

Pentagon leaders praise Willard, welcome Locklear to PACOM

Army Sgt. 1st Class
Tyrone C. Marshall Jr.

American Forces Press
Service

CAMP H.M. SMITH, Hawaii--Defense Secretary Leon E. Panetta and Army Gen. Martin E. Dempsey, chairman of the Joint Chiefs of Staff, praised the outgoing chief of U.S. Pacific Command for his leadership and welcomed his successor March 9.

Navy Adm. Robert F. Willard, who retires after nearly four decades of naval service, passed the leadership of PACOM to Navy Adm. Samuel J. Locklear III at Camp H.M. Smith, Hawaii.

“Adm. Willard brings to a close a remarkable, nearly four-decade career as a naval aviator,” Panetta said. “It has taken him to every corner of the globe and to almost every level of command from fighter squadron to commander of the mighty [U.S.] 7th Fleet and now the Pacific Command.”

Panetta characterized Willard as “a proven and very effective leader” who also spent time at the Pentagon serving on the joint staff.

“He’s a brilliant and accomplished military offi-



U.S. Navy Photo by MC2 Daniel Barker

cer,” Panetta said of Willard. “He always offers very deep strategic insights into the most pressing security challenges. And his very plain spoken manner has made him an outstanding leader here in the Asia-Pacific.”

Panetta noted the critical need to maintain a presence in the Asia-Pacific theater. “This is an extremely important theater,” he said. “And this is a pivotal moment in history when

America’s future, in many ways, depends on the peace and prosperity of this very vital region.”

Dempsey added his perspective of PACOM’s important role.

“This is no ordinary change of command,” he said. “With the strategic sweep from the west coast of Bob’s home state of California to the west coast of India, U.S. Pacific Command’s responsibility

encompasses almost half of the earth’s surface and half of the world’s population.”

“It’s also deeply intertwined with our nation’s destiny in this 21st century, a fact that we made clear in our recently released emerging defense strategy,” the chairman added.

Dempsey praised Willard’s leadership since the admiral took command of PACOM in 2009.

“For almost three years,

Bob and his 330,000 teammates nobly represented our nation’s prestige with 36 of the most vibrant nations in the world,” he said. “He epitomizes credible leadership.”

“He is rock solid, unflappable and, as I mentioned earlier, humble, all balanced with a touch of California cool that you’d expect from a great fighter pilot,” Dempsey added.

“The good news is we’re placing this command in the

hands of another extraordinary couple, Sam and Pam Locklear,” Dempsey continued. “Sam, your record for the Navy speaks for itself. And your leadership in Europe, most recently, expertly working with our NATO partners, advanced our efforts to help the people of Libya turn a new and more promising page in their history.”

Panetta pointed to a crucial time in the Pacific and the need for a strong leader.

“I can’t think of a more critical time when the nation needs the very best, the very best in military experience, military leadership and military advice to be able to confront the challenges and the threats that we face in the world today,” he said.

Dempsey said a “new and promising chapter” awaits the new PACOM commander as focus shifts to the Pacific region.

“This may sound daunting, but I know the men and women of PACOM are ready for whatever challenges they may face,” he said.

“I can’t think of a better couple to lead them than the Locklears,” Dempsey added. “You two have my complete trust, confidence and support.”

(See additional photo on page A-5)

Joint Chiefs Chairman holds town hall with Airmen, Sailors at JBPHH

Story and photo by
MC3 Dustin W. Sisco

Navy Public Affairs
Support Element West Det
Hawaii

Gen. Martin Dempsey, the 18th chairman of the Joint Chiefs of Staff, held a town hall meeting at the Hickam Officer’s Club at Joint Base Pearl Harbor-Hickam (JBPHH) on March 9.

The event was held as a way for Sailors and Airmen to personally ask Dempsey questions concerning current events.

After being introduced by Capt. Jeffrey James, commander of JBPHH, Dempsey began his opening remarks.

“When we’re back there

being asked all these questions about, ‘Can you do this, can you do that,’ what we know at the other end of these decisions that four stars like me, Gen. North, the Chief of Naval Operations and Chief of Staff of the Air Force make, is that it’ll get done,” Dempsey said. “And it’ll get done because of you. So you just need to know how much confidence we have in you.”

The floor was opened up for questions once the chairman finished his introductory speech, it was followed by a press conference in which Dempsey discussed current events.

Among the topics discussed was the situation in Syria and how the military plans to get involved. “The question is not ‘can we do it’ ... it’s should we,” Dempsey



The 18th Chairman of the Joint Chiefs of Staff, Gen. Martin Dempsey, speaks to Sailors and Airmen at a town hall meeting at the Hickam Officer’s Club at Joint Base Pearl Harbor-Hickam. The meeting was held as a way for service members to personally ask Dempsey questions concerning current events.

said. “The United States military is the most capable military force on the face of the planet. In my personal opinion, we are always better when we operate with a coalition.”

After the meeting, Dempsey expressed how he felt about talking with the Sailors and Airmen at JBPHH.

“I’m proud to say that they asked some spectacularly hard questions about tough issues our military is addressing, such as the future defense budget, instability in Syria, military retirement and health care, and the growing role of cyber,” Dempsey said. “We had a great conversation, and I appreciate their thoughtfulness and candor of their questions.”

SECDEF visits Arizona Memorial

Adm. Cecil Haney, commander of U.S. Pacific Fleet, and Secretary of Defense Leon Panetta prepare for a moment of silence during a wreath-laying ceremony at the USS Arizona Memorial on March 9. They later discussed the cultural and historic importance of Pearl Harbor. Panetta was in Hawaii to participate in U.S. Pacific Command’s change of command ceremony.

U.S. Navy photos by MC2 David Kolmel



Women’s leadership panel to be held March 20 at theater

A women’s leadership panel in honor of Women’s History Month will take place from 11 to 12:30 p.m. March 20 at the Joint Base Pearl Harbor-Hickam Memorial Theater.

Panel guests include Rear Adm.

Katherine Gregory, Naval Facilities Engineering Command, Pacific; Lt. Cmdr. Kyle Vernon, Personnel Support Detachment Pearl Harbor; Command Master Chief Patricia Roebuck, Commander Naval Surface Group

Middle Pacific; Chief Master Sgt. Lisa Jayne, 15th Medical Group, 15th Wing; and Lorrie Kresge, US Air Force Academy Graduate, class of 1980.

The event is open to all military and civilian personnel. Panel

members will reflect on the past and provide insight for the future. The theme is “Women’s Education, Women’s Empowerment.”

This is a brown bag lunch event and all attendees are invited to bring something to eat. Food and

drink are allowed in the theater.

For more information, call LSC (AW/SW) Ebony Pinnock at 473-8000, ext. 5510 or email ebony.pinnock@navy.mil or call 1st Lt. Kathleen Eisenbrey at 448-6141.



CNSG MIDPAC ships receive back-to-back Green ‘H’ awards
See page A-2



Joint base celebrates Women’s History Month
See page A-2



Cope Tiger trilateral exercise in full swing
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Verrastro assumes helm of NAV-SUP FLCPH
See page A-7



Fourteen-year-old baller wins 3-point shootout
See page B-1



New A-3D Skywarrior makes final landing at PAM
See page B-4

CNSG MIDPAC ships receive back-to-back Green ‘H’ awards

Story and photo by
MC2 (SW) Mark Logico

Navy Region Hawaii Public
Affairs

Rear Adm. Frank Ponds, commander of Naval Surface Group Middle Pacific (CNSG MIDPAC) and Navy Region Hawaii, announced that all 11 of CNSG MIDPAC's Hawaii-based Navy surface ships received the 2011 Force Health and Wellness Award, or the Green “H.”

According to Ponds, this is the second year in a row that all the ships that are part of MIDPAC and Destroyer Squadron 31 received the award.

“You represent one of only two fleet concentration areas to have 100 percent of all units assigned achieve the award in back-to-back years,” Ponds said. “A spe-



Hospital Corpsman 1st Class (SW) William Triplett and Hospital Corpsman Elliot Long check on the leg of a shipmate aboard USS Port Royal (CG 73). Commander, Naval Surface Group Middle Pacific announced that all 11 of its ships, including Port Royal, received the 2011 Force Health Wellness Award, or the “Green H.”

cial mention goes out to 13th consecutive awards. What a splendid example for all to aspire.”

The purpose of the Green “H” unit award is to recognize shipboard Sailors who

demonstrate their dedication to helping shipmates make constructive changes in their life by conducting activities like cardiopulmonary resuscitation training, smoking cessation courses, regular health fairs, fitness sessions and education on healthy living.

