo.

Danger zone regulations are issued by the U.S. Army Corps of Engineers in response to requests made

by other Department of Defense agencies.

The proposed PMRF modification is a separate request from one recently withdrawn by the U.S. Army National Guard Hawaii for its shooting range at Kekaha. Although the Kekaha Range Facility and PMRF are directly adjacent to each other, the PMRF proposal is an independent action and the Corps of Engineers notes that the proposal would have practically no economic impact on the public, no anticipated navigational hazard, and no interference with existing waterborne traffic.

Public notices providing additional information about the proposal were published in the Federal Register and on the U.S. Army Corps of Engineers Honolulu District website (www.poh.usace.army.mil) on July 1. The public has 30 days from this posting to provide comments on the proposal.

Reviews ensure shipyard is ready for projects

David Tomiyama

Pearl Harbor Naval Shipyard, Code 1160 Public Affairs

Since the end of December, the Pearl Harbor Naval Shipyard has actively held readiness reviews in support of major maintenance jobs on the USS Texas (SSN 775) extended dry docked selective restrictive availability project. The reviews saved time and money in completing depot level maintenance on the shipyard’s first Virginia-class (VACL) submarine Chief of Navy Operations (CNO) availability.

Readiness reviews involve looking at every angle of a special attention job and making sure each code or shop is ready to perform.

“These reviews get engineering, testing, production, communities of practice and project management involved to ensure a collaborative effort,” said Kevin Alford, shipyard job readiness key functional area leader.

“In some ways this is a cost-benefit analysis. The cost of a one-hour meeting that fixes paperwork, gets all the right materials pushed to the workers, and ensures they are in possession of the special tools gives us the benefit of not having to stop production work on the boat,” Alford explained.

Readiness review’s primary focus is to eliminate work stoppages. When work stops due to physical or administrative reasons, the project schedule can be thrown off. Workers rely heavily on fol-

lowing a schedule due to the tricky nature of performing and integrating maintenance on a submarine.

A schedule gives each code or shop a designated timeframe to work on an area, pack up their tools and materials, and clear out for the next group of workers to begin work. When work stoppages occur, it creates a delay that extends beyond just the area that is being worked on to delaying numerous codes and shops from beginning work.

The concept of readiness reviews has always been a part of shipyard maintenance. Adding VACL to the shipyard has brought a formalized and structured approach to reviews.

“This is the first time a sole person is responsible for con-



File photo

USS Texas

ducting different meetings, following up and holding a hot wash,” said Alford.

“It’s not a new concept but in the past it was just production and non-nuclear engi-

neering getting together, no real structure, format, agenda, and no facilitator taking a lead position.”

Recent successes include work performed on the

sonar dome, thrust bearings, main seawater pump, general electrical work, steering and diving plain, bow planes, and shafting, rudder rust preservative, rotational deployment mechanism, exhaust boot, all of which had reviews before the maintenance began.

“The work we do on Texas is a first for us, so it makes sense to get together and talk through the labor. It has now become second nature to hold reviews,” said Erwin Ford, Texas project mechanical zone manager. Future reviews are already planned for mechanical and electrical testing.

“What we capture here will help on future VACL CNO availabilities at the shipyard,” Ford said.

Legislators, energy industry reps tour JBPHH hydrogen fuel cell facility



A group of state legislators and energy industry representatives toured the hydrogen fuel cell facility at Joint Base Pearl Harbor-Hickam on July 1.

JBPHH photo by SrA Christopher Stoltz

Lt. Hannah Roberts

Joint Base Pearl Harbor-Hickam

A group of state legislators and energy industry representatives toured the hydrogen fuel cell facility at Joint Base Pearl Harbor-

Hickam on July 1.

Capt. Jeffrey James, commander of Joint Base Pearl Harbor-Hickam, hosted the tour, which included demonstrations of the fleet of hydrogen fuel cell vehicles (FCVs), a test drive, and a tour of the hydrogen production plant. The office

of Mark Nakashima, Big Island state representative, coordinated the tour for the group to learn about the viability of hydrogen fuel cell technology.

“The objectives of the tour were to increase awareness among legislators and business leaders of

the viability of hydrogen fuel cell technology to build support for commercialization and to review the latest status of the project and see how the technology can be rolled out for consumer use,” said Lyle Fujikawa, aide to Nakashima.

The high level interest in this technology stems from the potential to “revolutionize transportation” and limit petroleum imports and greenhouse gas emissions. Increasing fuel prices and stronger policies to move away from fossil fuels for environmental concerns have placed renewable energy and green technologies in a prominent position in lawmakers’ and industries eyes.

Ed Russell, project manager for Hawaii Center for Advanced Transportation Technology (HCATT), and Chris Colquitt, General Motors (GM) Hawaii site leader for Advanced Technology Demonstrations Programs, briefed the group and offered test drives of the hydrogen-powered Chevy Equinox.

Colquitt said the versatility and robust nature of the

hydrogen fleet has many military applications and serves as a perfect substitute for many command vehicles. The hydrogen fuel cell technology provides a safe, clean and economically viable substitution to traditional combustion engine models.

After a test drive in the hydrogen-powered Chevy Equinox, common reactions were that fuel cell vehicles (FCVs) drive like a normal car, and it’s hard to tell the difference.

Along with the Navy and Air Force at JBPHH, the Army and Marine Corps use nearly 120 FCVs.

