



USS PEARL HARBOR AND HMAS PERTH



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AUSTRALIAN ALLIES ARRIVE



(Top) The Royal Australian Navy frigate HMAS Perth (FFH 157) arrives in Pearl Harbor to conduct a routine port visit. (Above left) The Perth passes Battleship Missouri Memorial. (Above middle) Royal Australian Navy Capt. Lee Goddard (left), commanding officer of Perth, speaks with several guests, including Capt. Jeffrey James, commander of Joint Base Pearl Harbor-Hickam (JBPHH), aboard the Perth. (Above right) U.S. Navy Sailors perform line handling as Perth arrives.

Service members paddle in 2013 Wounded Warrior Canoe Regatta

Story and photo by
MCSR Rose Forest

Navy Public Affairs
Support Element West, Det.
Hawaii

The Wounded Warrior Canoe Regatta raised support for military members recovering from injuries as

part of the 12th Annual Duke's OceanFest held Aug. 18 at Fort DeRussy Beach, Honolulu. The regatta participants raced in six-person teams in four separate categories including: Wounded Warriors, all military, veterans and youth, between the Hale Koa Military Hotel and

the U.S. Army Museum. Since its creation in 2009, the regatta has worked to assist troops recovering from injuries through the "healing power" of the Hawaiian waters and the support of those who participate. It is sponsored by the Navy League, Honolulu Council. "That is the greatest thing

that all of us can see. It's part of the healing process. It's part of all of us coming together," said U.S. Rep. Colleen Hanabusa, Congresswoman of Hawaii's first Congressional District. "So, mahalo to all of you. And this isn't about me, this isn't about any of us, we are just honored to have had oppor-

tunity to share in this event with you." The regatta's mission is to promote public awareness for Wounded Warriors, to support their families and to increase opportunities for their employment. "The Wounded Warriors are people who battled in our wars and they are ones

who are now still fighting a war – mental and physical," said Lt. Gen. Hank Stackpole, retired Marine veteran. "And this kind of event that we have right here shows that their heart and their spirit is still working."

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Military members recuperating from injuries participate in the Wounded Warrior Canoe Regatta to promote public awareness and increase opportunities for Wounded Warriors. (See additional photos on page A-5)

Air Force leaders talk key issues with 15th Wing Airmen

Staff Sgt. Terri Paden

15th Wing Public Affairs

More than 300 members of Team Hickam had the opportunity to hear from two of the top Air Force leaders at an Airman's Call Aug. 19 at Joint Base Pearl Harbor-Hickam.

Air Force Chief of Staff Gen. Mark A. Welsh III and Chief Master Sgt. of the Air Force James A. Cody met with wing Airmen to discuss current issues affecting readiness and the future of the Air Force.

During the all-call Welsh and Cody emphasized the importance of taking care of one another, getting the mission accomplished and developing tomorrow's leaders.

"Great people, which we have, plus pride, which we will always need, equals performance," Welsh said. "In our business, performance is the bottom line. There's only one bottom



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

Air Force Chief of Staff Gen. Mark A. Welsh III shares lunch with Pacific Air Forces Airmen at the Hale Aina Dining Facility Aug. 19 at Joint Base Pearl Harbor-Hickam. As part of a three-day visit to Hawaii, Welsh thanked Airmen for their continued service and dedication and addressed issues concerning Airmen and their families.

line for us. Our job is to fight and win the nation's wars ... and we will never get the performance we need if we don't treat our Airmen well — If we don't foster that pride that keeps them at the top of their game." Welsh said there are

three essential elements for mission success.

"Take common sense, add better communication and then mix in the most important ingredient which is caring about our people, the mission and the future ... and we win," he said. Cody also highlighted the

importance of having resilient Airmen.

"The resiliency we have as a community is linked to how connected we are to each other," he said. "I always say it only takes about 90 seconds to connect in a meaningful way and to get that tight-knit relationship that's built on trust and mutual respect. If we have that with each other we'll get through anything."

In addition to resiliency, Cody said Airmen should frequently ask themselves three questions.

"Every day you should understand where you are at in winning the fight, what you are doing to strengthen the team and how you are shaping the future," he said.

Cody said Airmen should also look at ongoing changes to the force structure in a positive light.

"Don't look at change in a negative way, look at it as the evolution of our force ... of how we will make our-

selves stronger and sustainable into the future," he said.

Cody advised Airmen to stay focused on what's most important: the mission and the people.

"We have phenomenal things going on and each and every one of you is part of those phenomenal things," he said. "We do the work that our nation needs us to do every single day despite all the limiting factors that seem to be put in front of us at any given moment. But that doesn't mean we can lose sight I do believe our strength, and where we need to continue to strengthen this team, is how we connect with each other."

Welsh thanked Hickam Airmen and their families for their service and gave his assessment on the current state of the Air Force. "Operationally we rock," he said. "We're unbelievably good at everything we're doing."

Save Energy

Don't make more heat. Delay chores that produce heat and moisture until the cooler parts of the day or evening. Limit dishwashing, laundering and cooking on hot, humid days. These activities make your room more uncomfortable and require your air conditioner to work harder.



Racing to support Wounded Warriors
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Operation Hele On offers mock deployment
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Hawaii Airman brings home gold in national culinary arts competition
See page A-4



NIOC Hawaii wraps up work on historic Ford Island
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Tough first Spartan Race is 'game of groans'
See page B-1



Next summer concert series event to be held today
See page B-3

USS Pearl Harbor makes namesake port visit



The amphibious dock landing ship USS Pearl Harbor (LSD 52) arrives in Pearl Harbor after completing the annual Pacific Partnership mission. Pacific Partnership is the largest disaster response preparedness mission in the Indo-Asia-Pacific, with nine nations joining with the U.S. in 2013 to share expertise and leadership in Samoa, Tonga, Republic of the Marshall Islands, Papua New Guinea, Kiribati, and the Solomon Islands.

U.S. Navy photo by MC2 Nardel Gervacio

Secretary of Defense Hagel returns to Hawaii

U.S. Secretary of Defense Chuck Hagel is on a four-nation trip to Southeast Asia this week through Aug. 30.

Hagel began his trip in Honolulu yesterday to meet with Adm. Samuel Locklear, commander of U.S. Pacific Command, and visit with United States Marines and Sailors at Marine Corps Base Hawaii, Kaneohe Bay.

Hagel will then travel to Kuala Lumpur, Malaysia Aug. 24-26 followed by Jakarta, Indonesia the afternoon of Aug. 26 and Aug. 27.

From Jakarta, Hagel will travel to Brunei Aug. 27-29 to meet with defense counterparts from across the Asia-Pacific region. He will conclude his trip in Manila on Aug. 29-30 and return to Washington Aug. 30.

Hagel was in Hawaii in May to meet with military members for the first time after he took office.

Joint base installation master plan to be unveiled at town hall on Aug. 27

Joint Base Pearl Harbor-Hickam Public Affairs

The Joint Base Pearl Harbor-Hickam (JBPHH) Installation Master Plan will be introduced at a town hall meeting from 8:30 a.m. to noon Aug. 27 at the Makai Recreation Center, JBPHH.

Commands on JBPHH are encouraged to attend the forum.

“The town hall is open to anyone with a stake in the future of JBPHH as we continue to invest in the future of our installation,” said Capt. Jeffrey James, commander of JBPHH.

The master plan reflects the outcome of a two year-long collaborative endeavor between JBPHH and tenant commands in developing a sustainable planning document to guide and shape development across the entire installation, to include the outlying annexes.

The Master Plan provides a framework for JBPHH to deliver balanced, sequenced, sustainable, and agile services across the entire spectrum of base operating support.

“The plan is the first effort to optimize base operating support to the fleet (both naval and air), the fighter, and the family,” James said. “We continually look for new and more effective ways to maintain, assist and care for operational forces, support organizations, community services and families who live and work on the installation, while maintaining our visible and rich historical character.”

Additionally, the JBPHH Master Plan aligns with current Executive Orders, the Unified Facility Criteria on Installation Master Planning, national defense strategic rebalancing initiative and Department of Defense policy. The plan also captures industry best practices and standards in environmental/sustainable design, and energy management/security by supporting the construction of high-performance, state-of-the-art buildings in sustainable locations.

For more information about the town hall, call 449-3125.

University of Hawaii football players pay respects at USS Arizona Memorial



U.S. Navy photo by MCC John M. Hageman

Members of the University Of Hawaii Rainbow Warrior football team visit the USS Arizona Memorial after completing a tour of the Battleship Missouri Memorial. For the second year in a row, the University has held their fall camp on Joint Base Pearl Harbor-Hickam. The Warriors will have their season kick off Aug. 29 with the University Of Southern California at Aloha Stadium.

Commentary

SECDEF Chuck Hagel’s statement on new sexual assault prevention, response measures

Secretary of Defense
Chuck Hagel

Eliminating sexual assault from the armed forces remains one of the Department of Defense’s [DoD] top priorities. This effort requires our absolute and sustained commitment to providing a safe environment in which every service member and DoD civilian is free from the threat of sexual harassment and assault.

Our success depends on a dynamic and responsive approach. We, therefore, must continually assess and strive to improve our prevention and response programs.