Hospital Corpsman 1st Class (SW) William Triplett, who is assigned to the guided-missile cruiser USS Port Royal (CG 73), said that medical played a small part in attaining the Green “H” award. He said that training, the fitness program, and the drug and alcohol program played a huge role in making it happen.

“It’s really nice when the programs that we work on come together and culminate into these awards,” Triplett said. “It’s nice to see all the hard work we put

in actually pay off.”

The ships under CNSG MIDPAC include USS Chafee (DDG 90), USS Chosin (DDG 65), USS Chung-Hoon (DDG 93), USS Crommelin (FFG 37), USS Hopper (DDG 70), USS Lake Erie (CG 70), USS O’kane (DDG 77), USS Paul Hamilton (DDG 60), USS Port Royal (CG 73), USS Reuben James (FFG 57) and USS Russell (DDG 59).

The qualifying period for this award was from Jan. 1 to Dec. 31, 2011. Ships that receive the COMNAVSURFOR Force Health and Wellness award can paint a Green “H” on the ship’s bridge wing. Hash marks are painted below the “H” to indicate sequential awards.

Commands that are awarded the Green “H” five consecutive times are authorized to paint a green star above the Green “H.”

Joint base celebrates Women’s History with inspiring speaker

Story and photo by
MC2 Tiarra Fulgham

Navy Public Affairs
Support Element West
Detachment Hawaii

U.S. military service members and Department of Defense civilians attended the annual celebration of Women’s History Month at the Pearl Harbor Memorial Chapel at Joint Base Pearl Harbor-Hickam (JBPHH) on March 9.

This year marks the 25th annual observance at Pearl Harbor. The theme for this year is “Women’s Education, Women’s Empowerment.”

Capt. Larry Scruggs, chief staff officer for JBPHH, started the event by saying, “Take a few moments, minutes every day this month, and think about a woman that has made a difference in your life ... what the women

have done to empower us and our nation.”

Beth Terry, president of Beth Terry Seminars Inc. from Phoenix, was the guest speaker. Her program topic was “Thinking about Thinking,” based on her latest book, with a checklist for critical thinking and decision making. Terry spoke about how to encourage people to think better about themselves and their surroundings in order to start thinking differently so their lives will improve.

Terry said she wanted women to walk away from her speech and be able to “be empowered, to think for themselves, to stand on their own two feet, and celebrate who they are and how they are and where they are.”

“I thought she was very inspiring and empowering. She had a lot to say about us reevaluating how



Guest speaker Beth Terry demonstrates with U.S. Navy Sailors how energy is transferred between humans. Terry was this year’s Women’s History Month speaker March 9 at the Pearl Harbor Memorial Chapel at Joint Base Pearl Harbor-Hickam.

we think, and it gave me a lot to think about,” said Jennifer Kehe, who attended the event.

The event was not only focused on celebrating

women, but also focused on the men who support empowerment of women.

Terry was president of Pacific Rims Seminars of Hawaii for 17 years and was later president of the National Speakers Association (NSA) in Arizona in 2005-2006. She received the highest designation in the NSA, the certified speaker professional. Of the approximately 700 awardees, fewer than 250 are women.

This year marks the 34th observance of women’s history in the United States. It began as “Women’s History Week” in 1978 and later changed to cover an entire month in 1987. National Women’s History Month provides an opportunity to educate the general public about the significant roles of women in American history and contemporary society.

Commentary

Women's History Month 2012: Navy milestones

Rear Adm. Frank Ponds

Commander, Navy Region Hawaii and Naval Surface Group Middle Pacific

"Women's Education – Women's Empowerment" is the 2012 theme for Women's History Month, celebrated throughout March. It is an opportunity to reflect on the milestones women have achieved in the Navy.

Beginning in the American Revolution and continuing through the

War of 1812 and Civil War, women have played critical roles in support of Navy missions. In 1908, the Navy Nurse Corps was officially established. Women's roles in the Navy were expanded throughout the 20th century in World Wars I and II and in the Korean and Vietnam wars, and in 1994 women began serving aboard combatant ships and piloting combat aircraft.

Today, women are serving in current conflicts in Afghanistan and

Iraq, and as recent as November of 2011, the Navy started to train and integrate women for service aboard U.S. Navy submarines. These are firsts—but definitely not last—as we continue to seek out opportunities for women to serve our country within our ranks. Today, nearly 65,000 active duty and reserve women serve in our Navy.

Among the more than one dozen Navy ships named in honor of women, three are gray-

hull destroyers. USS Higbee (DD-806), a Gearing-class destroyer, was named for Lenah S. Higbee, who served as superintendent of the Navy Nurse Corps 100 years ago, from 1911 to 1922.

One of our own MID-PAC guided-missile destroyers homeported here at Joint Base Pearl Harbor-Hickam, USS Hopper (DDG 70), is named for Rear Adm. Grace Hopper, computer technology pioneer for the nation. Another

Arleigh Burke-class guided-missile destroyer, USS Roosevelt (DDG 80), is named for both President Franklin Delano Roosevelt and First Lady Eleanor Roosevelt, a woman who championed quality of life issues of military service members, families and veterans.

A number of island-wide events are being held to commemorate women's contributions to our Navy. On Tuesday, March 20, Rear Adm. Kate Gregory, comman-

der, Naval Facilities Engineering Command Pacific, will lead a Women's History Month Leadership Panel at the joint base's Hickam Memorial Theater. This is a great opportunity to discuss the issues and challenges and share our strategies for the future.

Taking a moment to pause and reflect on the milestones women have achieved and their unique contributions is a fitting tribute as we continue our journey. Mahalo and aloha.

USS Cheyenne commander visits ROTC students

MC2 Ronald Gutridge

Commander Submarine Force U.S. Pacific Fleet Public Affairs Office

The commanding officer and select crew members of the Los Angeles-class submarine USS Cheyenne (SSN 773) visited several colleges Feb. 29 to March 9, speaking to Recruit Officer Training Corps (ROTC) students about the opportunities available to them in the U.S. Navy's submarine force.

Over the course of several days, Cmdr. Gary Rogeness, commanding officer of Cheyenne, Senior Chief Electronics Technician (SS) Michael Hinkle, chief of the boat, and Lt.j.g. John Russell visited Prairie View A&M, located at Prairie View, Texas, Rice University in Houston, University of Colorado, at Boulder, Colo. and Iowa State University at Ames, Iowa.

During the visits, Rogeness spoke about life as a submariner, career progression and the current status of the submarine force.

"It was a great opportunity to interact with a large group



U.S. Navy photo

Cmdr. Gary Rogeness, commanding officer of the Los Angeles-class submarine USS Cheyenne (SSN 773) (right), presents a laser engraved wooden plate commemorating Cheyenne's 2011 western Pacific deployment to Rufino Lopez, a student at Rice University's Reserve Officer Training Corps (ROTC), following an informal question and answer session March 1 on the submarine force.

of midshipmen" Rogeness said. "We brought the fleet to these future leaders and gave them a glimpse of what the submarine force has to offer them in terms of personal

development and job satisfaction when accomplishing a difficult assignment."

Hinkle spoke about life as a junior officer aboard a fast attack submarine and their

contribution to the overall mission. Russell shared his views on the qualities necessary to be a successful and productive division officer in the submarine force and how junior officers should take advantage of the experience the senior enlisted can bring to their development.

At the conclusion of each visit, Rogeness recognized several outstanding students by presenting tokens of appreciation which included USS Cheyenne 15th anniversary coins, plaques and commemorative plates.

Rogeness, Russell and Hinkle finished their trip by visiting Cheyenne, Wyo., the submarine's namesake city. While there, they addressed the state senate, met with several state officials and provided a short synopsis of Cheyenne's last deployment.

"The city of Cheyenne has always been extremely supportive and had a fantastic relationship with the ship's crew," Rogeness said. "It was wonderful to visit our namesake city to update them on how their Sailors are doing and see how proud they are to have USS Cheyenne represent their city."

U.S. Naval Academy Women's Glee Club to perform tonight

AME1 (AW) Calori Mullins

Navy Region Hawaii Public Affairs

A concert by the U.S. Naval Academy (USNA) Women's Glee Club themed "A Salute to America's Heroes," is scheduled 7:30 p.m. tonight at the Cathedral of St. Andrew, located at 229 Queen Emma Square.

The performance is free. The doors will open 30 minutes prior to the presentation.

Pearl Harbor survivor Sterling Cale, accompanied by his daughter and granddaughter, were among those in attendance for the U.S. Naval Academy Women's Glee Club's previous performance aboard the USS Arizona Memorial on March 13.