“Hawaii is an excellent proving ground to develop this technology and requisite infrastructure.

The Hawaiian Islands allow for a high year-round access of renewable energy sources, and only a handful of hydrogen fueling stations are needed to cover the entire population’s demand,” Colquitt said.

“The limited possible ranges vehicles can travel on Oahu make it an especially convenient location to develop the vehicles and infrastructure.”

Hawaii also endures the nation’s highest fuel prices. The high fiscal and environmental cost of fossil fuel vehicles are motivations enough to develop the technologies required to transport service members and their families on the islands—cheaply, cleanly and safely.

Russell said large scale availability of the FCVs is still years away. On July 2, GM and Honda announced a partnership to bring hydrogen fuel cell vehicles to consumers by 2020.

He explained that the expensive infrastructure required to generate the electricity to produce hydrogen must be greatly expanded to ensure vehicles can conveniently refuel and keep up with consumer demand.

Likewise, the cars’ engineering and driving abilities have gaps to make up in order to be the viable substitution for traditional cars. “If industry giants, military leaders and elected officials come together on this challenge, there is a lot of potential for FCVs in the future,” he said.

Change of command

Continued from A-1

encountered over the past 20 months. It’s an opportunity to thank those I worked for and worked with for their tremendous hard work, support and their sacrifice,” Ponds said.

He ended his remarks by addressing Williams. “You will soon have the privilege to lead the pride of our Navy. I ask that you give them your all, because I can assure you they will give you all that they have.”

Following the reading of orders, Williams officially became commander of Navy Region Hawaii with oversight of Joint Base Pearl Harbor-Hickam, Pacific Missile Range Facility and Naval Surface Group Middle Pacific, leading the 11 surface ships homeported in Hawaii.

Williams congratulated Ponds

“for his superb leadership, exceptional expertise in advancing this region and leading all the dynamic challenges facing our Navy and our military today.”

“You did it with class and you’re a hard act to follow,” Williams said.

Williams thanked his family who were in attendance and pledged his support to military families.

“Without the foundation of a strong household unit to help shoulder the burden of our Navy life, Sailors like us could not do our jobs,” he said.

Williams is a native of Pittsford, N.Y. He comes to Hawaii after leading the assessments branch for the staff of Commander, U.S. Fleet Forces Command.

Ponds, a native of Autaugaville, Ala., has served as commander of CNRN/MIDPAC since November 2011. He leaves Hawaii to become commander of Expeditionary Strike Group Three in San Diego.



U.S. Navy photo by MCSN Johans Chavarro. Photo Illustration

Rear Adm. Frank L. Ponds, commander, Navy Region Hawaii and Naval Surface Group Middle Pacific and Rear Adm. Richard L. Williams Jr. shake hands following a change of command ceremony at the Battleship Missouri Memorial on Joint Base Pearl Harbor-Hickam. Williams relieved Ponds during the ceremony.

Life&Leisure

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National Oceans Month celebrates clean beaches:



Good for the community, good for monk seals

Story and photos by
Grace Hew Len

Joint Base Pearl Harbor-Hickam
Public Affairs

In proclaiming June 2013 as National Oceans Month, President Barack Obama called upon Americans to “take action to protect, conserve and restore our oceans, coasts and the Great Lakes.”

On July 6, nearly 90 volunteers answered the call by cleaning up a half-mile stretch at White Plains Beach, a popular beach on Oahu’s leeward side near the former Naval Air Station Barbers Point.

Patty Coleman, outreach coordinator for Navy Region Hawaii Regional Environmental Coordination Office, organized the cleanup to provide volunteer opportunities for

Sailors, Airmen and military families to interact with the community and spend quality time together.

“The beach cleanup is also a way to teach youth to care for the ocean and marine life and show the negative footprint that trash leaves behind,” she said.

During the hour-long cleanup, the teams collected five large trash bags and more than two dozen smaller trash bags of debris found along the sand, grassy areas and parking lots.

As part of the event, the National Oceanic and Atmospheric Administration’s (NOAA) National Marine Fisheries Service set up informational displays to educate the public about the Hawaiian monk seal, which can be seen resting at White Plains Beach.

“Events like this beach cleanup are important because everyone comes together, and it’s clear that it’s not just

about the seals or the federal agencies like NOAA Fisheries or the Navy that work to protect them,” said Rachel Sprague, NOAA assistant Hawaiian monk seal recovery coordinator. “Clean beaches are good for monk seals, for the community, and for a clean marine ecosystem that benefits all of us.”

Active duty personnel like Yeoman 1st Class Jimmy Nichols of U.S. Pacific Command (PACOM) stressed the importance of giving back to the community by participating in environmental outreach events that are also educational.

“Everyone who came out today wanted to come out and help,” said Nichols, who also recruited about a dozen volunteers from PACOM and Special Operations Command Pacific (SOC PAC).

Nichols coordinates community relation projects for the PACOM/SOC PAC First Class Petty Officer Association and managed to squeeze in the

beach cleanup before flying out the next day on temporary duty orders.

Even military spouses like Jaime Watts, wife of Airman 1st Class Luke Watts assigned to 15th Wing’s Maintenance Squadron (15 MXS) at Hickam, dedicated some time during her Fourth of July weekend to keep Hawaii’s beaches clean. As the 15 MXS “key spouse,” Watts actively volunteers in service projects and encourages other spouses to do the same.