In May, I directed a range of initiatives designed to strengthen our programs in the areas of

commander accountability, command climate, victim advocacy and safety. Today, I am directing immediate implementation of the following additional measures to improve victim support, strengthen pretrial investigations, enhance oversight, and make prevention and response efforts more consistent across the military services:

- Creating a legal advocacy program in each military service that will provide legal representation to sexual assault victims throughout the judicial process.
- Ensuring that pre-trial investigative hearings of sexual assault-related charges are conducted by judge advocates general (JAG) officers.
- Providing commanders with options to reassign or transfer a

member who is accused of committing a sexual assault or related offense in order to eliminate continued contact while respecting the rights of both victims and the accused.

- Requiring timely follow-up reports on sexual assault incidents and responses to be given to the first general or flag officer within the chain of command.
- Directing DoD’s inspector general to regularly evaluate closed sexual assault investigations.
- Standardizing prohibitions on inappropriate behavior between recruiters and trainers and their recruits and trainees across the department.
- Developing and proposing changes to the Manual for Courts-Martial that would

allow victims to give input during the sentencing phase of courts-martial.

All of these measures will provide victims additional rights, protections and legal support and help ensure that sexual assault-related investigations and judicial proceedings are conducted thoroughly and professionally. In addition, the Department of Defense has established an independent panel, in accordance with the National Defense Authorization Act for Fiscal Year 2013, which is currently reviewing and assessing the systems used to investigate, prosecute and adjudicate crimes involving sexual assault and related offenses under the Uniform Code of Military Justice. I have met

with panel members, and I will closely review their recommendations when complete.

Sexual assault is a stain on the honor of our men and women who honorably serve our country, as well as a threat to the discipline and the cohesion of our force. It must be stamped out. I will continue to meet weekly with DoD’s senior leadership team to personally review our efforts and ensure that directives and programs are being implemented effectively.

We are all accountable to fix this problem, and we will fix it together. We will continue to work closely with the Congress and the White House on eliminating sexual assault in the military.

Commentary

Racing to support Wounded Warriors

**Rear Adm.
Rick Williams**

*Commander, Navy Region
Hawaii and Naval Surface
Group Middle Pacific*

Last Sunday I attended the Na Koa Wounded Warrior Canoe Regatta at the Hale Koa, hosted by Navy League President Dave Livingston and Judge Ed Kubo. Grand Marshals were Vietnam veterans and heroes Navy Capt. (ret.) Jerry Coffee – a POW for seven years – and Marine Corps Lt. Gen. Hank Stackpole – who was severely wounded during the war.

There were various competitive events including surfing, sand volleyball and sand soccer, and a lot of spirited cheering along the beach, especially for the canoe races. On shore, there were lots of activities for adults and children in and around the Hale Koa.



Rear Adm. Rick Williams

It was an amazing and humbling experience to watch our warriors and other participants in a native Hawaiian sport displaying teamwork, with Diamond Head in the background, blue skies and ocean all around, in the heart of Waikiki!

The mission of the regatta is to support Wounded Warriors and their families and promote more employment opportunities. A career day was held at the

Hale Koa on Friday as part of that effort. I was pleased to see our National Guard and Coast Guard shipmates paddling with us at Sunday's event. The Air Force Band of the Pacific's Hana Hou put on a great show all day long.

Dave Livingston told me this year's regatta included 47 teams, more than double last year's participation of 20.

I am already looking forward to next year's event and will be practicing my canoe paddling skills over the next year with help from MIDPAC, Region and local community experts. Most of all, I am looking forward to more of you joining us at the Hale Koa next year to enjoy the events and camaraderie.

Special thanks to our Navy League friends and all the organizers, participants, and especially volunteers who help out our Wounded Warriors and their families. It's a noble cause and worthwhile effort, and Sunday's regatta was a great event. Well done!

The regatta whets my appetite for the Joint Base Pearl Harbor-Hickam Makahiki festival scheduled for Nov. 2, where we'll all have an opportunity to learn more about the rich Hawaiian culture. I hope you'll be able to attend.

Sailor takes to water for herself, others

Brandon Bosworth

Staff Writer

Being stationed in Hawaii gives service members and their families the opportunity to experience many new things. For Gas Turbine System Technician 1st Class Ulanka Beckom, Naval Surface Group Middle Pacific, coming to Joint Base Pearl Harbor-Hickam meant discovering a new passion: ocean canoeing.

A native of Chicago, Beckom started kayaking in 2004 at Naval Station Great Lakes, Ill. She immediately took to it.

"There's something about being on the water," she said. "It's so tranquil. I like it."

When she's not on the water, her mind is still on paddling.

"Even at the gym I'm using the rowing machine," she said.

After arriving in Hawaii in 2011, Beckom went from paddling on a lake to paddling in the ocean.

"It similar but saltier," she said. "The waves can be kind of creepy, but you have to face your fears."

She joined the Honolulu Pearl Canoe Club, located at Pearl Harbor next to the USS Arizona Memorial. They practice at the Navy facility Rainbow Bay Marina Canoe Hale. While the club is open to civilians, many members are connected to the military.

"About 60 percent of the paddlers in the Honolulu Pearl Canoe Club are military-affiliated," said Beckom.

Beckom volunteered at the 2013 Wounded Warrior Canoe Regatta held Aug. 18 at Fort DeRussy beach. It was her third time volunteering.

"Volunteering at the Wounded Warrior Regatta was a wonderful experience," she said. "It's always wonderful when you can bring smiles to people by helping them escape their worlds for a little while and



Photo courtesy of GSMC(SW) Ulanka Beckom

Gas Turbine System Technician 1st Class Ulanka Beckom paddles with other members of the Honolulu Pearl Canoe Club.

focus on something else."

Beckom was not the only one from her club who volunteered.

"The Honolulu Pearl Canoe Club assisted with a lot of the logistics, such as paddling through the Ala Wai Canal to pick up and drop off canoes borrowed from Outrigger Canoe Club," she said. "We served as time keepers, score keepers, held the boats in place prior to the start of the race and dealt any other items that came up during the day."

Beckom's reasons for volunteering are simple and pragmatic.

"Why not volunteer?" she said. "I have the ability to do so, so why not help out?"

Diverse Views

What's your favorite kids' movie?

Clarissa Cosson
Navy Region Hawaii



"My favorite kids movie is 'Ice Age 1,2' because I just love the characters. It's very cute and there is also a little romance."



Airman 1st Class Harman Kaur
647th Force Support Squadron

"'Kung Fu Panda' is my favorite kids movie, because who doesn't love a big fat panda? Also, the movie has one of my favorite quotes; yesterday is history, tomorrow is a mystery, but today is a gift. That is why it is called the present."

**Cryptologic Technician (Technical) 3rd
Class Holly Lazarz**
*Joint Base Pearl Harbor-Hickam
Administration Office*



"My favorite kids movie is 'The Little Mermaid' because it came out the month and year I was born. I liked the movie because it goes into great detail of a daughter and father relationship, and how to overcome parental aversion."



Airman 1st Class Cheyann McGee
647th Force Support Squadron

"I would say 'The Lion King' would have to be my favorite kids movie. Although 'haku-na matata' is a simple phrase, it is one we can all live by."

Lt. j.g Alfred Whitney
Navy Region Hawaii



"'Toy Story 3' because it's funny."



Airman 1st Class Justin Smith
647th Force Support Squadron

"My favorite kids movie has to be 'Hercules.' It taught me that if I lift weights, I could become strong and beat people up."

Kerry Ng
Navy Region Hawaii



"I pick 'Toy Story 3' because it's something I can relate to. In the movie the kids grow up and get ready for college. I can relate to that with my daughter. She will be going to college in a couple of years. I think it's a good movie."



Airman 1st Class Rut Montero
15th Aerospace Medical Squadron

"I have a few movies I love, but my favorite kids movie has to be 'Finding Nemo.' The movie teaches perseverance and not to give up, even in the face of overwhelming odds."

**Ship's Serviceman 1st Class
Wilson White**
Joint Base Pearl Harbor-Hickam



"'Teenage Mutant Ninja Turtles.' because it was everyone's favorite childhood movie."

*(Provided by SrA Christopher Stoltz
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

Regatta

Continued from A-1

A roar of excitement erupted from the beach as each race began. Audience members shouted their support and cheers of congratulations as each team made their way down the beach and returned to cross the finish line.

For more information, visit the website for the Wounded Warrior Program at www.woundedwarriorproject.org.

Joint base to celebrate Women's Equality Day Aug. 26

Two Women's Equality Day observance events will be held Aug. 26 at Joint Base Pearl Harbor-Hickam.

Col. Eva Jenkins, director of 692d Intelligence, Surveillance, Reconnaissance Group, Pacific Air Forces, will be the keynote speaker at a presentation from 11 a.m. to 12:30 p.m. titled "Women Inspiring Innovation Through Imagination." The event will be held at the Makai Recreation Center, 1859 McChord St. on the Hickam side of Joint Base Pearl Harbor-Hickam. Everyone with base access is welcome and reservations are not required. The event is a brown bag (bring your own lunch) event.

In addition, there will be a free showing of the HBO original movie, "Iron Jawed Angels" at 6 p.m. at Sharkey Theater. The movie portrays the struggles and courage of the feminists who fought for women's citizenship and the right to vote in America. The film stars Hillary Swank, Frances O'Connor and Anjelica Huston and commemorates the theme "Celebrating Women's Right to Vote."