The presentation was part of a remembrance tour coordinated by Joint Base Pearl Harbor-Hickam during the glee club's visit to Hawaii over their 10-day spring break tour. A performance was also held March 15 at First United Methodist Church.

For more information on USNA Women's Glee Club, visit www.usna.edu/music.

(See next week's Ho'okele for complete coverage of the USNA Women's Glee Club's performance aboard the USS Arizona Memorial.)

Diverse Views



What are you doing to help support energy conservation in your home and office?



Hospital Corpsman 2nd Class (SW) Ashley Michelle Kelly
USS Port Royal (CG 73)

"We just got new bicycles so we don't have to use our cars as much. During the daytime we open up the windows as opposed to turning on the air conditioner. We turn on the fans and let the breeze pass through."

Master Sgt. Gary James
647th Force Support Squadron



"Ensure lights and A/C are turned off when not in office or home, as well as unplug appliances not regularly used."



Cryptologic Technician (Technical) Seaman Holly Natale
USS Port Royal (CG 73)

"We turn off the water supply to any of our hoses when we are not using them in the deep sink in the galley."

Senior Master Sgt. Matt Nugent
25th Air Support Operations Squadron



"Disconnected appliances, excess items like TVs, games, to reduce cost at home. We saved \$160 in a month. Ensure lights not being used are turned off, incorporated end-of-day checklist to ensure this is done at work."



Gas Turbine Systems Technician (Electrical) Fireman Aubree Lee
USS Port Royal (CG 73)

"I turn off the lights when I leave the room. If I see the lights are on I turn it off."

(Provided by MC2 (SW) Mark Logico and David Underwood Jr.)

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

Chase of the Constitution took place during War of 1812



Photo courtesy of the U.S. Navy Art Collection, Washington, D.C., U.S. Naval Historical Center photograph

This painting by Anton Otto Fischer depicts the boats of USS Constitution, towing her in a calm, while she was being pursued by a squadron of British warships on July 18, 1812. This year is the bicentennial of the War of 1812.

HO'OKELE

PEARL HARBOR - HICKAM NEWS

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Cope Tiger trilateral exercise in full swing

Capt. David Herndon

Cope Tiger Public Affairs

KORAT ROYAL THAI AIR FORCE BASE, Thailand -- Readiness and continued development of multilateral interoperability remains a key priority for allies and partners participating in Cope Tiger 12, a field-training and large-force air employment exercise that began here March 12.

During the two-week exercise, more than 1,600 combined service members and civilians from the U.S., Thailand and Republic of Singapore aim to enhance cooperative relationships and improve procedures in airpower.

“This is the 18th time our nations have participated in a single, multinational exercise together,” said Col. Marc Caudill, Cope Tiger U.S. exercise director and wing commander. “Our cooperation will not only ensure regional security and stability, but also provide our aircrews and personnel an opportunity to gain valuable insights and build long-lasting-relationships that will benefit all nations in this region.”

The colonel explained that the exercise will enable the U.S., Thailand and Singapore to better



U.S. Air Force photo by Capt David Herndon

Maintenance Airmen from the Florida Air National Guard's 125th Fighter Wing conduct a hot wash a recent launch of F-15 Eagles at Korat Royal Thai Air Force Base, Thailand on March 12. The Airmen are with more than 1,600 personnel participating in Cope Tiger 2012, a large-force air employment trilateral exercise between the Royal Thai Air Force, Republic of Singapore Air Force and U.S. Air Force.

respond to a full spectrum of crises, from humanitarian and disaster response, to potential regional security threats.

“We’re all learning how to better operate in a combined and joint environment through robust air

operations,” the colonel said. “The U.S. has maintained close relationships with both Thailand and Singapore for many years, and Cope Tiger demonstrates resolve and commitment to regional peace and stability by our nations.”

The exercise includes a total of 92 aircraft and 34 air defense units. U.S. aircraft include the C-130 Hercules, A-10 Thunderbolt II, C-17 Globemaster III and F-15 Eagle with units from Joint Base Pearl Harbor-Hickam, Hawaii; Joint

Base Elemendorf-Richardson Alaska; Osan Air Base, Korea; Yokota Air Base, Japan; and the Florida Air National Guard.

“What we have here are total force Airmen enabling our three nations’ interest in fostering relationships that are beneficial to regional peace and stability,” Caudill said. “We are elated that this year we can rely on the combat skill and precision of the Florida Air National Guard’s 159th Fighter Squadron to help further our combined capabilities.”

Five major types of training will be conducted during the exercise: dissimilar basic fighting maneuver training, dissimilar air combat tactics training, close air support training, tactical airdrop training, and large force employment training. Forces will also exercise electronic warfare, tactical airlift, search and rescue procedures, mission planning, and in-flight interoperability.

Exercise Cope Tiger aims to reinforce the U.S. commitment to the Asia-Pacific region, and demonstrates U.S. capabilities to project combined and joint forces strategically in a multi-lateral environment. The exercise concludes March 23.

Washington Women’s Leadership Symposium focuses on women’s role

Senior Airman Christina Brownlow

Air Force Public Affairs

WASHINGTON (AFNS) - Air Force leaders emphasized the importance of women’s role in the military at the 2012 Joint Women’s Leadership Symposium on March 6.

The Air Force keynote speakers were Lt. Gen. Janet C. Wolfenbarger, office of the assistant secretary of the Air Force for acquisition military deputy, and Maj. Gen. Margaret H. Woodward, 17th Air Force commander.

Wolfenbarger and Woodward shared their



U.S. Air Force graphic by Corey Parrish

thoughts on women who serve in the military to a crowd of approximately 150 Airmen and civilians during the service-specific breakout sessions. Both generals

enjoy status as pioneers among women in the Air Force. While Wolfenbarger was recently nominated to become the Air Force’s first female four-star general,

Woodward became the first woman to lead an air campaign in 2011 during Operation Odyssey Dawn.

“The women that are in our Air Force today are hungry for the opportunity to get together and have a chance to talk to others who have come before them and talk peer to peer,” Wolfenbarger said.

Before last year’s symposium, she thought this would single out women because of their gender and not for working hard and accomplishing the mission. Wolfenbarger realized the annual event actually serves as an encouragement to women to help retain women in the military.

Woodward also provided

encouragement, drawing upon her experience in leadership roles to praise the women serving in today’s Air Force.

“You are part of the most admired institution in America and are recognized throughout the world as Airmen of extraordinary integrity, service and professional excellence,” she said. “I’ve seen you in every corner of the planet defending America’s vital national interests.”

Women have to balance their responsibilities in the service with those of life and family, Woodward said.

Difficult decisions such as being geographically separated due to mission requirements were among

the challenges Woodward and her husband, who is a retired brigadier general, faced.

“We love the Air Force, we love serving in it and we love each other, so we had to make choices that a lot of people thought were stupid choices,” Woodward said.

Every Airman will be called on to make sacrifices at some point, Woodward explained, elaborating on a key message she delivered to the symposium. Ultimately, success and successful leadership are based on trust. This means courage and integrity.

“Always be true to yourselves,” Woodward said. “Be yourself and be confident in who you are.”

Pearl Harbor-Hickam*Highlights*

U. S. Navy Adm. Robert Willard salutes during a change of command and retirement ceremony at Camp H.M. Smith featuring guest speakers, Secretary of Defense Leon Panetta and Chairman of the Joint Chiefs of Staff Gen. Martin Dempsey. Willard was relieved by Adm. Samuel Locklear III, the incoming commander of U.S. Pacific Command.

U.S. Navy photo by MC2 Daniel Barker



(Right) SEALs and divers from SEAL Delivery Vehicle Team (SDVT) 1 swim back to the guided-missile submarine USS Michigan (SSGN 727) during an exercise for certification on SEAL delivery vehicle operations in the southern Pacific Ocean. The exercises educate operators and divers on the techniques and procedures related to the delivery vehicle and its operations.

U.S. Navy photo by MC3 Kristopher Kirsop



Gen. Jung Seung-Jo, chairman of the Republic of Korea Joint Chiefs of Staff, and Cmdr. Justin A. Kubu, commanding officer of the guided-missile destroyer USS Chafee (DDG 90), discuss exercise Foal Eagle 2012 aboard Chafee. Foal Eagle is a bilateral series of annual, defense-driven training events intended to increase readiness, protect the region, and maintain stability on the Korean peninsula. Chafee is homeported at Joint Base Pearl Harbor-Hickam.

U.S. Navy photo by Ensign Melissa Pelosi

The U.S. Pacific Fleet marching band participates in the 18th annual Honolulu Festival Parade. The parade is the culmination of a three-day cultural event that makes up the Honolulu Festival, which helps to promote understanding, economic cooperation and ethnic harmony among the people of Hawaii and the Pacific Rim region.