Similarly, Christina Gordon, Sarah Mathos and Kendal Rutherford, whose husbands are deployed with Patrol Squadron (VP) 47 from Marine Corps Base Hawaii, found the beach day worthwhile with their trash haul: bottle caps, cigarette butts, discarded snorkel, shoe strings and assorted plastic

bags and wrappers.

Culinary Specialist 1st Class Willie Veloria, assigned to Joint Base Pearl Harbor-Hickam (JBPHH) Unaccompanied Housing, and his son, 16-year-old Christopher, responded without hesitation to the call for volunteers.

“I want to help the community and put in my time,” he said. “We need to take care of our beaches.”

In addition to volunteers from PACOM, SOCPAC and JBPHH, other volunteers included personnel from Submarine Force U.S. Pacific Fleet, SEAL Delivery Vehicle Team One, Navy Region Hawaii Naval Facilities Engineering Command Hawaii, and Girl Scout Troop 2026 from Hickam.



Respect Hawaiian monk seal

The Hawaiian monk seal is one of the rarest marine mammals in the world. Part of the “true seal” family (Phocidae), the Hawaiian monk seal is one of only two remaining monk seal species.

The seals use sandy beaches for resting, molting, mating, and rearing young. Infant pups cannot swim, so they need to spend time on shore until they are big and strong enough to enter the ocean.

According to the NOAA, the most important message when encountering seals on the beach is respect.

“When you encounter seals on the beach, just give them some space and enjoy them from a distance. Remember that Hawaiian monk seals are wild animals so keep yourself safe and let them rest,” said Rachel Sprague, NOAA assistant Hawaiian monk seal recovery coordinator.

People can be part of the solution,

rather than part of the problem by, never feeding seals or interacting with them. This helps seals stay wild and people stay safe.

“Beaches such as White Plains are very busy, and most of the seals that come up on the beach are just there to rest and usually do not actively try to interact with humans. This is ok,” Sprague said. “But it becomes a problem if a seal starts seeking out people to try to get food or social interaction.”

Reporting all interactions and sightings of seals lets NOAA Fisheries know if individual seals start behaving in a way that could be dangerous to humans or to the seal and determine if a management response is necessary. Report all seal sightings and encounters to (808)220-7802 or pifsc.monksealsighting@noaa.gov.

Bushmasters hand JPAC first loss of season

Story and photo by Randy Dela Cruz

Sports Editor

The 25th Air Support Operation Squadron (25 ASOS) Bushmasters scored three runs in the top of the first and added another six in the sixth inning to earn a 10-4 win over the previously unbeaten Joint Prisoner of War/Missing in Action Accounting Command (JPAC). The contest took place on the final day of the regular season, July 9, at Hickam Softball Complex, Joint Base Pearl Harbor-Hickam.

Staff Sgt. Kenneth Bartle got things started by driving in the first run of the game in the first inning and then ignited a rally in the sixth by lining a leadoff single.

The win kept the Bushmasters playoff hopes alive and evened out their record at 5-5 with one more game on their schedule.

Meanwhile, JPAC, which entered the matchup with a perfect 9-0 record, saw their regular season end on a sour note at 9-1.

"This was awesome," Bartle said. "We definitely pulled together on this team. They're a good team, and we knew we had to come in here and take care of business."

In the first inning, the Bushmasters opened with back-to-back singles, before Bartle delivered his run-scoring hit and put runners on second and third.

Airman 1st Class David Cunningham followed with another RBI single, while an infield error by JPAC allowed a third run.



Master Sgt. David Aldrich, 25th Air Support Operation Squadron (25 ASOS) Bushmasters, slides under the tag to score a run in the sixth inning during a Blue Division game versus Joint Prisoner of War/Missing in Action Accounting Command (JPAC).

"That was really important for us," said Bartle about the early three-run lead. "We're a team of momentum, and we definitely used that to our advantage. It got everybody going and got our confidence up."

The teams traded runs in the second inning before RBI hits by

Cmdr. Larry Gonzales and Sgt. Matthew Rausch in the third and fourth innings pulled JPAC to within a run at 4-3.

The Bushmasters got a one-out double by Capt. Christopher Curtis in the top of the fifth but failed to score.

However, singles by Bartle and

Cunningham put runners on first and third in the top of the sixth before Master Sgt. David Aldrich punched out a single to drive in a run.

The Bushmasters went on to tally five more runs in the sixth inning with the biggest blow coming off of the bat of Capt. Tommy

Kealy, who, with the bases loaded, calmly shot a hit through the infield to drive in two runs.

Senior Chief Explosive Ordnance Disposal Jeremy Porter drove in a run for JPAC in the bottom of the frame, but the team was shut down in the bottom of the seventh to end all hopes of a comeback.

Last week, JPAC was able to squeak past two of their division rivals but couldn't hold off the Bushmasters.

Although JPAC will still enter the playoffs as the division's No. 1 seed, Gonzales said that the loss just might be what the team needed to avoid a breakdown in the postseason.

"I think there was a bit of complacency," Gonzales admitted. "I think our attitude was, 'Hey, we're JPAC, we're going to win.' But you know what, you've got to play every game and every inning. No one is enjoying this moment right now. It is good that we got this out of the way, and we now know how much we don't want this to happen in the next game."

While Gonzales said that he believes that JPAC will pull things together before next week-end's playoffs, Bartle said that the win over the division's No. 1 team would go a long way toward his team's confidence in the postseason.