The movie is not rated; however, some scenes may be too intense for young children. Parents should use discretion.

For more information, call Master Sgt. Laura Kattner at 448-2927 or Terry Takara at 473-2836.

Aircraft makes a good catch



Photo courtesy of Pacific Air Forces

On Aug. 19, 1960, flying a specially modified C-119, the 6593rd Test Squadron made the first successful mid-air catch of a Discoverer satellite capsule. For this feat, which took place 53 years ago this week, the unit received the 1960 Mackay Trophy. In the photo, a C-119 catches the parachute canopy of a descending capsule. Based at Hickam since 1958, the 6953rd's capsule recoveries were part of the now-declassified Corona project, America's first operational space reconnaissance effort.



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U.S. Navy photo by MC2 Nardel Gervacio

Children of Sailors and Airmen participate in an activity on Ward Field during Operation Hele-On.

Operation Hele On offers mock deployment

Helen Ko

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation

Operation Hele On, an annual event held by the Military & Family Support Center, took place Aug. 16 at Club Pearl and other locations on Joint Base Pearl Harbor-Hickam.

Since 2004, Operation Hele On has become an annual youth deployment day that gives children of Air Force and Navy families an opportunity to go through a mock deployment.

The mission of Operation *Hele On* is to expose military youth to the active duty lifestyle and teach coping skills to deal with a parent's deployment. The term "*hele on*" is Hawaiian, meaning "ready go."

The 100 youngsters in attendance at this year's event were grouped into six teams – Stingrays, Seahawks, Seals, Mustangs, Sky Warriors and Falcons – who were led by a training instructor, team leaders and a medic.

After a brief training session of a proper drill formation, Capt. Jeffrey James, commander, Joint Base

Pearl Harbor-Hickam, gathered the kids together for the opening remarks. The youngsters participated in a group roll call that got them pumped up for all the activities ahead of them.

"My daughter Avery was a little apprehensive about coming to this because it's the end of our deployment and she thought it would be hard for her because she misses her dad, but she is really enjoying herself right now in her Seahawks group," said Jamie, Avery's mom.

Nicole Piwonski stayed to watch her son, Logan, participate in the morning drill formations. She said that since this was their first year in Hawaii and her husband has been in the military for 22 years, the event would be a great opportunity for her son. "Logan is used to his father going through the deployment process so he wanted to experience it for himself and he seems to be enjoying it very much," said Piwonski.

Three groups were taken to the USS Paul Hamilton (DDG 60) for a tour of the ship. The other three groups were taken to Ward Field to participate in obstacle courses, demonstrations of the K9

working dogs in action, dive demonstrations and displays, weapon displays from the Combat Arms team (CATM) and a tug-of-war competition. There was also a robot, Brooke, for the kids to interact with and control.

"This is the first year the Navy has been involved and the kids were able to go on the USS Paul Hamilton for the tour. We're very excited about it and I'm sure the kids are too," said Regina Fivella, supervisor at Military & Family Support Center.

In between all the activities taking place throughout the day, each team practiced for a drill competition at the end of the event. The Seahawks won the drill competition with three of the four judges giving them a perfect score to take the honor home.

Avery said she enjoyed everything about Operation Hele On.

The experience was also a great one for her because she was part of the winning team for the drill competition.

Parents also participated in the mock deployment for their kids by waving homecoming signs while each group competed in the drill competition and at the closing ceremony.

Hawaii Airman brings home gold in national culinary arts competition

Staff Sgt. Terri Paden

15th Wing Public Affairs

Being an Air Force food service specialist offers Airmen the opportunity to provide one of the most critical elements of mission support – sustenance. However, for one Airman assigned to the 647th Force Support Squadron at Joint Base Pearl Harbor-Hickam as a food service journeyman, it also provided an opportunity to make her dreams a reality.

Senior Airman Carmen Gonzalez said she joined the Air Force because she wanted to be a professional chef. It is a goal she recently put to the test when she took home a gold and silver medal at the U.S. Army's 38th Annual Culinary Arts competition in Fort Lee, Va.

The annual competition serves to raise the standards of culinary excellence and professionalism, nurture creativity, offer a place for participants to showcase their skills and give participants a chance to earn credits toward a certification.

"I did great, better than I expected in such a competitive environment," said the Puerto Rico native. "It was a lot of hard work and long hours, but in the end, getting the competition experience was worth it, winning was a bonus."

Gonzalez said she finally got her big break after three years when she became the sole Airmen to represent the Air Force in the local multi-service competition. After an extensive week-long try out that pitted her



Courtesy photo

Senior Airman Carmen Gonzalez, 647th Force Support Squadron food service, cuts open a chicken while training for the U.S. Army's 38th Annual Culinary Arts competition in Fort Lee, Va.

against 50 other service members, she was then chosen as the only Airman, on a joint team of 12, which would train for the international competition in Virginia.

"We did not select Airman Gonzalez to represent the Air Force. Like everyone else, Airman Gonzalez had to compete for a spot on the team," said Tech. Sgt. Katrina Stone, 647th Force Support Squadron food service supply NCO in charge. "Her attention to detail and pride in all that she does win out all the time."

The team trained 12 hours a day, six days a week, for more than four months to perfect basic cooking skills, and proper preparation of hot and cold

foods to meet stringent competition standards.

Gonzalez said training for the competition was different than the year she spent studying culinary arts because the military training involved stricter standards and more discipline. She said she also struggled with learning how to prepare cold food products to use for presentation.

The training paid off. Gonzalez said she made her winning dish of stuffed chicken with goat cheese and spinach, fluted mushrooms, turned potatoes with balsamic vinegar onions nine times before preparing it for the competition and earning a gold medal in the hot food category. She was also awarded a silver medal for the cold food category and third place for the team category.

As she looks to the future, she said she will continue to work on her craft in preparation for the U.S. Army's 39th Annual Culinary Arts competition next year. She's also been invited to participate in the 2014 World Culinary Cup.

Stone said Gonzalez embodies "excellence in all she does" both in and out the kitchen, even when she's not competing.

"We are extremely proud of Airman Gonzalez," Stone said. "I wish I can take the credit for her being outstanding, in truth ... Airman Gonzalez prides herself in doing the best job she can. No matter how small, big, simple or difficult the task, she always put her best foot forward."

U.S. Army supports USS Chafee with Black Hawks, Kiowa Warriors

Ensign Samantha Neirby

USS Chafee (DDG 90) Public Affairs

USS Chafee (DDG 90) participated in more than 100 deck launching qualification's (DLQs) with U.S. Army Black Hawk (UH-60) and Kiowa Warrior (OH-58) helicopters from 25th Combat Aviation Brigade (CAB) off the coast of Oahu from July 15 to 22, during USS Hopper's independent deployer certification (IDCERT).

This is the first time Army helicopters have landed on Chafee. In fact, it's believed to be the first time these types of helicopters have ever landed on a U.S. Navy warship. The Black Hawks were flown by pilots from the 2-25 and 3-25 aviation regiments, and the Kiowa Warriors were flown by pilots from 2-6 Calvary of the 25th Infantry Division.

"Landing our helicopters on Chafee was challenging, but all our pilots enjoy challenging their skills and abilities," said Army pilot, Capt. Nathan Herrick.

"When we land in Iraq, we are worried about landing under fire, but at least we know the landing coordinates are a fixed point. However, landing on Chafee, the ship is constantly moving, and so the coordinates are constantly changing along with a moving deck

when the ship pitches and rolls with the seas."

According to Herrick, the purpose of this exercise was to not only to have the U.S. Army and U.S. Navy obtain deck qualifications as two separate entities, but to "provide us another trick up our sleeve in an effort to protect United States' interests at home and abroad."

Capt. Christopher J. Bushnell, deputy commodore of Destroyer Squadron 31, offered his perspective. "The goal, at least initially, was to establish relationships with the 25th [CAB] to test a little and learn a lot ... get them comfortable with landing their helicopters on our ships and getting us comfortable with them operating around us without knowing a lot about each other to begin with," he explained.

"It was really just an effort to strengthen that 'brother in arms' aspect," he added.

"Clearly in five days, the number of qualifications and number of bounces completed, mixed with the willingness of both parties to 'give a little bit,' has accomplished a lot more than expected. It has shown that not only are they continually getting qualified on our ships, but we can apply that comfort and coordination to develop future joint tactics that can ultimately be taken forward into the [U.S.] 7th Fleet theater, or more realistically, [U.S.] 5th Fleet operations," he said.

Cmdr. Anthony C. Littmann,

Chafee's commanding officer, flew with Chief Warrant Officer 4 Scott Bean to see firsthand the capabilities of a Kiowa Warrior. "Seeing the Army gunships land at sea was fantastic. The application of the Army helicopters to missions in surface warfare such as strait transits, high value unit protection, ATFP (anti-terrorism force protection) and VBSS (visit, board, search and seizure) enhance naval capabilities and reinforce joint operational con-

cepts. I think we are only scratching the surface on employing Army gunships in the maritime domain," said Littmann.