U.S. Navy photo by MU2 Selina Gentkowski





U.S. Navy photo by Denise Emsley

Customers participating in the 2nd Electronic Recycling Event in February 2011 deliver a large cache of old computer equipment, taking advantage of not having to truck the items out to Kalaeloa themselves. The equipment is properly documented and with all drives clear of media and hard drive cleaned or removed as required.

NAVFAC Hawaii will host third Electronic Device Recycling Event at JBPHH

Naval Facilities Engineering Command Hawaii Public Affairs

Naval Facilities Engineering Command Hawaii will host the third Electronic Device Recycling Event at Joint Base Pearl Harbor-Hickam (JBPHH) from 8 a.m. to noon March 29.

All Department of Defense commands and tenants at Joint Base Pearl Harbor-Hickam are invited to drop off government-owned items such as answering machines, camcorders, CD/DVD players, cell phones, computers (laptop or desktop), copiers (desktop), modems, monitors, printers (desktop), radios (AM/FM), remotes, scanners, stereos, tape players, telephones, TVs typewriters, VCRs, microwave ovens and word processors.

No personal property, NMCI computers or hazardous waste will be accepted.

All eligible items must be accompanied with the completed DD Form 1348.1A, which must include the correct DoDaac or Unit Identification Code (UIC) for the organization turning in the item(s) before being accepted. To access this form, visit <https://www.dispositionservices.dla.mil/tu>

[rn-in/usable/dd1348-1a.pdf](http://www.dla.mil/in-usable/dd1348-1a.pdf).

Command personnel interested in turning in any of the above government material at this recycling event should check with their internal property managers to make certain all internal paperwork managing command assets is completed.

The event will be held between buildings 1722 and 1370 near Ward Field. Turn off North Avenue onto Battleship Drive (a road between Ward Field and Club Pearl). Drive straight toward the back area of Bloch Arena. Signs will be posted along the way to guide you to the event.

For more information on procedures for turning in equipment to Defense Logistics Agency Disposition Services (DLADS), go to <http://bit.ly/yEQwu2>. For specific information about this event or questions on the documents required, call DLA DS Valentine O’Callaghan (471-8870) valentine.ocallaghan@dlamail / Jeanne Besas (474-0319) jeanne.besas@dlamail / Dan Daniels (474-0319) dan.daniels@dlamail or NAVFAC Hawaii Environmental Fran Pena (474-2446) francisco.pena@navymail / Charlene Higuchi (474-9207) charlene.higuchi@navymail.

Department of Defense releases road map to transform energy use in military operations

U.S. Department of Defense

Office of the Assistant Secretary of Defense Public Affairs

The Department of Defense recently released the operational energy strategy implementation plan. The plan establishes seven specific targets and associated near-term activities keyed to the goals of the operational energy strategy, which was released in June 2011. Together, the strategy and implementation plan found at <http://energy.defense.gov> will serve as a road map to transform the way the Department of Defense uses energy in military operations.

“Smart use of energy can be a strategic advantage for the U.S. military against our adversaries. As we continue

to invest in the best military force to defend America today and tomorrow, I want the department to harness the best energy innovations at all levels, from the individual warfighter to the largest installation, to enhance our operational effectiveness and deliver more bang for the buck,” said Secretary of Defense Leon E. Panetta.

To oversee the execution of these efforts, Panetta has directed Sharon E. Burke, the assistant secretary of defense for operational energy plans and programs, to co-lead a defense operational energy board with a designee of the chairman of the Joint Chiefs of Staff. The chairman has designated the director for logistics, Lt. Gen. Brooks Bash.

“By building energy considerations into the department’s processes, including

the way we buy equipment and value energy when employing the force, we can improve our warfighting ability while lowering risks and costs for military missions,” Burke said.

The department has already made significant combat energy improvements. In Afghanistan, U.S. forces have fielded improved generators, microgrids, energy-efficient shelters, air conditioners, and tactical solar to reduce fuel use on the battlefield and cut the number of fuel convoys vulnerable to attack.

At sea, the Navy has deployed shipboard hybrid-electric drives, stern flaps and hull and propeller coatings to improve efficiency. By optimizing flight patterns, routing and cargo loading, the Air Force will avoid \$500 million in fuel costs in the next five years.

JBPHH to hold installation-wide cleanup today

Joint Base Pearl Harbor-Hickam

Joint Base Pearl Harbor-Hickam (JBPHH) will host an installation wide cleanup from 8 to 11 a.m. today. The theme is “storm damage cleanup.”

All tenants are expected to participate. Commands can do their part by conducting general cleanup and maintenance of their respective areas. Commands should concentrate on high-visibility areas such as building entrances, waterfront/shoreline debris removal, window washing, parking areas, roadway borders, sidewalks and areas around the facilities that offer high return in improving the appearance of the installation.

Inside facilities, inspect all hazmat lockers, clean out all storerooms, coffee messes and common areas.

Commands are expected to clean assigned parking lots and barracks where their personnel reside.

Commands can submit beautification pro-

jects in the vicinity of their respective facilities that are beyond their capability.

The JBPHH First Lieutenant will accept requests for the use of landscaping equipment, personal protective equipment, debris removal equipment, and painting or cleaning supplies.

JBPHH requests commands to consider adopting high visibility areas such as installation entry control points, roadways and waterfront/shorelines.

These areas will be maintained by the adopting command for future basewide cleanups.

Commands that are unable to adopt areas can support by providing personnel to man First Lieutenant team projects. Team projects also will concentrate on areas such as sign cleaning, storm drain labeling and fence maintenance.

For more information, call CWO3 Carlos Choto at 255-7131 or email carlos.choto@navymail.



Capt. Paul Verrastro, incoming commanding officer of Naval Supply Systems Command (NAVSUP) Fleet Logistics Center Pearl Harbor, walks through the sideboys during the change of command event March 12 at Kilo 8 Pier at Joint Base Pearl Harbor-Hickam.

Verrastro assumes helm of NAVSUP FLCPH

Story and photo by
Jim Murray

Naval Supply Systems Command Fleet Logistics Center Pearl Harbor

In a change of command ceremony held March 12 at Kilo 8 Pier at Joint Base Pearl Harbor-Hickam, Capt. Paul Verrastro relieved Capt. John Polowczyk as the commanding officer of Naval Supply Systems Command (NAVSUP) Fleet Logistics Center Pearl Harbor.

Rear Adm. Mark Heinrich, commander of Naval Supply Systems Command and chief of Supply Corps, presided over the ceremony.

Polowczyk, a Naval Academy graduate who took the helm of NAVSUP FLCPH on July 1, 2010, is bound for Norfolk, Va. where he will be the comptroller of U.S. Fleet Forces. During his 20 months at the helm, the command encountered some of its most pressing challenges in decades, including one that markedly changed its organizational structure – joint basing.

“Joint basing entailed far more than simply having the NAVFAC folks change

the signs on our buildings,” said Polowczyk in his farewell remarks. “Stripped down, it was all about meeting our mission in a more cost-effective and efficient manner. It was not an easy tasking, and it was due only to the tireless work of many people – military and civilian, Air Force and Navy – that the road blocks that had once appeared insurmountable were dismantled. I’m proud to say that on Oct. 1, 2010, everyone’s hard work came to fruition when we achieved full operational capability.”

Originally from Saugerties, N.Y., Verrastro was assigned previously as the director of aviation operations at NAVSUP Weapons System Support in Philadelphia. He earned his bachelor’s degree from the State University of New York at Albany and his master’s degree from the Naval Postgraduate School.

Verrastro’s sea tours include the battleship USS New Jersey (BB 62), supply officer on the destroyer USS Chandler (DDG 996) and supply officer on the aircraft carrier USS John C. Stennis (CVN 74). During his Stennis tour, the ship won all five supply service awards as well as the Supply Blue “E” for logistics excellence.



In the Spotlight

Personnel from the 15th Medical Group at Pacific Air Forces (PACAF) at Joint Base Pearl Harbor-Hickam (JBPHH) were winners of the 2011 Air Force Medical Service Annual Awards.

The 15th Medical Support Squadron, Resource Management Flight (MDSS/SGSR) at JBPHH won the outstanding resource management team award.

The 15th Medical Group was the winner of the USAF Biomedical Scientist (BSC) Category I Team of the Year. The team included Lt. Col. Rene Chadwell, Maj. Paul Becker, Maj. Tirsit Brooks, Maj. Jaime Okamura, Maj. Vina “Liz” Howarth, Maj. Allison Rogers, Maj. Ed Walters, Maj. Aaron Weaver, Capt. Raymond Bouchard, Capt. Alfred “Alfie” Felipe, Capt. Aspen Heger, Capt. Julie Kena, Capt. Jeff Mann, Capt. Lloyd Scharfenstine and 1st Lt. Kathleen “Kat” Eisenbrey.