"If we make the playoffs, we'll keep trying hard," Bartle said. "We'll keep playing and, most importantly, have fun."

Doubleheader sweep ushers Bushmasters into playoffs

Story and photo by Randy Dela Cruz

Sports Editor

After disposing of the Blue Division's No. 1 seed in the first game, the 25th Air Support Operation Squadron (25 ASOS) Bushmasters took care of business and beat the Naval Sea Systems Command (NSSC) Kraken, 6-3, to sweep a doubleheader July 9 at Hickam Softball Complex, Joint Base Pearl Harbor-Hickam.

The win secured the division's fourth and final playoff spot for the Bushmasters, who finished the regular season with an overall record of 6-5, while the Kraken, which also ended the year at 6-5, were ousted from the postseason after losing their head-to-head against the Bushmasters.

"It feels amazing because I

think everyone kind of counted us out," said Capt. Christopher Curtis, whose triple in the fifth inning put the Bushmasters out in front for good.

"Everyone looked at the schedule and said we got this. This would be a good momentum builder going into the playoffs. I told the guys, 'Hey, these guys aren't worried about us. Let's give them something to worry about.'"

After both teams failed to score in the first inning, the Bushmasters got on the scoreboard first when Master Sgt. David Aldrich hit a fly ball to centerfield to drive in Staff Sgt. Kenneth Bartle from third to take a 1-0 lead in the bottom of the second inning.

Neither team scored in the third inning, but the Kraken got things going in the top of the fourth by load-



Capt. Larry Stevens, 25th Air Support Operation Squadron (25 ASOS) Bushmasters, tosses the ball to first base after getting the putout on second.

ing the bases on three singles with one out.

A grounder hit by Angela Hubble drove in a run, but the Kraken failed to take advantage of the situation any further as the next batter flew out to right field to end the inning.

After shutting down the

Bushmasters in the bottom of the fourth, the Kraken started a rally in the top of the fifth inning after a leadoff single and infield error put runners on second and third with no one out.

Up next, Chief Electrician's Mate Mark Hubble, Angela's husband, gave the

Kraken a two-run lead on a single.

With a spot on in the playoffs on the line, the Bushmasters started a comeback in the top of the fifth when Capt. Larry Stevens and Capt. Tommy Kealy started off the inning with back-to-back singles.

A walk loaded the bases before a sacrifice drove in a run to set the stage for Curtis.

Curtis walked up to the plate with runners on first and second and immediately lined a shot through the outfield and to the fence.

Running on all cylinders, Curtis rounded the bases and chugged into third to give the Bushmasters a 4-3 lead.

Curtis later came home on a sacrifice fly to make it 5-3.

"I came up to bat kind of angry," Curtis said about his triple. "I wanted to light the

team on fire. He (Kraken pitcher) tossed a meatball and I just unloaded on it."

The Bushmasters added one final run in the bottom of the sixth before holding the Kraken scoreless in the top of the seventh for the win.

After punching their ticket to the big dance, Curtis said he believes that they now have the needed momentum to go all the way.

While players coming and going through TDY took its toll on the team during the regular season, Curtis said that the roster is restocked with a full squad and the Bushmasters are ready to roll.

"We know that we got the talent to hang with any team," Curtis noted. "I absolutely believe that we're only limited by ourselves. I think we can take it. I think that the sky's the limit for us now."

Runners, walkers 'have a ball'

The Hawaii Navy Ball Committee held an Independence 5K Run/Walk on July 6, at Ford Island. All proceeds benefit the 2013 Enlisted Navy Ball to be held at the Hickam Officers Club on Oct. 12. For more details of the 2013 Enlisted Navy Ball, visit www.navyballhawaii.com.

U.S. Navy photo by HMC Luis Lopez



Joint base celebrates July Fourth Beachfest



Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation held a Beachfest at Hickam Harbor on the Fourth of July. The Air Force Band of the Pacific-Hawaii and the Pacific Fleet Band performed a variety of music at the event, including rock, pop and a patriotic salute. Activities and entertainment included demonstrations of water-propelled jet packs and a chance to register to win a jet pack experience for two, shave ice, standup paddleboarding and a boat tour of the harbor. The event also included a discover scuba adventure, sales of food and beverages, prizes and free *keiki* (children's fun) activities.

Photos courtesy of MWR Marketing photos



Emergency preparation available for families with special health needs

TRICARE

The 2013 hurricane season began June 1. Hurricanes and other disasters present a serious danger to anyone living in their path, but families with members who have special health needs face unique challenges when disaster strikes. These families need to make additional preparations in case the worst happens.

It's important to remember that families may have to rely on their own resources following a disaster. A common misconception is that government assistance is available immediately. It can take several days or even weeks for federal aid to arrive, depending on the size of the disaster and the number of people affected.

During emergencies, TRICARE sometimes waives referral and authorization requirements and allows beneficiaries to obtain extra doses of their prescription medication. Sign up for state-specific TRICARE disaster alerts at www.tricare.mil/disaster.

The first step is to have a disaster plan. The plan should have information on meeting places, important personal information for each family member, and locations for where family members are likely to be if a disaster strikes.

The Federal Emergency Management Agency (FEMA) has a template families can use to build their plan at www.ready.gov/make-a-plan. All families should also have a disaster kit including water, food, extra bat-

teries and a first aid kit. Visit www.ready.gov/basic-disaster-supplies-kit for more details on how to build a disaster kit.