Herrick acted as a liaison onboard Chafee and had an opportunity to drive a billion dollar warship. When asked about his skills at the helm (steering the ship), Herrick said, "It was something I always wanted to do, to see how the other half [other military forces] eat, sleep, work and live. I was really

excited and enjoyed it a lot, though I found it more difficult than I imagined staying on course with the effects of wind speed and currents acting on the ship."

"Seeing what each other's military capabilities are and figuring out how we can work together is what we will be training to in the future in an effort to increase the joint operational capability brought to the table for United States Pacific Command," Bushnell said.

Legacy of learning



Senior Chief Gunners Mate Jaye Bell provides instruction to chief petty officer selectees stationed around the Navy Region Hawaii area Aug. 20, prior to night iterations of the Chief Petty Officer Legacy Academy on board the Battleship Missouri Memorial. Since 2007, the Battleship Missouri Memorial has hosted a six-day academy for chief selectees.

U.S. Navy photo by MCC John M. Hageman

Pearl Harbor-Hickam *Highlights*

PADDLE POWER

FOR WOUNDED WARRIORS



(Above) Military members recuperating from injuries participate in the Wounded Warrior Canoe Regatta held Aug. 18 at Fort DeRussy Beach Honolulu to promote public awareness and increase opportunities for Wounded Warriors.

U.S. Navy photo by MCSN Recruit Rose Forest

(Below) U.S. Army Staff Sgt. Paul Bryant leads a team of military members recuperating from injuries in the Wounded Warrior Canoe Regatta.

U.S. Navy photo by MC1 Daniel Barker



U.S. Navy photo by MCSN Recruit Rose Forest



U.S. Navy photo by MCSN Recruit Rose Forest



U.S. Navy photo by MC1 Daniel Barker



U.S. Navy photo by MC1 Daniel Barker



United States Air Force Band of the Pacific Hawaii performs at the Wounded Warrior Canoe Regatta.

U.S. Navy photo by MCSN Recruit Rose Forest

Boxer Amphibious Ready Group departs for deployment today

**Naval Surface Force,
U.S. Pacific Fleet Public
Affairs**

SAN DIEGO — The Boxer Amphibious Ready Group (BOXARG) is scheduled to depart for a Western Pacific deployment today.

The BOXARG, which includes USS Boxer (LHD 4), USS New Orleans (LPD 18) and USS Harpers Ferry (LSD 49), will focus on maritime security operations and theater security cooperation efforts. BOXARG is fully capable of amphibious assault and Special Forces operations, humanitarian missions and non-combatant operations.

“We’ve had a very rigorous training cycle to pre-



U.S. Navy photo by MC1 Ryan Valverde

The amphibious assault ship USS Boxer (LHD 4) transits San Diego Bay as it gets underway. The Boxer Amphibious Ready Group (ARG) is underway off the coast of Southern California completing a Certification Exercise (CERTX).

pare us to execute any mission when called upon,” said Capt. Malcolm Potts,

Commander, Amphibious Squadron (PHIBRON) 1 and Commander of

BOXARG. “I am awed and impressed by the ingenuity, creativity, and indus-

triousness of the 4,200 dedicated Sailors and Marines that serve on our ships.”

The ships will embark approximately 2,400 Marines from the 13th Marine Expeditionary Unit (MEU). The MEU is capable of conducting conventional amphibious operations and selected maritime special operations at night or during adverse weather conditions from the sea, by surface or by air.

U.S. Third Fleet leads naval forces in the Eastern Pacific from the West Coast of North America to the international date line and provides the realistic, relevant training necessary for an effective global Navy.

For more information on BOXARG visit the ARG’s website at: <http://ow.ly/o9h9o>.

Doctors partner in Vietnam to enhance cooperation, improve patients’ quality of life

MC2 David Kolmel

*U.S. Pacific Fleet Public
Affairs*

U.S. Navy medical personnel from Joint Base Pearl Harbor-Hickam are in Hanoi, Vietnam from Aug. 15 to 28 to work alongside Vietnamese doctors to enhance rehabilitation for burn victims.

Formally, this will be phase two of the “Interventional Burn Management Subject Matter Expert Exchange.” The team’s four members are helping expand treatment capabilities at the National Institute of Burns in Hanoi, bringing medical supplies and performing cutting-edge laser and surgical care to improve the quality of life for patients with debilitating scars and scar contractures.

Last year, medical experts aboard the hospital ship USNS Mercy (T-AH-19) performed similar

treatments in Vietnam as part of Pacific Partnership 2012. This was the fourth time in five years the annual Pacific Partnership mission had visited Vietnam to conduct humanitarian civic assistance missions, and the first ever to include laser treatments for scars.

“I view this type of smaller scale, higher intensity exchange as an effective bridge between the biennial USNS Mercy missions associated with Pacific Partnership, aimed at increasing familiarity, trust, and enhancing the effectiveness of future missions,” said Cmdr. Peter Shumaker, chairman of dermatology at Naval Medical Center San Diego (NMCS). “Projects of this type are also an effective way to build a cadre of medical personnel familiar with the region and to gain expeditionary experience during peacetime.”

Several types of U.S. medical specialists are

working with the Vietnamese doctors at the burn institute.

“A plastic surgeon, a dermatologist, pulmonary specialist, and an orthopedic surgeon are working as a team to help improve patient functionality,” said Lt. Damita Zweiback, Pacific Fleet medical planner. “Many of the patients we saw during Pacific Partnership ‘12 had restrictions of movement and even breathing because of the complexity of the burns.”

The U.S. experts are sharing the lessons they learned in Operation Enduring Freedom and

Operation Iraqi Freedom.

“Our Vietnamese colleagues will benefit from learning enhanced burn care management techniques and procedures that we’ve developed from our recent wartime experience, which will improve their ability to deal with these types of injuries in the future,” Capt. Jonathan Wilcox, Pacific Fleet deputy fleet surgeon, said.

A fractionated carbon dioxide laser, identical to the one used previously during Pacific Partnership 2012, will be employed to help remodel restrictive scars and improve the quality of life for the patients.

Although still a relatively new application, this technology has been used for several years to help treat wounded warriors.

“This is essentially the same breakthrough technique that we have used for approximately four years for functional and cosmetic improvements in our wounded warriors and other traumatically injured patients,” Shumaker said.

These types of programs develop relationships among professionals in the Indo-Asia-Pacific as they exchange information and build shared experience. They pave the way for future exchanges, includ-

ing a pulmonary subject matter expert exchange between NMCS and providers from the Vietnamese National Lung Hospital, currently scheduled to occur later this month.

“We’re developing long-term professional and personal relationships with our Vietnamese colleagues,” Wilcox said. “By working together to improve the lives of many Vietnamese patients who have suffered debilitating trauma from burns and other related injuries, we’re building the capability to better deal with these types of injuries in the future.”

Shipyard makes it ‘4peat’ in transducer replacements

David Tomiyama

Pearl Harbor Naval Shipyard Public Affairs

With very little preparation time between jobs and a smaller workforce, the Pearl Harbor Naval Shipyard completed four straight TR-317 transducer submarine replacements over 2.5 months, a record for Fleet Maintenance Submarine (FMB).

TR-317 transducers allow a submarine to navigate the open ocean using sonar technology. They are located in the sonar dome, and each one weighs approximately 70 pounds. There are more than 1,000 TR-317s in a Los Angeles-class submarine. While not all of the transducers are required to operate in order for sonar to function, a minimum percentage must work in order to meet mission capability. From March to May, FMB



worked to get first USS Tucson (SSN 770), then USS Columbus (SSN 762), USS Greenville (SSN 772), and finally Tucson again fit-to-fight. FMB normally has at least a few weeks between transducer jobs but in this case, they were only allotted, on average, five days between each ship to prepare.

Budget cuts and minimum overtime led to having only one eight-hour workforce shift with a changeout of 15 transducers per day as opposed to a

normal workforce of two 10-hour shifts with a changeout of roughly 20 transducers per day.

“In addition to the pressure, the biggest challenge was the lack of time to prepare,” said Shane Ho’okala, shop 67 electronics work leader.

“Luckily we prepped a lot of what we needed for three separate jobs before the first one began. That foresight is what really allowed us to complete the boats on schedule,” Ho’okala said.

Transducer jobs are distinct from other IMF tasks as they require more mechanics and overall manpower to complete. The job averages 16 personnel a day, working in the sonar dome and sphere, and providing tank watch.

Shop 67 has more mechanics on transducer jobs due to the many haz-

ards that are found in the dome and sphere and all the trip hazards that lie around while moving the transducers on and off the ship. Prior to replacing transducers, shop 67 coordinates with other shops and codes to put up staging in the sonar dome, vertical launch system platforms with overhead cover, lighting and ventilation for the dome and sphere. Lead mechanics prepare a day ahead to decide priorities, paperwork and strategies for the upcoming day, Ho’okala said.

The replacement of transducers is a five-step process. First is to remove the failed transducers and take it off the submarine. Next is to remove and replace the mounting brackets that TR-317s sit in. Third is to clean the hull inserts, the sealing area between the free flood area in the dome and the inside of the sonar

sphere. Fourth is the installation of new TR-317s. The final step is to run an electrical post-test on the new transducers. Overall, it is a physical job that requires strength and mobility, according to Ho’okala.