2011 Annual Wing Level Awards

The following individuals earned 2011 Annual Wing level awards

for the 15th Wing:

Senior Non-Commissioned Officer (NCO) – Senior Master Sgt. Michelle Rootes

Non-Commissioned Officer (NCO) – Tech. Sgt. Melvin Morena
Team - Mental Health Flight

2011 Annual Group Level Awards

The following individuals earned 2011 Annual Group level awards for the 15th Medical Group:

Field Grade Officer (FGO) – Maj.

Jaime Okamura

Company Grade Officer (CGO) –

Capt. Aspen Heger

Senior Non-Commissioned Officer

(NCO) – Senior Master Sgt. Michelle Rootes

Non-Commissioned Officer (NCO) – Tech. Sgt. Melvin Morena

Airman – Airman 1st Class Erin

Woolley

Volunteer - 1st Lt. Kathleen “Kat”

Eisenbrey

Civilian – Danille Sincoff

Civilian Category II – Victoria Lia

Team - Mental Health Flight



This week in
USAF & PACAF
History

Charles Nicholls

PACAF historian

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

The 9.0 quake near Sendai was the fourth largest ever recorded and generated a 30-foot tsunami that devastated coastal areas. The tragic loss of life and extensive destruction

included partial meltdowns and explosions at the Fukushima Daiichi Nuclear Power Plant. On March 12, MC-130s and HH-60s deployed from Kadena Air Base, Okinawa to Yokota Air Base. Yokota was already providing food and shelter for 500 passengers from two commercial airline flights that diverted there after Tokyo’s Narita Airport was shut down. Also, C-17s from Joint Base Elmendorf-Richardson, Alaska and Joint Base Pearl Harbor-Hickam, Hawaii flew support missions.

On March 13, the 374th Airlift Wing at Yokota began

supporting aerial reconnaissance and radiation measurement at Fukushima and other locations in Japan. U.S. forces began providing pumping trucks, firefighting vehicles and suits for Japanese use at Fukushima. A C-130 also flew into Yamagata with an R-11 fuel truck. On March 16, an MC-130H was the first fixed-wing aircraft to land at Sendai Airport since the quake. Members of the 320th Special Tactics Squadron (STS) helped to clear the runway and make it ready for other fixed-wing aircraft in the disaster relief operation.



U.S. Air Force Tech. Sgt. Ray Decker from the 320th STS at Kadena Air Base, Japan prepares his rucksack prior to boarding an MC-130P Combat Shadow aircraft at Yokota Air Base, Japan.

Fourteen-year-old baller wins 3-point shootout

Story and photos by
Randy Dela Cruz

Sports Editor

One week before the official start of "March Madness," hoop aficionados from Joint Base Pearl Harbor-Hickam converged on Hickam Fitness Center for a little insanity of their own by competing for the title of 3-point champion at the first Morale, Welfare and Recreation 3-point Shootout competition on March 10.

A total of 37 contestants, including two women, put their long-distance shooting to a test in a contest that required each shooter to hoist five balls from three different racks that were positioned beyond the three-point arch at the baselines and top of the key.

Sinking one of four regular-colored balls accounted for a single point, while knocking down a multicolored-red-white-and-blue ball gave a shooter two points.

Once the final tallies were totaled, 14-year-old Darrell Randolph Jr. stood head and shoulders about the men, while Christi Wetzel, a former collegiate player from Kentucky Christian University, out shot Melanie Brady to win the women's title.

First-place winners received a certificate, red-white-and-blue basketball and a fitness center coin.

Meanwhile, second-place shooters were presented with a certificate and coin, and a final certificate was handed out to the men's third-place finisher.

Although Randolph was among the youngest competitors at the event, the Radford High School freshman and player on the prep school's junior varsity squad showed that he was up to the much-older competition from the opening round.

Randolph advanced and qualified to each round by scoring seven points in two out of three rounds.

He also totaled eight points in another round, before reaching the finals against Senior Airman Travis Phelps and Airman 1st Class Jordan Hanks, who had

to win a sudden death round in order to reach the shoot-off.

"This actually felt pretty good," said Randolph about playing against the older competition. "At first, it seemed like a challenge, but then after that I started to feel confident. My dad always told me that, if you're a shooter, you should always be prepared."

In the men's final, Randolph started off with the shootaround with another seven-point performance, before handing the ball over to Hanks.

While Hanks tore through the first two racks to tie Randolph with seven points, the usually steady-handed shooter missed all of his five shots on the final rack to finish the round in a dead heat with the Radford student.

"I didn't find a good spot next to the rack, so I kept bumping my arm and throwing me off," said Hanks, who would have won the top prize by sinking just one of his final five shots. "That was on me."

With Randolph and Hanks already tied, Phelps needed seven points to stay in the contest, or eight to end it.

However, Phelps, who had previous rounds of eight, seven and eight, saw his run come to a halt, when he recorded three points in the final.

In the winner-take-all showdown, Hanks started off slow and never recovered, as he sank only two baskets for two points.

The small number seemed to put Randolph at ease, as the teenager pumped in his

first two shots to tie, and then went on to post his highest total of the day at 10.

"Right after that I felt like I was just shooting in the gym by myself," Randolph admitted. "I had faith in God that I could make it though this. After shooting the last couple of rounds with ties and everything, I was like, just let go and let God."

For the women, although Wetzel didn't have to face the amount of competition that met Randolph, she still managed to post one of the highest mark of the day.

In the second round, Wetzel seized hold of the women's title by throwing down 10 points to outdistance Brady by seven.

The former Lady Knight said that with only a couple of weeks practice prior to the shootout, she was surprised at how she shot the ball under pressure.

"I can't believe I got 10," she said. "The first time, I was really cold. That's the hardest part, but after you shoot a couple, I was like, I got this."



Lake Erie downs Crommelin in battle of runners-up

Story and photo by
Randy Dela Cruz

Sports Editor

USS Lake Erie (CG 70) unleashed a blistering man-to-man defense to pressure USS Crommelin (FFG 37) into submission and earn a hard-fought 38-34 victory in an Afloat Division intramural basketball game at Bloch Arena, Joint Base Pearl Harbor-Hickam, on March 10.

Down by a score of 13-8 in the opening minutes of the first half, Lake Erie turned on their full-court press to go on a 10-0 run and set up an 18-16 lead going into halftime.

Another 10-0 run early in the second half put Lake Erie up for good en route to their sixth win against one defeat and sole possession of second place in the Afloat standings.

Both teams entered the show-down with 5-1 records and were only one game behind the division leaders Koa Kai from USS Chung-Hoon (DDG 93).

“Our team, we’re really good on being aggressive on defense,” Lake Erie head coach Logistics Specialist 1st Class Antoine Niblett said. “Basically, we recognized that we needed to be more aggressive, when they (Crommelin) crossed half court. When we did that, we got a lot of turnovers. You got to work on offense, but our defense is really strong.”

Crommelin, which beat USS O’Kane (DDG 77) on March 3 in another battle of second-place teams, started off quickly against Lake Erie, but immediately wilted under their opponent’s press.

A basket-and-one by undesignated Airman Devin Ilae cut Crommelin’s lead to two at 13-11, before two free throws by Gas Turbine System Technician (Mechanical) 3rd Class Joe Frances tied the score at 13-13.

Frances broke the deadlock with a long three-pointer and center Boatswain’s Mate 2nd Class Chris Penn completed the 10-0 run with a basket to make it 18-13 just before intermission.

Although Crommelin fought back to tie the score at 18-18 on a



USS Lake Erie (CG 70) forward Information Systems Technician 3rd Class Lorenzo Nichols battles for a rebound against USS Crommelin (FFG 37) post-player Engineman Fireman Marcus Guffey (#34), while Gas Turbine System Technician (Mechanical) 2nd Class Martin Houston looks on during an Afloat Division intramural basketball game at Bloch Arena, Joint Base Pearl Harbor-Hickam, March 10.

trey by center Engineman Fireman Marcus Guffey and a basket by Boatswain’s Mate Seaman Apprentice Davon Saunders, the defense-minded Lake Erie helped stage the team’s second 10-0 run of the game, with Ilae capping off the streak with a steal and coast-to-coast drive to the basket for two.

“We’re able to lead an offensive player where we want to be on the court so we can do an effective trap,” said Niblett about the team’s numerous steals. “That’s our main goal. It’s really (about) position.”