Families with special health needs may have to consider what to do with medications that have to be refrigerated and what to do if a family member requires a climate controlled environment if the power goes out. If you live near a military base and are part of the Exceptional Family Member Program (EFMP), contact the local EFMP office and ask if the base has a plan to support family members with special medical needs during a disaster.

If the disaster plan involves going to an emergency evacuation shelter, make sure to bring everything needed to support a

family member with special needs. Don't assume the shelter will have medications, incontinence supplies, medical equipment or other items.

Expect to sleep on a cot or on the floor, and bring any necessary positioning pillows or other specialty bedding. Families with a service animal should bring its tags, license, medication, food, water, bags for waste and other items it may need.

As with many other aspects of living with a family member who has special medical needs, preparing for a disaster requires additional thought and preparation. Each family's needs are unique, but some tips apply to most – pack light, bring an extra pair of reading glasses or hearing aid batteries, and bring all

relevant medical information, including a list of allergies and military IDs or insurance cards.

Share emergency plans in advance to help family members with a communication disability, and prepare emergency plan reminders in a form they can comprehend during a tense situation.

FEMA maintains a website, www.ready.gov, with information about preparing for disasters. A list of resources for families with special health needs can be found at www.disability.gov/emergency-preparedness. Always be prepared for a disaster, and if the worst happens, think safety first. Preparing in advance can relieve a great deal of stress and make a big difference when facing an emergency.

New Pacific Aviation Pioneers exhibit to open

Pacific Aviation Museum Pearl Harbor

Aviation daredevil stunt pilot Tom Gunn will be the first person inducted into the newly created Pacific Aviation Pioneers exhibit opening July 13 at Pacific Aviation Museum Pearl Harbor.

The exhibit opening, dedication and reception will be held from 3 to 4:30 p.m. in hangar 37 and is free with museum admission.

Guests are invited to take the Ford Island shuttle from the Pearl Harbor Visitor Center to the museum for the event. The Gunn family will be in attendance at the museum exhibit dedication.

Tom Gunn is being honored as the first inductee in the Pacific Aviation Pioneers exhibit, a rotating series of exhibits, which will highlight the personalities who created aviation history in the Pacific region. The schedule calls for at least four Pioneers or teams of Pioneers to be spotlighted every year.

The Tom Gunn exhibit is also the debut of the remodeled Doolittle Gallery in hangar 37, redesigned to host ongoing exhibits with flexibility and modern display technology. It is the first major change in hangar 37 since the museum opened its doors in late 2006.

Gunn, the aviation pioneer best known for introducing passenger flight to the people of Hawaii, was born in California in 1890, grew up in the Bay Area, and attended flight school in New York and the Los Angeles area.

In June 1913, he was in Honolulu, giving Hawaii exhibits of aviation daring, flying a 75 horsepower biplane at about 70 miles an hour.

"Tom Gunn was the first Chinese American to hold a U.S. flying license, par-

ticularly significant to the people of Hawaii. We are proud to honor him and his family at our new exhibit opening," said Kenneth DeHoff, museum executive director.

A century ago, Hawaii and the Pacific islands entered the world of commercial aviation. Previously, flying had been the province of daredevils and barnstormers. These included San-

Francisco-born Chinese-American pilot Tom Gunn, who designed his own airplanes and took aloft hundreds of passengers on the West Coast.

In the summer of 1913, bringing his act to Hawaii, Gunn billed himself as "the nerviest Chinaman in the world," performing a vaudeville show that included a mail-service demonstration, gliding with the engine switched off and a maneuver called the "dip of death." He was also known for his "hydroaeroplane smile."

The first airplane passenger in Hawaii was Lillian Gee, a young woman who sold tickets for the Empire Theatre, taken aloft by Gunn on July 13, 1913, at a demonstration near Schofield Barracks. Later that day, Gunn charged \$25 to carry Hawaii's first paying passenger, a Mrs. Newman of Honolulu.

Both flights were carried out slowly and low to the ground so as not to frighten the ladies — but as Hawaii's first aerial passengers, Gee and Newman made commercial aviation history.

For more information, call (808)441-1007, e-mail SpecialEvents@PacificAviationMuseum.org, or visit www.PacificAviationMuseum.org for tickets and more information. Tickets and a free flight simulator coupon are available online.



Image courtesy of Pacific Aviation Museum

Campaign launched to screen for PTSD

Navy Region Hawaii

Military Pathways, a Department of Defense (DoD)-funded initiative, has launched a campaign to encourage screening and education for post traumatic stress disorder (PTSD) at www.MindBodyStrength.org.

The campaign is designed to emphasize that PTSD is common and treatable and that coming forward is a sign of strength.

The campaign is also designed to reduce stigmas associated with PTSD or any mental health issue.

For more information, visit www.Facebook.com/MilitaryPathways and the DoD Defense Centers of Excellence's website at <http://ow.ly/mQCpD>.

Another contact is Lt. Cmdr. Kaarin Coe, suicide prevention coordinator, Military and Family Support Center, at 474-1999, ext. 6206 or e-mail kaarin.coe@navy.mil.



CSADD begins prevention campaign against texting and driving

Sailors and Airmen of the Joint Base Pearl Harbor Hickam Coalition of Sailors Against Destructive Decisions (CSADD) chapter have developed a "Stay Alive, Don't Text and Drive Prevention Campaign."