“You’re constantly lifting heavy objects in a very unusual space,” explained Ho’okala.

“The sonar dome is very hot and requires flexibility and strength to maneuver around to get the job complete. The sonar sphere is a very small compact area that requires you to be small in stature, but big in strength.”

These jobs were taxing not only to FMB, but to shop 67 as well.

“We had more than 10 percent of the entire shop dedicated to these jobs. That put a lot of pressure not only on us, but on all the other projects in dry

dock,” said Ho’okala.

“Those projects had to deal with a shortage of electronics personnel until these jobs were complete. Upper management was under close scrutiny because such a large chunk of the workforce was dedicated to one job.”

The accomplishment of completed four straight transducers jobs sits well with the FMB workforce that made it happen.

“The transducer job was done with safety as our main goal,” said Kalani Matsuura, shop 67 electronics mechanic.

“Electronics, staggers, marine machinists and temporary services shops all worked diligently to keep us on our timeline. Although these jobs were physically demanding, we persevered through teamwork, experience, dedication and lucid communication.”

Navy Information Operations Command Hawaii wraps up work on historic Ford Island

Story and photo by
CTIC Erich Keough

Navy Information Operations Command

Chief petty officers and first class petty officers from Navy Information Operations Command Hawaii combined forces to revitalize part of the historic Ford Island airfield control tower during a recent command CPO365 phase one volunteer event.

Thirty-five Sailors supported the Pacific Aviation Museum by chipping paint on the tower building’s outer stairwell in the morning, followed by adding a fresh coat of paint in the afternoon.

“It was a great opportunity to come together as a team to restore a historic piece of naval heritage,” said Cryptologic Technician (Technical) 1st Class Matthew Wilson.

The Sailors also had the opportunity to talk with Steve Melgaard, a retired O-6 Marine Corps pilot and the museum’s expeditor. Melgaard told the Sailors stories from World War II and invited them to ascend to the top of the tower where Sailors could see east to Diamond Head and west to Barber’s Point.

Cryptologic Technician (Collection) 1st Class Jacob Quinn said he was proud to spend a Saturday working on the tower.

“My grandfather served here shortly after the attack, so serving here in Hawaii has been one of my dreams since joining the Navy,” Quinn said.

Melgaard told Sailors that the museum had accrued \$4 million in donations to help save the tower, but was still short of the goal. Current plans are for the main tower building to serve



Chiefs and first class petty officers work together to revitalize the historic Ford Island Airfield control tower as CPO365 phase one came to a close.

as a museum with tours to the top for tourists.

“I am happy that they chose to leave the tower standing since there were rumors, prior to the museum, of removing it,” said Quinn.

According to information available on the Pacific Aviation Museum website,

during the attack on Pearl Harbor on Dec. 7, 1941, oil-soaked victims from the nearby battleships were taken to the building where assistance was rendered to remove the oil from the survivors. Additionally, some American aircraft were also guided to land and take off at

Ford Island during the attack, braving both enemy and friendly fire.

“I always enjoy the activities we do in CPO365 on Ford Island because we are surrounded by so much history that you learn about as a kid,” said Wilson. “It’s very rewarding knowing that we are standing on the same ground as so many fallen heroes.”

CPO365 offers guided leadership training for future chief petty officers, allowing chiefs and first class petty officers to come together as one team. According to the CPO365 guidance laid out by Master Chief Petty Officer of the Navy Michael D. Stevens, CPO365 phase one is “used to build the foundation in the year-round training cycle.”

Phase two is designed as the final training period to prepare selectees for entry into the chief’s mess and

began when CPO selection results were released the end of July.

“Understanding and preserving naval heritage is an integral part of the CPO365 training process,” said Cryptologic Technician Interpretive Chief Justin Tockey, the coordinator for NIOC’s volunteer event.

“Sailors stationed in Hawaii have a wonderful opportunity to experience naval heritage from World War II up close and personal.”

“I believe knowing this history is an important part of CPO365 because you can’t know where you’re going unless you know where you have been. The Navy is rooted in heritage and customs that are unique to only us. Passing that knowledge on to the younger generation is what it is to be a chief, a leader, a role model, a Sailor,” Wilson said.

Life & Leisure

B



MC2 Dustin W. Sisco
Navy Public Affairs Support
Element West Det. Hawaii



U.S. Navy photo by MC2 Sean Furey

Steelworker 2nd Class Jeff Conmy, left, and Builder 2nd Class Krystal Williams, both attached to Construction Battalion Maintenance Unit 303, volunteer their time to help build obstacles for the Spartan Race.

Military service members stationed in Hawaii joined civilians as they participated in the first ever Spartan Race held in Hawaii at Kualoa Ranch, Aug. 17.

The Spartan Race, so called because the Spartans were "tough as nails," is a military-style obstacle course of various lengths held throughout the world. The Hawaii-hosted race was the "Spartan Sprint," the shortest of the races at 3.1 miles.

Along the course, there were approximately 15 obstacles which required participants to perform several physically demanding tasks, such as crawling through mud pits, climbing over walls or jumping over a pit of burning logs.

"I would highly recommend coming out and trying these obstacles out and testing your fitness level," said Builder 2nd Class Fabian Flores, assigned to Construction Battalion Maintenance Unit (CBMU) 303. "The Seabees try to keep our fitness level at a high intensity, so this is something we enjoy doing."

Flores, along with other Sailors assigned to CBMU 303, didn't just participate in the Spartan Race; they also helped to volunteer their time and efforts to build the obstacles themselves.

"We've had a great team from the Seabees out here lending a really good hand to us," said J.J. Johnson, race director. "Those guys are spot on, they know what they're doing and we really appreciate having them. We love having the military come out and partake," Johnson added. "To be able to come out and challenge themselves and be a part of something that is really big is awesome."

The team behind the scenes of making the Spartan Race happen are no strangers to working with the military.

"We are entrenched in the military," said Joe DeSena, one of the founders of Spartan Race.

"Down in Tampa at SOCOM (United States Special Operations Command) headquarters, we worked with Admiral McRaven (commander USSOCOM) and his team to help bring Spartan to that community. We work with the Seabees, Marines, Army, you name it, in an effort to bring civilians and military together and give civilians, quite honestly, a chance to see what it feels like to be in the military."

The goal of the Spartan Race is simply to get people active, to get them off of their couches, in the mud and trails, and provide them a tough endurance event day that is sure to be the adrenaline rush of their lives.



U.S. Navy photo by MC1 Daniel Barker

TOUGH FIRST SPARTAN RACE IS 'GAME OF GROANS'



U.S. Navy photo by MC1 Daniel Barker

Military service members based in Hawaii join local civilians as they participate in Hawaii's first-ever Spartan Race 5k obstacle course.



U.S. Navy photo by MC2 Sean Furey

Seabees assigned to Construction Battalion Maintenance Unit (CBMU) 303 build an obstacle.



U.S. Navy photo by MC1 Daniel Barker



U.S. Navy photo by MC1 Daniel Barker



U.S. Navy photo by MC1 Daniel Barker

NEX hosts Pet Expo for animal lovers

Pearl Harbor Navy Exchange

Pearl Harbor Navy Exchange (NEX) patrons and their fuzzy friends gathered at the NEX for a Pet Expo Aug. 17.

Attendees learned about responsible dog ownership, pet massaging and wellness, grooming, animal boarding, breeding referral and animal protection.

The event will also included a biggest dog contest, small dog contest, pet food samples and giveaways. On-site specialists also participated in question-and-answer sessions with patrons.

“This is a great opportunity to meet new pet owners. Also, we get to meet and thank existing customers. And I definitely would love to come back and support the expo next year.”

—Jenn Wright VCA Hospital

“This is a great opportunity to meet new pet owners. Also, we get to meet and thank existing cus-



tomers. And I definitely would love to come back and support the expo next year,” said Jenn Wright

VCA Hospital customer service/marketing representative.

Army Staff Sgt. Gerald Bayless of Ft. Shafter said the event is a good thing to bring dogs to and provides information about what the NEX can provide for pets. Bayless entered his chocolate Labrador, Reese and black Labrador, Snowball in the best trick and largest dog contest.

Ron Stebbins, a retired Army lieutenant colonel, has volunteered for the Hawaiian Humane Society for the past 20 years. He said his role at the society is “to train bad dogs into good dogs and provide adoption assistance.”

“The expo is a good start but I wish for more events like this to give exposure to pet adoptions,” Stebbins added.

Laura Berry, an ombudsman and spouse of an active duty Sailor from VP-47 at Marine Corps Base Hawaii, Kaneohe Bay attended the expo with her dog, Zero.

They entered in the pet look-alike and best trick contest.

Berry said she loved the expo and added, “It’s a great opportunity to expose young dogs to a chaotic environment, and I would like more pets events at the NEX.”



Photos by Kalvin Vaughn, NEX



Big second half raises Port Royal past Michael Murphy

Story and photo by Randy Dela Cruz

Sports Editor

USS Port Royal (CG 73) Hoyas scored 19 straight points in the second half to break open a close game and gain a 51-35 win over USS Michael Murphy (DDG 112) Aug. 17 in a battle of unbeaten Summer Basketball League squads at Joint Base Pearl Harbor-Hickam Fitness Center.