Guffey, who was among Crommelin’s leading scorers with seven points, said that the team just wasn’t prepared to handle the heavy defensive pressure from Lake Erie.

“I think that with about 10 minutes into the first half, they (Lake Erie) really stepped up their zone (press),” Guffey noted. “We really hadn’t worked on breaking that zone. We definitely need to get more prepared for the games. We just got to work as a team and figure it out.”

While the loss dropped Crommelin down to third place in the Afloat Division, Guffey still believes that the team has what it takes to finish strong.

In comparing Crommelin’s last two games against upper-division squads, Guffey said that his team is more like the one that defeated O’Kane rather than the one that just lost to Lake Erie.

“I think that this week is more of a fluke than anything,” Guffey said. “I’d like to play them (Lake Erie) any day of the week, and we’ll beat them.”

Niblett said that although the Lake Erie has some things to work on, he’s pretty sure that the team will eventually reach the top of the division.

The coach pointed out that Lake Erie’s basketball team had to overcome a complete makeover in personnel and started off the new season minus the presence of a few star players.

“As a team, we’re about 85 percent there,” Niblett acknowledged. “This team should be No. 1 right now, but we were missing a lot of key players. They are all back now, so this should be a good turn of events.”

Weather Squadron licks playoff blues to beat Outkast

Story and photo by
Randy Dela Cruz

Sports Editor

With a record of 5-7 and only one week remaining in the regular season, the 17th Operational Weather Squadron (17 OWS) will be outside of the bubble, when the postseason rolls around on March 24.

Yet despite its record, the team's never-say-quit style of basketball was on full display as it held off a stubborn Outkast squad, 37-31, in a Gold Division matchup of also-rans at Hickam Fitness Center gym, Joint Base Pearl Harbor-Hickam, on March 13.

Outkast, which is the second team from the 561st Network Operation Squadron (561 NOS), has also struggled this season, even though they too have played hard against Gold Division rivals.

The loss to the 17 OWS dropped Outkast's record to 1-11. The team's lone victory took place on the first day of the season.

"We're just having fun out there," said 17 OWS guard Airman 1st Class Tony Oakley, who led his team against Outkast with nine points on four baskets and a free throw. "Previous games, we kind of played with a locked jaw. We're real tight and we'd see the clock turn on and get all nervous. Today, we just decided to go out there and have some fun. That was the thing that we've been missing."

Early on, both teams fought back and forth with the score being tied two times in the first few minutes of the game.

Then with the 17 OWS clinging to a 14-12 lead late in the first half, forward 2nd Lt. Mike Zelinsky scored on a basket-and-one with 7.2 left on the clock to give his team a 17-12 advantage at the break.

Following halftime, the 17 OWS went out ahead by a score of 19-12, but back-to-back three-point baskets by Airman Louis Hanson and Senior Airman Robert Young drew Outkast to within a point at 19-18.

Feeling the heat of Outkast breathing down their neck, the 17 OWS immediately responded with baskets from Oakley and Zelinsky to go up by a score of 23-18.

Moments later, a three-pointer from Outkast guard Staff Sgt. Randolph West shrunk the lead back to two at 23-21, but two three-



Forward 1st Lt. Jacob Dalrymple of the 17th Operational Weather Squadron (17 OWS) basketball team goes to the rim for a shot against Outkast in a Gold Division intramural game at Hickam Fitness Center gym, Joint Base Pearl Harbor-Hickam, March 13.

Gold Division standings (As of March 12, courtesy of MWR)		
	W	L
1. MXG	11	0
2. WILL FRANCIA	9	1
3. 647LRS/CODE 450	8	2
4. 561 NOS DET 1	7	3
5. NCTAMSPAC	7	3
6. FFRP BAD BOYS	6	4
7. CE BULLS	6	4
8. JPAC	6	4
9. 647 FSS	4	6
10. 17 OWS	4	7
11. CSS 1/3/7	3	9
12. 96 ARS	3	9
13. OUTKAST	1	10

pointers on successive trips down the floor from forward 17 OWS 1st Lt. Jacob Dalrymple may have stuck the dagger in his opponent's heart with 11:09 on the clock.

"Jacob is a big clutch player for us," Oakley said. "He's always good on threes, so we weren't too worried. As soon as we saw the ball in his hands, we knew he'd bring us home."

Although Outkast managed to cut the lead down to six points on two occasions before the final buzzer, the team just couldn't seem to come through with a big shot when it needed it – a pattern that has plagued the team all season long said Hanson.

"We came out and had an 11-point lead in one game and ended up losing by 20," said Hanson, who led all scorers with 15 points, which included four three-point goals. "We get fast starts, but can't maintain that."

While Hanson said that the season has been frustrating, he noted that the losses haven't kept his team from trying their best.

"It's pretty hard, but our main goal is to come out, play hard and give everybody some competition," Hanson stated. "If you're here, you don't want to lose. We're here to have fun, but there is no fun, when you're losing."

The same work ethic holds true for the 17 OWS Oakley said, even though his team will fall around two games short of making the playoffs.

"Some games, we've been off and some games we've been on," Oakley pointed out. "Luckily, we were on tonight."

Joint base to host 15th annual Ford Island Bridge Run

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation will host the 15th Annual Ford Island Bridge Run beginning at 7 a.m. April 7.

The 10K will start at the entrance of the Adm. Bernard "Chick" Clarey Bridge, contin-

ue across the bridge, around historic Ford Island, and back over the bridge, ending at Richardson Field.

The bridge will be closed from 6:50 to 7:05 a.m. April 7 due to the run. During the closure, there will not be an alternate route.

The entry fee is \$20 for military and their family members. Non-military pay \$25. All

entries must be submitted on or before March 19. Any entries postmarked after this date will cost \$30. Late entries will be accepted until April 6, but no entries will be accepted on the day of the run. The race is open to runners, walkers and strollers. No pets are allowed.

On the day of the run, limited free parking is available

at Rainbow Bay Marina. Additional parking is available at the Aloha Stadium overflow parking lot, which is located across from the finish line. Richardson Field will be open for spectators throughout the run.

Trophies will be awarded to first, second and third overall male finishers, overall female finishers, military male finishers, and military female finish-

ers. Koa bowls will be awarded to first, second and third finishers in the following age categories: Under 10, 10-14, 15-19, 20 -24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74 and 75-79 and 80 and older.

For more information on the run, call 473-0784, 473-2494 or 473-2437 or visit the website www.greatlifehawaii.com

Volunteers still accepted for whale count

Don Robbins

Assistant Editor

The Hawaiian Islands Humpback Whale National Marine Sanctuary is still accepting volunteers for the March 31 whale count, announced Christine L. Brammer, National Oceanic Atmospheric Administration (NOAA)'s programs specialist for the sanctuary.

Those interested in participating can go online at <http://sanctuaryoceancount.org> or can find out more at <http://hawaiihumpbackwhale.noaa.gov>.

General volunteers will be trained the morning of the count by site leaders who are assigned to the location, and volunteers will spend their morning recording specific behaviors, Brammer said.

Groups are welcome to register by completing a group application and

details are available online.

"There are now an estimated 12,000 humpback whales migrating to the Hawaiian Islands each year to mate, calve and nurse. This is believed to be the largest seasonal population of humpbacks in the world which makes Hawaii a truly unique place to watch whales," Brammer explained.

In addition, Information, Tickets and Travel offers whale-watching tours to see the giant winter visitors. Participants can choose from excursions covering different locations around the island, with some packages including meals. The unique opportunity is only offered during the annual humpback whale migration. Stop by or call any Joint Base Pearl Harbor-Hickam ITT office for details about the various packages and prices.

As an example of the ITT offerings, whale-

watching tours on the west side of the island of Oahu will take place from 12:15 to 3:45 p.m. Saturdays, March 17, 24 and 31 and Sunday, March 18. The tours will depart ITT-Hickam and they will cost \$40 for adults and \$35 for children ages 3 to 11. Bring your own towel in case of large splashes. The tours are limited to 30 passengers per date. For more information, call 448-2295.

Humpbacks are oceanic acrobats and can often be found jumping out of the water, breaching, slapping the water with their tails and fins, and blowing air out of one of their two blowholes. The name humpback describes the motion the whale makes as it arches its back out of the water in preparation for a dive.

Museum events will include Battle of Midway commemoration June 2 and 3

Pacific Aviation Museum Pearl Harbor

Upcoming events at Pacific Aviation Museum Pearl Harbor have been announced, including a Battle of Midway commemoration in June. They include:

- 10 a.m. to 4 p.m. March 31 –"Discover your Future in Aviation." The event is free with paid museum admission. Special discounts are available for school and scout groups. A career fair, interactive science exhibits, trade show, aviation demonstrations and seminars about the contributions men and women have made to aviation will be featured. The event is for students and anyone interested in aviation as a career, an opportunity to network and to meet aviation mentors. Enter to win avia-

tion prizes. Exhibitors are invited to participate.