Master-at-Arms 3rd Class Abrel Smith, CSADD president, said the campaign will target young adult drivers and aim to show them the consequences of texting and driving. He also stated that the campaign will feature public service advertising videos, posters, banners, and digital and social media.

According to Smith, nearly 500,000 young adults each year are injured due to various forms of distracted driving, including texting, mobile instant messaging, updating social media platforms and sending photos.

For more information, contact Smith at 474-0085 or e-mail abrel.smith@navy.mil.



Live the Great Life



MWR Marketing photo

Patrons reflect while making a stop at the Navy Club monument during the Ford Island Historical Tour.

Experience, relive and remember – Ford Island Historical Tour

The Dec. 7, 1941 attack on Pearl Harbor and Hickam is well known to visitors and locals alike, but for most, the history of Ford Island is undiscovered and waiting to be explored. Ford Island is also known historically to Hawaiians as Moku'ume'ume, "Island of Strife."

The Ford Island Historical Tour explores a battle site that played a significant role in the Dec. 7 attack. The guided tour in an open-air trolley is led by volunteer historian Jessie Higa and sponsored by Hickam Information,

Tickets and Travel (ITT).

One of the highlights of this tour is a stop at the Navy Club monument, located on the shore facing the USS Arizona Memorial.

This rock memorial built on Dec. 7, 1955 is dedicated to the 1,177 Sailors and Marines who sacrificed their lives for their country during the World War II attack.

The Ford Island Historical Tour is held from 8:30 to 10:30 a.m. on the third Wednesday of each month. For more information or to sign up, call the nearest ITT office.



Photo courtesy of Shutterstock

This is a view of Waimea Bay, where the biking tour will begin.

Outdoor Adventure Center offers biking tours alternative

MWR's Outdoor Adventure Center (OAC) offers activities aimed at getting patrons out and active while having fun at the same time. One of the newest activities available are bicycle tours.

Each month, OAC's crew takes a group of patrons to different parts of the island to experience Hawaii on two wheels. Difficulty levels vary depending on the route. Guides lead the way as patrons discover island gems that may be easily missed when traveling by car.

In June the route traveled along the old Pali Road, a historic road used in the past by horse riders and wagons to connect the windward side with the south end of the island.

This month, OAC invites riders to experience the North Shore on a bike. The tour on July 27 starts at Waimea Bay and travels just beyond Sunset Beach. This trip is about seven miles long and is an easy ride for beginners. Multiple photo opportunities are available along the route. On the North Shore route riders can bring swimming gear

if they want to take a side trip and cool off in the ocean.

The combination of exercise outdoors and sight-seeing adds to the appeal to these new tours.

"It's great exercise. It's the scenery of hiking with the speed of biking," said guide Kyle Candilasa, who added that those who previously went on OAC's hiking tours would enjoy the bike tours.

"It's something different. If you enjoy hiking, you'll enjoy biking."

Candilasa explained that the speed of riding a bike allows participants to cover more ground while still having time to make stops at desired locations.

Bike trips include gear, transportation from the base and OAC guides. Bicycles are provided, or customers are welcome to use their own bikes (with a \$5 discount if they do). Other recommended items include a camera, water and lunch/snacks. For more information on the tours, call the OAC at 473-1198.

Your Weekly Fun with MWR

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



Warrior Friday will be held from 4:30 to 10 p.m. tonight at the Hickam Officers' Club's Koa Lounge. The event will include a buffet from 4:30 to 7:30 p.m. FMI: 448-4608.

Texas Hold 'em and Bunco will begin at 5:45 p.m. Saturday and July 26 at Tradewinds Enlisted Club Oahu Room. Winners will receive prizes. This is a members-only event. All ranks are welcome, and reservations are

encouraged. FMI: 448-227.

Molokai Saint Damian Tour will be held from 8 a.m. to 3 p.m. Saturday and July 27 departing from Information, Tickets and Travel (ITT)-Hickam. Bring a snack, lunch and drink. Wear comfortable clothes and walking shoes. FMI: 448-2295.

Junior Team Tennis registration will be held July 15 to Aug. 16 online at

www.greatlifehawaii.com for youth ages 7-18. The Fall season runs from August to November. The registration fee does not include United States Tennis Association membership. FMI: 473-0789.

Imagine That! Art Class will be held from 1 to 3 p.m. July 16 through 19 at the Hickam Arts & Crafts Center. The class is for youth ages 5 to 8 years old. FMI: 448-9907.

Ford Island Historical Tour will be held from 8:30 to 10:30 a.m. July 17, leaving from Rainbow Bay Marina parking lot, next to Schooners and in front of Cabana C. FMI: 448-2295.

Learn to Spearfish will be held from 9 a.m. to noon July 20 to 21 at Outdoor Recreation-Hickam Harbor. Sign ups are due by July 17. Bring mask, fins, snorkel and other equipment. FMI: 449-5215.

Day Hike: Waimano Pools will be held from 10 a.m. to 3 p.m. July 20 departing from Outdoor Recreation Center-Fleet Store. Sign up by July 17. Bring a lunch for this intermediate-level hike. FMI: 473-1198.

Full Moon Hike: Koko Head will be held from 7:30 to 11 p.m. July 21 departing from Outdoor Adventure Center-Fleet Store. Sign up by July

18. This hike is strenuous and for the advanced participant. FMI: 473-1198.

Moonlight Paddle: Hickam Harbor will be held from 8 to 10 p.m. July 22 departing from Hickam Harbor. Sign up are due by July 17. Participants of all paddling abilities are welcome. The trip includes kayaks, gear and professional guides. FMI: 449-5215.