The win bumped the Hoyas into sole possession of first place with a record of 3-0, while the 3-1 Michael Murphy saw its winning streak snapped at three games.

Port Royal’s balanced offensive attack, led by guard Seaman London Waldon and center Yeoman 3rd Class Erick Ausbey, scored 26 points in the first half and 25 in the second.

However, Waldon said defense was the main reason for the runaway win.

“Defense is the key for this team,” Waldon stated. “Once we establish defense first, then we take care of offense.”

In the first half, Port Royal’s tenacious defense sparked the team to a fast start with a couple of easy transition baskets before Waldon sank a three-pointer to give the Hoyas their first double-digit lead at 13-2.

Back-to-back treys by Hull Maintenance Technician Fireman Zach Snow brought Michael Murphy to within five points, but the Hoyas immediately regained a double-digit lead at 18-8 on a basket by Ausbey and another three-point shot by Waldon.



USS Port Royal (CG 73) Hoyas center Yeoman 3rd Class Erick Ausbey goes up for two of his game-high 14 points.

Up by only seven points at halftime, Port Royal rebuilt its lead to 11 on two quick baskets to start the second half and then went on to turn the game into a rout.

With Ausbey controlling the boards and Waldon launching bombs from beyond the arc, the Hoyas’ lead burgeoned to 21 at 40-19 with 11:39 remaining in the game.

“I’m not going to say that we can’t be beaten,” he said. “We got to play like we’re down. Once we play like we’re down, we get hungry for it.”

—Seaman London Waldon

Port Royal added five more points to take a 45-19 advantage, before Michael Murphy finally stopped the run on a three-point shot from Gas Turbine System (Mechanical) 2nd Class Martin Houston with 7:13 showing on the clock.

Although Michael Murphy managed to shrink the lead to 45-31, the surge proved to be too little and too late.

For the game, Ausbey led all scorers by throwing down 14 points, while teammate Waldon complemented the Hoyas center

with four three-pointers and a free throw for 11 points.

Michael Murphy was led by Snow with 11 points and Culinary Specialist 3rd Class Terrance Sample, who popped in nine.

“Coming into the game, we knew that Port Royal was a good team,” Sample admitted. “They didn’t intimidate us. We just got out to a slow start. We picked it back up, once with got into the rhythm of things. We tried to make a comeback, but I guess it didn’t work.”

With both teams entering the game undefeated, Waldon said that it was important for the Hoyas to jump on the Michael Murphy right away and establish dominance.

“We were looking for any type of breakdown,” Waldon explained. “We didn’t want to commit too much. We actually wanted them to come to us. We’re not going to follow a team out there and then they go right past us. That’s not what we’re looking for. We’re looking for straight-up defense.”

While Port Royal has yet to taste defeat this season, Waldon said that even with the impressive win over Michael Murphy, the Hoyas aren’t taking anything for granted.

With the season only four weeks old, Waldon said that the team has to take every future game with a sense of urgency.

“I’m not going to say that we can’t be beaten,” he said. “We got to play like we’re down. Once we play like we’re down, we get hungry for it.”

Airman surprises classmates with Hawaiian lei tradition

Staff Sgt. Mike Meares

82nd Training Wing Public Affairs

A native Hawaiian Airman spread a little “Aloha” in Texas during his technical school graduation at Sheppard Air Force Base, Texas.

Airman 1st Class Shawn Hanakawa, 363rd Training Squadron ammunition, graduated from his technical training Aug. 7, 2013. With more than 900 courses of instruction offered at Sheppard, the graduation setup was normal, all the way down to the flag placement on the stage, until Hanakawa took them all by surprise, a pleasant surprise.

“We were graduating and it’s a Hawaiian tradition to give lei to thank, honor or give respect to

someone,” Hanakawa said.

Secretly, the 154th Wing, Hawaii Air National Guard bound Airman worked with family and friends from the island of Oahu to treat his new brothers and sisters in arms to a Hawaiian tradition.

“It’s not just hanging the lei around someone’s neck and saying, ‘here you go,’” Hanakawa said. “It’s sacred to touch someone on the head and shoulders in ancient Hawaiian traditions.”

He stood in front of the graduating Airmen and explained the traditions in Hawaii when it comes to giving and receiving lei. Graduates of high school and college can sometimes get so many lei their heads are no longer visible through the variety of fragrant flowers and intricately sewn materials.

The oral history of the floral lei dates back to the ancient Hawaiians who wore braided leaves, native flowers, shells, feathers, stones and bones to beautify themselves. They also offered these hand-made garlands to each other and to their gods as a symbol of love and friendship.

“It was a sign of respect for the Airmen,” he said. “Being presented a lei is much more than an empty gesture, it’s about being family.”

Hanakawa said during his time at Sheppard, he will remember the Airmen he spent time with for many reasons. Like a family, he said they would argue about “ridiculous” topics like what to call soft drink; soda, pop or soda pop. But his newfound respect for the Air Force life has

integrated with his lifelong respect for family — Hawaiian style.

The New Englander of the class, Airman 1st Class Amanda Grimes, 19, of Somerset, Mass., nearly cried at the gesture, listening to the actual meaning of the lei. Since her first time West of the Mississippi River was to attend basic training and technical school, her only experience with the Hawaiian culture has come from what she’s seen on television.

“I’ve never left the East Coast and never experienced anything like that before,” she said. “It was very moving and beautiful, to the point that it brought tears to my eyes. You see the lei in the party stores and things and it really diminishes the true meaning of it.”

Hanakawa presented his in-

structors with a puakenikeni lei, made with the white flower pedals of one of Hawaii’s most fragrant flowers. One of the students were presented with an intricately sewn ti leaf lei. Hanakawa joined the Air Force on the encouragement of his wife’s late uncle, Jerry Nunogawa, a retired Navy Sailor. Nunogawa passed away while Hanakawa was at Sheppard in training.

“He encouraged me to join based on his experiences,” he said. “Giving the lei to my class is something he would have done. He always did the right thing and thought of family first.”

Hanakawa returned home by the end of the week and reunited with his family and checked in for the first time at Joint Base Pearl Harbor-Hickam.

Straight-set win pushes 647th LRS to brink

Story and photo
by Randy Dela Cruz

Sports Editor

The 647th Logistics Readiness Squadron (647 LRS) got all they could handle from Naval Brig Cell Block but, in the end, prevailed to capture a 25-24 and 25-21 straight-set victory in an intramural volleyball Gold Division game on Aug. 15 at Joint Base Pearl Harbor-Hickam Fitness Center.

The win kept the 647 LRS among the division's top-four teams with a record of 4-2, while the hard-luck Cell Block lost its fifth game against two wins.

"They (Cell Block) played really well," 647 LRS hitter Tech. Sgt. Chris Gilmore said. "They kept the ball in play and knew exactly where to hit it against us. We were slipping a little on defense, but towards the end of the game we kind of came together."

In the first set Gilmore seemed to set the stage by spiking the first kill of the game to take a quick 1-0 lead.

However, after the opening slam, it didn't take long to see that both teams were in for a long night.

The first set was tied 11 times before the 647 LRS, behind the service of Department of Defense (DoD) civilian Kevin Topasna, recorded four straight points to take a 19-15 advantage.

Although the LRS appeared to get some breathing room for the first time in the set, the break was short lived as Cell Block rallied to tie the score at 19-19 on the strength of a block and kill from



Tech. Sgt. Chris Gilmore of the 647th Logistics Readiness Squadron (647 LRS) tries to sneak the ball through the defense of Naval Brig Cell Block's Sgt. Todd Gibbons.

Aviation Boatswain's Mate (Equipment) 2nd Class Alter Bualuay and an ace from Sgt. Todd Gibbons.

After two more ties, a kill by Gilmore led to a two-point lead for the 647 LRS at 24-22, but a kill and ace by Bualuay tied the set for the last time before a service error handed the LRS set one.

Set two picked up right where set one left off as both teams continued to trade points at an even rate.

Then, late in the set, Cell

Block seemed to seize momentum on the strong play of hitter Gas Turbine System Technician (Electrical) 1st Class Julio Lopez, whose three kills and block late in the set gave Cell Block a 19-17 lead.

Instead of putting the set away, Cell Block saw its lead evaporate after the 647 LRS scored the next five points to go out ahead at 22-19.

Cell Block never regained the upper hand after the late run by the LRS.

"I thought we had

momentum," said Lopez after Cell Block lost its lead. "Obviously, we made some mistakes."

Gilmore, who had nine kills and a block in the first set, was again at the center of attention during the 647's final push in the second set.

His three kills late in the second set helped the 647 take a 23-20 advantage before the team went on to finish off Cell Block.

"When I came back into the game, that's when my confidence went up 100 per-

cent," Gilmore said. "I knew that our team was going to finish the game."

While the game marked another tough defeat for Cell Block, Lopez said that he feels it's not too late for the team to turn things around.

Pointing to the team's mistakes, Lopez said that more practice and better communication should translate into stronger team performances in the future.

Meanwhile, Gilmore said that he believes that with all the pieces in place, the

team is ready to take things to the next level.

Besides Gilmore, the 647 LRS is supported by the veteran play of DoD civilian Charles Spenser, hitter Lt. Col. Mark Clifford and Tara Gilmore, who is Chris's wife.