- 1:30 to 3 p.m. May 19 – "Inside look at the Blackbird with and without a pilot" hangar talk by museum associate curator and aviation author Jim Goodall at museum education center. The event is free with paid museum admission.

- 10 a.m. to 2 p.m. May 28 — "Home of the Brave Quilt Project." The event is free with paid admission. See quilts being made and sign one that will be presented to the family of a fallen Hawaii Soldier.

- June 2 and 3 –The Battle of Midway commemoration. These events will mark the 70th anniversary of this "turning point in the Pacific" epic battle. It will include two days of speakers, panel discussions, and the dedication and unveiling of the museum's new

"Battle of Midway" exhibit. The events are free to active duty military service members with ID, museum members, and free with regular museum admission. Tickets are available online or at the Pearl Harbor Visitor Center. Go to SpecialEvents@PacificAviationMuseum.org. Events include a symposium from 9 a.m. to 4 p.m. both days. A "Battle of Midway" new exhibit opening and cocktail reception will be held from 5 to 7 p.m. June 2 at the museum's hangar 79. The museum's new interactive diorama will be dedicated to Fred L. Turner, former chairman and CEO of McDonald's Corp.

For more information on all museum events, call 441-1007. Tickets are available at PacificAviationMuseum.org

New A-3D Skywarrior makes final landing at PAM

Pacific Aviation Museum Pearl Harbor

An A-3D Skywarrior, also called the “whale” because of its immense size, arrived at Pacific Aviation Museum Pearl Harbor on March 7. It became the 30th aircraft to join the museum’s collection. It will be restored and put on display in hangar 79.

VIP guests viewed it at a special “Whale of an Evening” reception at the museum March 8.

On June 21, 2011, Raytheon flew Skywarrior #144867 from Van Nuys Airport, Van Nuys, Calif. to the North Island Naval Air Station in San Diego, Calif. On Feb. 3, 2012, the “Whale” started its journey to its next place in history at Pacific Aviation Museum, Ford



Photo courtesy of Pacific Aviation Museum

An A-3D Skywarrior, also called the “whale” because of its immense size, arrived at Pacific Aviation Museum Pearl Harbor on March 7. It became the 30th aircraft to join the museum’s growing collection.

Island. The USS Midway Museum assisted.

The Skywarriors were first used as tactical nuclear bombers and were the heaviest aircraft ever to be operational on the Navy’s aircraft carriers.

“This Skywarrior was removed from active Navy service in October 1968 and was on loan to Hughes Aircraft, now Raytheon, for radar and avionics testing for the Grumman F-14 program and as a B-2A Spirit Stealth Bomber avionics test bed. It has quite a history, and we’re pleased to give it a new home,” said Kenneth DeHoff, museum executive director.

For more information and tickets, call 441-1000 or visit www.PacificAviationMuseum.org.

Control diabetes, don’t let diabetes control you

Amanda J. Soni

Registered Dietitian
15th Medical Group

Diabetes is a disease in which blood glucose levels are above normal. Blood glucose levels are normally regulated by the hormone insulin, which is made by the pancreas. In people with diabetes, the pancreas doesn’t produce enough insulin or there is a problem with how the body’s cells respond to it.

The two main types of diabetes are type one and type two. Managing your diabetes with medication, diet and lifestyle changes can affect your long-term complications. A diabetes manage-

ment team consisting of you, your doctors (primary care, endocrinologist, eye doctor, podiatrist and dentist), diabetes educator, and dietitian will assist you.

You will regularly monitor blood sugar and manage the timing of your medication, diet and lifestyle or sometimes just diet and lifestyle.

Your doctors will monitor your body’s responses to medication, disease progress, and refer you to the appropriate specialties.

Your diabetes educator will help you learn the day-to-day aspects of diabetes self-care.

Your dietitian will help you manage your diet for your lifestyle and weight-

management goals.

What can you do today to start managing your diabetes?

- Meal timing, eating every three to five hours. Don’t skip meals.
- Understand carbohydrates. Carbohydrates convert to glucose (sugar) in the blood. Start reading food labels and keeping a food diary to see how much and what type of carbohydrate you currently eat.

Carbohydrate foods are:

- Breads, grains and starches.
- Fruits (including dried), and fruit juices which are fructose.
- Vegetables and starchy vegetables like potatoes,

peas and corn.

- Dairy products like milk and yogurt, which are lactose.
- Candy, cakes, sodas, cookies, honey and molasses, which are sucrose.

Learning to control how much glucose (sugar) goes into the blood at one time is a great way to assist with controlling diabetes. Carbohydrate counting is a method to help control how much sugar goes into your bloodstream and allows for variety of great nutrition in

your meal plan.

Your registered dietitian will assist you with learning how much carbohydrate should be included in your diet for your weight goals. A good goal for most people is to start with 45-60 grams of carbohydrate per meal and 15-30 grams as snack choices.

For instance, a typical fast food value meal that includes a burger, small fries and a diet coke can have more than 100 grams of carbohydrate. Most of your car-

bohydrate choices should come from high fiber nutrient-dense carbohydrates such as fruits, vegetables and whole grains.

Manage your weight and exercise. Control your calorie intake by choosing high-fiber carbohydrates, lean meats, and switching to healthy fats such as fish and olive oil. Control calorie output by increasing activity and gaining lean muscle mass. Exercise can help manage how your body’s cells respond to insulin.

Polynesian Cultural Center offers special events

Information, Tickets and Travel (ITT) for a variety of special event venues at the Polynesian Cultural Center (PCC) in Laie.

Venues range from a Marquesas Chief’s Village and thatched-roof canoe house, to the newly reno-

vated Gateway Restaurant and 2,700-seat Pacific Theater, combined with customizable menus and entertainment options. “We take the Polynesian spirit and enthusiasm for which we are known and put it towards all of the

events that we host here at the Polynesian Cultural Center,” said Larie Manutai, PCC’s Hawaii sales manager.

For more information, go to your ITT office or visit the website www.greatlifehawaii.com

PEARL HARBOR-HICKAM

Maniawa Nanea

LEISURE

Morale Welfare & Recreation

ST. PATRICK'S DAY CELEBRATION

There will be a free St. Patrick's Day celebration from 11 a.m. to 3 p.m. on Saturday at Scott Pool. FMI: 473-0394.

SWIM LESSONS

Swimming lessons for preschoolers and level one, two and three and higher swimmers will be provided from March 19 to 29 at Pool 2, Monday through Thursday. Class times are either 5 to 5:30 p.m. or 5:40 to 6:10 p.m. The cost is \$40 per person per session. FMI: 448-2223.

MWR NEWCOMERS LUNCH

There will be a free lunch and events for all military-affiliated personnel in their first six months of arrival to Joint Base Pearl Harbor-Hickam on March 20. The buffet lunch at the Tradewinds Enlisted Club will start at 11 a.m. There will be a base tour at 12:30 p.m. Separate registrations are required for the luncheon and tour. Register online. FMI: www.greatlifehawaii.com

DIVE IN MOVIE AT NCTAMS POOL

There will be a "dive-in" movie showing at the NCTAMS pool on March 20 for single active-duty service members. Transportation will depart the Makai Rec Center 4:30 p.m., Beeman Center at 4:45 p.m. and Instant Liberty at 5 p.m. FMI: 473-2583.

FREE JUNIOR GOLF CLINIC

A free junior golf clinic will be held at 4 p.m. March 23 at the Mamala Bay Golf Course. Space is limited. FMI: 449-2300.

WOMEN'S SURFING

Women's surfing lessons will be provided by MWR outdoor recreation from 9 a.m. to noon March 24. The cost is \$20 per person. Participants must sign up by March 21. Participants must be able to swim without a lifejacket. FMI: 449-5215.

MARCH MADNESS WATER BASKETBALL

A water basketball game will be held from noon to 2 p.m. March 25 at pool two. Participants under the age of 12 must pass the deep-water swim test in order to play. FMI: 448-2223.

FLASH MOB

Learn to dance with the Operation Military Kids (O.M.K) from 2 to 6 p.m. March 24 at the Hickam Makai Recreation Center, building 1859 McChord St. RSVP by March 21. The event is open to military kids ages 13 to 18. The event includes free snacks. FMI: email omkflashmob@gmail.com or call 956-7196 or 448-0418.

For more information on events, visit www.greatlifehawaii.com.