GOT SPORTS

Phone: 473-2890

editor@hookelenews.com

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



Morale Welfare & Recreation

GLASS BOTTOM BOAT TOUR
A glass bottom boat tour of Kaneohe Bay will be held from 9:15 a.m. to noon July 20. The tour departs from Information, Tickets & Travel-Hickam. FMI: 448-2295.

ADULT AND CHILDREN'S SWIM LESSONS
Hickam Pool 2 is offering a variety of swim lessons beginning July 22. Classes are divided into four age groups: 6 months-3 years old, 3-4 years old, 5-16 years old, and 17 years and older. Register online. FMI: www.greatlifehawaii.com.

FURRY FRIENDS ART CLASS
The Hickam Arts & Crafts Center will hold an animal-themed children's art class from 1 to 3 p.m. July 23 to 26. Children ages 5-8 years old can learn how to draw dogs, cats, birds and more. FMI: 448-9907.

PRESCHOOL STORY TIME
Preschool story time will be held from 9 to 10 a.m. July 24 at the Hickam Library. The theme will be "sports." FMI: 449-8299.

STARS & STRIPES 5K RUN/WALK
There will be a Stars & Stripes 5K run/walk beginning at 7 a.m. July 25 at the Wahiawa Annex Fitness Center. This event is open to all eligible patrons. FMI: 653-5542.

FREE BEGINNERS' GOLF CLINIC
There will be a free beginners' golf clinic starting at 9 a.m. July 27 at Mamala Bay Golf Course. FMI: 449-2300.

CHINATOWN FOOD, HISTORIC TOUR
A tour of Honolulu's Chinatown, featuring a traditional dim sum lunch, will take place from 8:45 a.m. to 12:45 p.m. July 27. The tour departs from Tickets & Travel-Hickam. FMI: 448-2295.

KAYAKING THE MOKU ISLANDS
A kayaking excursion will be held from 9 a.m. to 4 p.m. July 28 to the Moku Islands off the windward side of Oahu. Transportation and equipment will be provided. Departures are from the Outdoor Adventure Center-Fleet Store. The deadline for registration is July 24. FMI: 473-1198.

MWR SUPER GARAGE SALE
The MWR Super Garage Sale will be held from 8 a.m. to noon Aug. 3 at Richardson Field. The event is open to the public. Admission is free for shoppers and varies for vendors. FMI: 473-0792.

Community Calendar

JULY NOW — USS Arizona Memorial tours have returned to a full tour schedule. World War II Valor in the Pacific National Monument offers tours every 15 minutes from 8 a.m. to 3 p.m. daily. Tickets are available online or on a first-come, first-served basis at the Pearl Harbor Visitor Center. FMI: www.recreation.gov or www.pearlharborhistoricsites.org.

13, 14 — The Philippine navy ship BRP Ramon Alcaraz (PF16) will be available for visits from 8 a.m. to 5 p.m. during the ship's port visit to Joint Base Pearl Harbor-Hickam. No photography is allowed on the pier, but cameras are allowed on the ship. Access is permitted to Department of Defense cardholders. FMI: Lt. Cmdr. Michael Barksdale at 808-221-0418.

15 TO 19 —Vacation Bible School (VBS) will be held from 9 a.m. to noon at Pearl Harbor Memorial Chapel. Parents can register their children online at <http://PHMC-vbs13.eventbrite.com>. There is no fee, and registration is ongoing until classes are filled. VBS is also looking for volunteers. FMI: wwoodard1@gmail.com.

24 — Visitors are invited to bring the family and celebrate the famous aviatrix Amelia Earhart's 116th birthday from 11 a.m. to 1 p.m. at Pacific Aviation Museum Pearl Harbor. The event will include prizes for a "Dress Like Amelia Earhart" costume contest. FMI: 441-1004 or e-mail SpecialEvents@PacificAviationMuseum.org.

26 — The next free summer concert for authorized patrons at Joint Base Pearl Harbor-Hickam will begin at 5:30 p.m. at Hickam Harbor. Hana Hou, the rock band of the United States Air Force Band and the Pacific Fleet Band popular music group, will perform. FMI: www.greatlifehawaii.com or [Facebook.com/greatlifehawaii](https://www.facebook.com/greatlifehawaii).

AT A GLANCE
Military and Family Support Center (MFSC) classes are free to Department of Defense (DoD) civilian employees, military members and their families. Some of the MFSC course offerings for July are Anger Management, July 23, 8-11 a.m.; Couples Class: Mastering the Art of Communication, July 16 and 23, 10 a.m. to noon; Scream-free Parenting , July 18, and 25, 5:30-8:30 p.m. Those interested may call the customer service desk to register for any class. FMI: 474-1999.



AFTER EARTH (PG13)
A crash landing leaves teenager Kitai Raige and his legendary father Cypher stranded on Earth, 1,000 years after cataclysmic events forced humanity's escape. With Cypher critically injured, Kitai must embark on a perilous journey to signal for help.

HICKAM MEMORIAL THEATER

TODAY 7/12
6:00 After Earth (PG13)

SATURDAY 7/13
2:00 The Croods (PG)
7:00 The Purge (R)

SUNDAY 7/14
2:00 The Croods (PG)

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.cnmc.navy.mil/pearlharbor-hickam or the Navy Region Hawaii website at www.cnmc.navy.mil/hawaii.