"Right now, with the team we have, we can at least make it to the play-offs," Gilmore said. "Looking at all the teams this year, everybody is really good, so we're going to have to be as good as them or even better."

Girl Scouts to host information session Aug. 29 at area school

Brandon Bosworth

Staff Writer

The Hickam-Pearl Harbor Ohana Service Unit of the Girl Scouts of Hawaii will host an information session about Girl Scouting from 6 to 8 p.m. Aug. 29 at Aliamanu Elementary School.

Those already in a troop as well as those who have no experience with the Girl Scouts are invited to attend.

This year, local Girl Scouts sent a science experiment to the International Space Station, achieved the highest award in Girl Scouting and completed many com-

munity service projects.

Introduced to Hawaii in 1917 by Queen Liliuokalani and Florence Lowe, a Kamehameha School for Girls teacher, Girl Scouts of Hawaii has more than 5,000 members statewide.

The Girl Scouts are open to all girls ages 5-17. Scouting is flexible to meet girls and volunteers' schedules through a variety of pathways such as camps, troops and a series of activities.

For more information, contact Leslie Dawson, service unit manager, Ohana Service Unit, at pearlharbor.scouts@gmail.com, or visit www.girlscouts.hawaii.org.

'Navigate' to Ho'okele website



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

Sailors 'paws' to help animals



U.S. Marine Corps photo by Kristen Wong.

Sailors from Commander Submarine Force Pacific Fleet First Class Petty Officer Association sweep the floors Aug. 10 at the Hawaiian Humane Society in Honolulu. The association volunteered at the Hawaiian Humane Society for its Petwalk kickoff rally at the Moiliili shelter. The Sailors and their families set up tables, swept the floors and more while volunteering. The society hosted the rally to encourage people to attend the October Petwalk, a fundraiser for the society at Magic Island, the only day of the year when dogs are allowed at Ala Moana Beach Park at Magic Island.

My Favorite Photo...

Kaena point to Haleiwa rainbow in black and white.

Photo by Richard Onaha Hutter



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

Next summer concert series event to be held today

The next free summer concert for authorized patrons at Joint Base Pearl Harbor-Hickam will be held at 5:30 p.m. in the grassy area between the Fleet Store and Scott Pool.

Parking is available in front of and behind the Fleet Store, and along the bravo piers. Patrons can pick up snacks and treats for the concert at the Fleet Store which will be open until 11 p.m. Restrooms are available at Scott Pool.

The concerts include:

- Today, "Get Jazzed" with the Air Force Band of the Pacific's "Papania" ensemble and the Pacific Fleet VIP Combo band. Their repertoire includes classic and contemporary jazz, Latin, bebop and features original arrange-
- ments.
- Sept. 13. "Pops in the Park" with the Marine Forces Pacific Party Band, a New Orleans style brass band, which will open the event at 5:30 p.m. They will be followed by Marine Forces Pacific Concert Band performing music of stage and screen, light classics and patriotic favorites.

The concerts are open to all military-affiliated personnel and Department of Defense ID cardholders and their sponsored guests. The event is appropriate for all ages. No pets, umbrellas or tents are allowed.

For more information, visit www.greatlife.hawaii.com or Facebook.com/greatlife.hawaii.



Live the Great Life

MWR holds free golf clinics

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation (MWR) patrons

who are new to the sport and need a lesson on the basics of golf can go to MWR's golf

courses to get started on the sport, and it's free. Navy Marine Golf Course, Mamala Bay Golf Course and Barbers Point Golf Course offer periodic free clinics monthly to their patrons.

"Attendance can vary at these free clinics. With usually just one instructor available per site, we like to have no more than six in a group so that all patrons get some attention from the instructor," said Todd Nicely, golf program director.

Taking the free golf clinics through MWR has its advantages. Some clinics elsewhere are not free. Many of the other locations are demonstration-type clinics where golf professionals demonstrate shots, but MWR offers hands-on instruction.

The schedule and times for free golf clinics can be found at greatlifehawaii.com.



Young MWR patrons learn about golf at a free clinic.

MWR Marketing photo

Free movie at Sharkey Theater to celebrate Women's Equality Day

In recognition of Women's Equality Day, Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation will hold a free showing of "Iron Jawed Angels" at 6 p.m. Aug. 26 at Sharkey Theater. This 2004 HBO drama film focuses on the American women's suffrage

movement during the 1910's. The movie, which has appeal for history buffs and all who have the right to vote, stars Hilary Swank, Frances O'Connor, Julia Ormond and Anjelica Huston.

For more information, call 473-0726.



MWR Marketing photo

Your Weekly Fun with MWR

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



August Art Stroll will be held from 4:30 to 7 p.m. Aug. 23 at the channel walkway next to the Hickam Officers' Club. Attendees can stroll along the water and browse local artists booths and purchase drinks and food in the garden. FMI: 448-4608.

Summer Concert Series will begin at 5:30 p.m. Aug. 23 at the grassy area between the Fleet Store and Scott Pool. The Air Force Band of the Pacific's "Papana" jazz band and the Pacific Fleet Band's VIP Combo band will perform. FMI: 473-0792.

Liberty Paradise Cove Luau will begin at 7 p.m. Aug. 23 departing from Express at 5:15 p.m., Beeman at 4 p.m., Instant at

4:15 p.m. and Makai at 4:30 p.m. The cost is \$20 and is open to active duty Sailors and Airmen only. FMI: 473-2583.

7th Annual Joint Base Pearl Harbor-Hickam Half Marathon will begin at 6:15 a.m. Aug. 24 from Earhart Field. Spectators are welcome to cheer on all the runners. FMI: 448-2214.

Machine Quilting: Reverse Quilt will be held from 9 a.m. to noon Saturdays Aug. 24 to Sept. 14 at the Hickam Arts & Crafts Center. Participants will learn how to cut fabric and assemble the pattern, while learning quilting tips and how to complete a quilt from start to finish. FMI: 448-9907.

Glass Bottom Boat Tour will

be held from 9:15 a.m. to noon Aug. 24 departing from Information, Tickets and Travel (ITT)-Hickam. Glass windows below allow attendees to see the coral reef and hidden marine life of Kaneohe Bay. FMI: 448-2295.

Boot Camp with Anne will be held from 11:45 a.m. to 12:45 p.m. Mondays and Wednesdays or from 4:30 to 5:30 p.m. Tuesdays and Thursdays Aug. 26 to Sept. 19 at Hickam Fitness Center. Participants need to sign up by Aug. 25. Each class includes 30 minutes of nutrition information and 30 minutes of boot camp-style workout. FMI: 265-2359.

Liberty Kaena Point Guided Tour and Beach Day will begin at 10:30 a.m. Aug. 27

departing from Express at 10 a.m., Beeman at 9:00 a.m., Instant at 9:15 a.m. and Makai at 9:30 a.m. The event is open to active duty Sailors and Airmen only. FMI: 473-2583.

Free Junior Golf Clinic will begin at 4 p.m. Aug. 28 at Barbers Point Golf Course. FMI: 682-1911.

Job Fair Success Workshop will be held from 1 to 3 p.m. Aug. 28 at Military and Family Support Center-Hickam. This workshop provides specific employer-based information on how a job candidate can effectively prepare for a job fair. It identifies appropriate attire, useful documents to bring, company research sources and valuable networking techniques. Visit the website www.greatlife.hawaii.com

to register. FMI: 449-0300.

Federal Resume Writing will be held from 1:00 to 3:00 p.m. Aug. 29 at MFSC-Pearl Harbor. This workshop provides an overview of the federal employment system and the application process. It identifies how to search for a federal job, build an effective public sector resume and more. To register: www.greatlife.hawaii.com. FMI: 474-1999.

Peacock 5k Run/Walk will begin at 7:00 a.m. Aug. 29 at the Wahiawa Annex Fitness Center. Hear the call of the many peacocks that live here at Wahiawa Annex as you run an early morning 5k. Open to all eligible patrons. FMI: 653-5542.

Navigate to Ho'okele website

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



Morale Welfare & Recreation

SUMMER FIREWORKS CRUISE

There will be a summer fireworks cruise tonight from 6:15 to 9:30 p.m. The cruise includes a ride on the Waikiki Maitai catamaran, a fireworks spectacle, beverages and round-trip transportation from Information, Tickets and Travel (ITT)-Hickam. FMI: 448-2295.

PEEWEE BASKETBALL REGISTRATION

PeeWee basketball registration runs now through Sept 13. The season runs from Oct. 5 to Dec. 21. There will be no practices on Nov. 9 (Veterans Day weekend) and Nov. 30 (Thanksgiving weekend). FMI: www.greatlifehawaii.com or 473-0789.

UFC 164 IN HD

Watch the Harley-Davidson Hometown Throwdown in high-def on Aug. 31 at J.R. Rockers. Doors open at 2 p.m. for preliminaries. FMI: 448-2271.

PRESCHOOL STORY TIME

Preschool story time will be held from 9 to 10 a.m. Aug. 28 at the Hickam Library. The theme will be “colors and shapes.” FMI: 449-8299.