Participants needed for standards setting boards

Hawaii Department of Education

The Hawaii Department of Education (HIDOE) and the American Institute of Research (AIR) have requested community participation from military members, parents and anyone both qualified and interested in participating in the HIDOE standards setting boards.

The committee for the end-of-course standard setting is scheduled for July 23-24. They are in need of participants in the following content areas: algebra I algebra II, expository writing I, and U.S. history. A participation stipend will be paid to those selected as qualified committee members.

All sessions are held from 8 a.m. to 3 p.m. The location is only given upon acceptance, and the daily stipend is \$125 per day and \$250 total.

A participant must serve on all of the days that have been scheduled for a committee. The stipend provided for each content area committee may vary based on the number of hours required to complete the work.

The mandatory participation request form which need

to be filled out and submitted at <http://ow.ly/mQCJR>.

Only individuals who register and are accepted and confirmed by AIR will be placed on and allowed to participate on the standard setting committees.

Selected participants will recommend to the Hawaii Department of Education three performance standards (cut scores) for the student online assessments or exams. Standard setting is the means for identifying cut scores that indicate whether a student has achieved an established level of proficiency.

It involves expert judgment that is supplemented by historic student performance data. The department will identify four levels of student achievement: well-below proficiency, approaches proficiency, meets proficiency and exceeds proficiency.

For more information contact Brian Reiter at 733-4100, e-mail Brian_Reiter@notes.k12.hi.us; Cara Tanimura at 586-3283, e-mail Cara_Tanimura@notes.k12.hi.us of HIDOE or Kevin Kuet of AIR at 808-943-3912 or e-mail KKuet@air.org.

Tips offered on success for the workplace

Andrea Hantman

Civilian Employee Assistance Program

Being successful at work is not just about getting the task done. It is also about the ability to work with others, inspire, communicate, act with integrity, be a team member, acknowledge others' contributions, and contribute to the morale of the team.

Here are some tools for the workplace:

- Ask yourself how you are honestly feeling.
- Be open to input.
- Monitor your self-talk.
- Don't allow fear to control you.
- Accept responsibility for your emotional responses.
- Anticipate emotional "triggers" and prepare to manage them.
- Listen well.
- Re-frame an irritating situation into a problem-solving exercise.
- Eliminate blame.
- Laugh a lot.
- Keep learning.
- Visualize success.
- Remember to focus on the positive. Whatever we dwell

Blood drive schedule

Currently scheduled drives include:

July 19, 8 a.m. to 1 p.m., Pearl Harbor Naval Shipyard Building 2.

July 22, 23, and 29, 9 a.m. to 1 p.m., Pearl Harbor Memorial Chapel.

July 30, 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.

15th MDG appointment policies: updated show, no-show and late show policies

Capt. Scott D. Cook

15th Medical Group

Effective immediately, the 15th Medical Group (15 MDG) at Joint Base Pearl Harbor-Hickam has new appointment show time, no-show and late show policies.

Updated policies should provide consistent and simplified guidance to all 15th MDG clinics and beneficiaries. We recognize how busy each and every one of our beneficiaries are, and hope these new policies will provide uniformity and consistency. The new appointment policies are:

- Show time: The show time for all medical appointments at all clinics, with the exception of Dental, is now your scheduled appointment time. Patients no longer need to arrive 15 minutes prior to their medical appointment. Due to system constraints, the Dental Clinic will still require beneficiaries to arrive 15 minutes prior to their scheduled appointment time.
- No-show: Beneficiaries will be considered a no-show if they fail to appear for their appointment, leave without

being seen, arrive 10 minutes after their scheduled appointment time, or fail to cancel their appointment two hours prior to the scheduled appointment time. If your appointment is before 9 a.m., you must cancel the appointment prior to the close of business (COB) the previous duty day.

- Late show: If you check into the clinic more than 10 minutes after your scheduled appointment time, you will be considered a no-show. At this time, the clinic will determine if they can still see you based upon staff availability and patient workload.

If they are unable to see you, the clerk can reschedule your appointment or you can reschedule at your convenience. Please remember that patients who arrive on time will not be displaced by those who show up late.

Beneficiaries can utilize TRICARE online to schedule, cancel, or receive appointment reminders via email and/or text message at www.tricareonline.com. If you are not enrolled in TOL, you can cancel your appointment by calling the 15 MDG Central Appointment line at 448-6000, option 1, between 7:15 a.m. and 4 p.m.

Monday through Friday, with the exception of PACAF family days and federal holidays.

Missed appointments not only cost the 15 MDG and taxpayers a significant amount of money, but they also prevent other beneficiaries from receiving the care they need. Cancelling your appointment two hours prior and checking in late (more than 10 minutes past your appointment time) are not only 15 MDG policies, but also AFI directives.

The MDG realizes emergencies arise and plans change, but be respectful to fellow beneficiaries as well as staff members and cancel your appointment as soon as possible.

The MDG is not immune to sequestration, the loss of contract personnel, and tightened budgets, which only enhances the fact that every appointment truly does count.

Please steer clear of being a late show or no-show to your next MDG appointment, and just like when you were learning to drive, remember 10 and 2; 10 minutes is late and you must cancel two hours before your appointment.