CRUD TOURNAMENT

There will be a free crud tournament from 6 to 10 p.m. Aug. 30 at the Hickam 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 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. Aug. 31. The tour departs from ITT-Hickam. FMI: 448-2295.

SNORKELING AT HANAUMA BAY

There will be a snorkeling excursion to Hanauma Bay at 8 a.m. Sept. 1. Departures are from Outdoor Recreation-Hickam Harbor. Aug. 28 is the last day to register. FMI: 473-1198.

LEARN TO STAND-UP PADDLEBOARD

Learn the basics of paddleboarding at 9:30 a.m. or 10:45 a.m. on Sept. 1 at Outdoor Recreation-Hickam Harbor. Aug. 28 is the last day to register. FMI: 449-5215.

Community Calendar

AUGUST

25 — The seventh annual Distinctive Women in Hawaiian History Program will hold a presentation titled “Women of World War II Hawaii” from 8 a.m. to 5 p.m. at the Hawaii Convention Center in Honolulu. The event will include a presentation from 2:20 to 3:10 p.m. titled the “Irrepressible Fly Girls: the U.S. Women Airforce Service Pilots (WASP).” Presenter and author Vera Williams will discuss WASP WWII history, followed by the “legacy pilots” who serve as a bridge of this WWII story to contemporary Hawaii. Capt. Angela Kimler of Joint Base Pearl Harbor-Hickam will represent the Air Force and Lt. Megan Stateler of Marine Corps Base Hawaii, Kaneohe Bay will represent the Navy. FMI: www.DistinctiveWomenHawaii.org.

26 — Two Women’s Equality Day observance events will be held at Joint Base Pearl Harbor-Hickam (JBPHH). Col. Eva Jenkins, director of 692d Intelligence, Surveillance, Reconnaissance Group, Pacific Air Forces, will be the keynote speaker at a presentation from 11 a.m. to 12:30 p.m. titled “Women Inspiring Innovation Through Imagination.” The “brown bag” event will be held at the Makai Recreation Center, 1859 McChord St. on the Hickam side of JBPHH. In addition, there will be a free showing of the HBO original movie, “Iron Jawed Angels” at 6 p.m. at Sharkey Theater. FMI: Master Sgt. Laura Kattner at 448-2927 or Terry Takara at 473-2836.

28 — In conjunction with Feds Feed Families, federal employees are collecting food nationwide for federal food banks. Non-perishable food items will be picked up from collection boxes at the Pearl Harbor Memorial Chapel, building 1601 on Aug. 28, which is the last day of the campaign. FMI: www.FedsFeedFamilies.gov or www.facebook.com/fedsfeedfamilies.

SEPTEMBER

4, 5, 13, 14 — Jewish High Holy Day services at Aloha Jewish Chapel at Joint Base Pearl Harbor-Hickam have been announced. They include Rosh Hashanah eve service at 7:30 p.m. Sept. 4, Rosh Hashanah service at 10 a.m. Sept. 5, Kol Nidre at 7:30 p.m. Sept. 13 and Yom Kippur service at 10 a.m. Sept. 14. Cmdr. Joel Newman will preside. FMI: 473-3971.

7 — The Fisher House 8K Hero & Remembrance Run, Walk or Roll will be held starting at 7 a.m. at the Pacific Aviation Museum on Ford Island. The official welcome and military honors will be held from 6:30 to 7 a.m. The free event is open to members of the military and the public. Register online at the website <http://triplerfisherhouse.eventbrite.com> or visit the Tripler Fisher House Facebook page. FMI: there-sa.m.johnson2.naf@mail.mil or 561-7423.



THE CONJURING (R)

A demonic entity lays claim to family living in a secluded farmhouse, prompting them to seek the aid of two renowned paranormal researchers in this tale of possession inspired by actual events. The story gets underway as paranormal researchers Ed (Patrick Wilson) and Lorraine Warren (Vera Farmiga) evaluate a mysterious doll discovered by a trio of young roommates in 1968. Believing their house to be haunted by the wayward spirit of a deceased young girl, they give the girl permission to inhabit the doll, and soon their lives become a waking nightmare.

SHARKEY THEATER

FRIDAY 8/23
7:00 PM R.I.P.D. 3D (PG13)

SATURDAY 8/24
2:30 Turbo 3D (PG13)
5:00 Pacific Rim (PG13)
7:20 Red 2 (PG13)

SUNDAY 8/25
2:30 Despicable Me 2 3D (PG)
5:00 R.I.P.D. 3D (PG13)
7:00 The Conjuring (R)

HICKAM MEMORIAL THEATER

TODAY 8/23
6:00 Turbo (PG)
SATURDAY 8/24
4:00 Turbo (PG)
7:00 The Conjuring (R)

SUNDAY 8/25
2:00 Turbo (PG)

Movie Showtimes



Retired Navy chief pursues dream, becomes entrepreneur doing what he loves best

**Story and photo
by David D. Underwood, Jr.**

Chief Mineman (SW) Kevin Sperling retired from the U.S. Navy in 2011 and became a health and fitness professional, giving nutritional advice to clients, providing personal train-

would often get approached by people wanting to know if he was a trainer. He had wanted to own a fitness center and his plan came together six months before retirement. He opened his studio three months before he retired.

After 22 years of job security with the Navy, there was some fear



Kevin Sperling, a retired Navy chief, has now become a health and fitness professional.

“Take care of your body.
It’s the only thing that will
be with you until the day
you die. Respect it.”

—Kevin Sperling

ing services, and promoting a lifestyle of being fit.

As a semi-pro bodybuilder, he won numerous titles while on active duty including the heavy-weight title in the 29th Hawaiian Islands Bodybuilding and Figure Championships, and was named “Mr. Hawaii” in June 2007.

Sperling served 22 years in the Navy and his last assignment was here on Hawaii. He was an officer recruiter at Navy Recruiting Processing Station, Honolulu and

of starting a business, a lot of uncertainty, and the risks associated with it, said Sperling. However, he added, “It’s something I’ve been wanting to do, and I knew there was a demand for it.”

Sperling said that it’s a good idea to consult with three attorneys and three CPAs for legal and accounting advice for your business to be successful.

“I realized that once I started this business, I would become an instant liability,” he said.

He also said that you should be passionate about what you want to do, and be willing to put in the hard work. He called this “sweat equity.”

Since his retirement from active duty, Sperling has made guest appearances at the annual Armed Forces Bodybuilding Championships at Sharkey Theater, Joint Base Pearl Harbor-Hickam. He said he

enjoys sharing his talent with service members interested in the sport.

His healthy base initiative advice to service members is, “You will not regret it. The discipline to do this transitions into every aspect of your life. You feel good, you look good in uniform, and you get more respect. It’s a great foundation. Take care of your body. It’s the only thing that will be with you

until the day you die. Respect it.”

Sperling said he gets gratification from changing people’s lives, and the client feedback outweighs the profits he makes. Ninety-nine percent of his business comes by word-of-mouth, his biggest marketing tool. He doesn’t need to advertise, and his body is his billboard.

“Military discipline leads to civilian success,” he said.

Forest City to hold kite-making, flying events today

There are several events that will be held in Forest City communities throughout August, both on Oahu and Kauai.

- Ride the Wind Day, 2:30 to 4:30 p.m. today at Halsey Terrace Field. The event is open to all residents. Participants will be constructing kites and flying them right after.

- National Trail Mix Day, 3 to 4 p.m. Aug. 30 at Radford multi-purpose room. The event is open to all residents. Participants will be making their own trail mix.

- Ride the Wind Day, 3 to 4 p.m. today at Pacific Missile Range Facility (PMRF) office. The event is open to PMRF residents. Participants can pick up their kite-making kit at the PMRF office.

- National Dog Day, Aug. 25 to 30 at PMRF office. The event is open to PMRF residents. Residents can send PMRF a picture of their four-legged family members to add to the next issue of their newsletter. E-mail photos to pariscousin@forestcity.net.

For more information about any of these events, call 839-8620.

Blood drive schedule updated

Tripler Army Medical Center Blood Donor Center has updated its schedule of upcoming blood drives.

- Aug. 26, 10 a.m. to 1 p.m., Schofield Barracks Tropics, Schofield Barracks.

- Aug. 28, 9 a.m. to 1 p.m., 1-14 Infantry Battalion, Schofield Barracks, building 2097.

- Sept. 17, 11 a.m. to 3 p.m., NEX, Tripler Army Medical Center.

- Sept. 17, 8 a.m. to 12:30 p.m., Pearl Harbor Naval Shipyard building 2.

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

Tickets available for Sept. 13 Air Force Ball

The Pacific Air Forces 66th Air Force Ball will begin at 5:45 p.m. Sept. 13 at Hilton Hawaiian Village.

The guest speaker will be retired Chief Master Sgt. of the Air Force Robert D. Gaylor.

Ticket prices are \$30 for ranks E1-E4, GS3-GS4 and cadets; \$50 for E5-E6 and GS5-GS7; \$65 for E7-O3 and GS8-GS11; \$75 for O4-O5 and GS12-GS14; \$85 for O6, GS15 and above; \$95 for O7-O10 and DVs.

The event is a gala celebration commemorating the Air Force’s birthday.

Tickets can be purchased online now at www.pacafball.com or contact your unit point of contact on the website, or email pacaf.afball@gmail.com.