Community Calendar

March

19 ~ Early entry deadline for the Ford Island Bridge Run is March 19. There is an entry fee of \$20 for military or their family members and \$25 for non-military. Any entries postmarked after March 19 will be \$30. The Ford Island Bridge Run will be held at 7 a.m. April 7. The bridge will be closed from 6:50 to 7:05 a.m. April 7 for the run. FMI: 473-0784, 473-2494 or 473-2437 or visit the website www.greatlifehawaii.com. Register online at http://bit.ly/AEI0RS.

20 ~ A women's leadership panel in honor of Women's History Month will take place from 11 a.m. to 12:30 p.m. at the Joint Base Pearl Harbor-Hickam Memorial Theater. This is a brown-bag event and all attendees are invited to bring something to eat. Panel guests will include Rear Adm. Katherine Gregory, Naval Facilities Engineering Command Pacific; Lt. Cmdr. Kyle Vernon, Personnel Support Detachment Pearl Harbor; Command Master Chief Patricia Roebuck, Commander Naval Surface Group Middle Pacific; Chief Master Sgt. Lisa Jayne, 15th Medical Group, 15th Wing; Lorrie Kresge, U.S. Air Force Academy graduate, class of 1980. The event is open to all military and civilian personnel. FMI: LSC (AW/SW) Ebony Pinnock at 473-8000, ext. 5510 or email ebony.pinnock@navy.mil.

21 ~ A "Hawaii 5/6" meeting for any E-5 or E-6 will be held from 3:30 to 4:30 p.m. March 21 at J.R. Rockers enlisted club. New members are welcome. FMI: Tech Sgt. Angel Smith at angel.smith@hickam.af.mil. A volunteer opportunity from Hawaii 5/6 council includes a car wash from 9:30 a.m. to 4 p.m. on March 23 at the Hickam Commissary parking lot. FMI: Karen Castro at karen.castro@hickam.af.mil.

24 ~ The Ms. Armed Forces Hawaii Pageant will be held at 5:30 p.m. at Mamiya Theater on the Chaminade University campus. There will be 13 contestants from different service branches competing in the pageant. Pre-sale tickets cost \$25. Tickets will be sold at the door for \$30. FMI: 955-2271.

31 ~ All military families (authorized patrons) and their children are invited to the Pearl Harbor Navy Exchange (NEX) for breakfast with the Easter bunny from 8 to 9 a.m. at the NEX food court lanai. Play games, win prizes, get a balloon and glitter tattoo, make crafts, and take home a goody bag. Tickets are on sale at the NEX Aloha Center Main Mall rotunda first floor. FMI: 423-3287.

Movie Showtimes



One for the Money (PG-13)

Unemployed and newly-divorced Stephanie Plum lands a job at her cousin's bail-bond business, where her first assignment puts her on the trail of a wanted local cop from her romantic past.

SHARKEY MOVIE THEATER

TODAY
7:00 PM Red Tails (PG-13)

SATURDAY
2:30 PM Journey 2: The Mysterious Island (PG)
4:45 PM Chronicle (PG 13)
7:00 PM Underworld: Awakening (R)

SUNDAY
2:30 PM Big Miracle (PG)
5:00 PM One for the Money (PG-13)
7:00 PM Man on a Ledge (PG 13)

HICKAM MEMORIAL THEATER

TODAY
6:00 PM Big Miracle (PG)
8:30 PM The Grey (R)

SATURDAY
4:00 PM Big Miracle (PG)
7:00 PM Chronicle (PG-13)

SUNDAY
2:00 PM One for the Money (PG-13)



Colon cancer and screenings: Why they're important

March is Colon Cancer Awareness Month

Shari Lopatin

TriWest Healthcare Alliance

When colon cancer is found early and treated, nine out of 10 people will hit that five-year sur-

vival rate, according to the Centers for Disease Control and Prevention.

In fact, more than half of all deaths from colon cancer could be prevented if everyone older than 50 was screened regularly. However, as of 2008, only 63 percent of adults ages 50-75 had been screened.

How do screenings save lives?

The colon is the

body's large intestine. Sometimes, pre-cancerous growths—or polyps, as they're often called—can develop inside the colon. These polyps have been known to form up to 10 years before invasive cancer develops, according to the CDC.

Colon cancer screenings can detect these polyps before they become life-threatening, allowing doctors to surgically remove them.

Types of screenings

Some of the most common colon cancer screening tests are:

- Colonoscopy: Doctors use a thin, long, lighted tube to check inside the colon for polyps. Doctors can actually remove polyps during this test. It's recommended only once every 10 years.
- Stool test: Doctors will provide their patients with a test kit. At home, the patient uses a stick

or brush to obtain a small amount of the stool. The doctor or lab can then check the stool for anything unusual.

- Flexible sigmoidoscopy: Doctors will use a short, thin, lighted tube to check for polyps inside the colon and rectum. This will only need to be done once every five years.

TRICARE covers colon cancer screenings at no cost to you. So it's easy to take advantage of them.

TRICARE will cover one colonoscopy every 10 years, in conjunction with CDC guidelines. Additionally, talk to your doctor to see which other screenings are right for you. TRICARE covers a variety of screening tests for colon cancer, depending on your doctor's recommendations.

For more information on colon cancer prevention, visit the website TriWest.com/Colon.

Financial education classes to be offered

Military and Family Support Center

The financial counselors and educators at the Military and Family Support Center (MFSC) at Joint Base Pearl Harbor-Hickam offer many financial education classes/workshops. Times vary monthly to try and meet different work schedules.

Classes are offered for individuals, couples, spouses and children. All military, family members, Department of Defense civilians and contractors are welcome to attend classes. The following classes will be offered in the next week:

- "Financial Readiness for Air Force Supervisors" from 7:30 a.m. to 3:30 p.m. March 20 at the Hickam MFSC. Financial concerns are among the top issues leaders most likely will have to address with service members. This class is designed for E-6 and above/officers. This class will provide supervisors with the skills/resources available to assist their service mem-

bers. Topics will be the need for personal financial management, making a spending plan, paying off debts, car-buying strategies, insurance, savings and investments, thrift savings (TSP), credit cards, credit reports, and credit scores.

- "Car-Buying Strategies" from 5 to 7 p.m. March 21 at Pearl Harbor MFSC. This session tells you what you should know before purchasing a car, such as determining what you can afford, planning for the various expenditures of a car, and learning to get the best deal on the purchase.

- "For Richer or Poorer" from 5 to 7 p.m. March 22 at Pearl Harbor MFSC. Financial communication is important in every relationship. This workshop provides information on budgeting, credit reports, money and credit management, as well as establishing financial goals for the future.

For more information and to register, visit the website www.greatlifehawaii.com or call 474-1999.

Career and education fair to be held today

Marine Corps Community Services Hawaii (MCCS) Marine and Family Programs Personal and Professional Development division will hold the 2012 Career and Education Fair from 9 a.m. to 1 p.m. today, at Marine Corps Base Hawaii Kaneohe Bay, Kahuna's Enlisted Club Ballroom.

Visit with the education Center, 15 on-base colleges and universities, the National Test Center and the Defense Activity for Non-Traditional Education Support (DANTES). Explore what opportunities for education and financial aid are available for both military and family members and

possibly take that first step toward going back to college or entering higher education.

Approximately 50 companies and government agencies from within the state and the mainland, as well as MCCS, will be on hand. Research the job market, apply for vacant positions, or pick up applications. Be prepared and bring multiple copies of your resume. A list of participating employers is available at www.jemsjobs.com.

For more information, contact the education center at 257-2158 or the Family Member Employment Assistance Program at 257-7787/ 90.

'Troops to Teachers' information sessions planned at bases

Navy College Office

Free information sessions will be held for military members to learn more about the teaching profession.

The sessions will be held from 11:30 a.m. to 1 p.m. at the following locations:

- April 2 at Fort Shafter

Flats, U.S. Army Reserve, 9th Mission Support Command Theater Support Group, building 1550, first floor, makai (ocean) side common area classroom.

- April 3 at Marine Corps Base Hawaii, Kaneohe Bay, Club at Koa Malina, building 502, Legarie room.

- April 4 at Schofield Barracks, Warrior Assistance Center, 3585 McCornack Road.

- April 6 at Joint Base Pearl Harbor-Hickam, Navy College, 1260 Pierce St., building 679.

Lunch is provided for all sessions. An RSVP is required. Call 1-800-438-6851 or info@mpттt.org.

Armed Services Blood Program to hold upcoming drives

Tripler Army Medical Center Blood Donor Center has scheduled upcoming blood drives.

As part of the Armed Services Blood Program (ASBP), the official United States military blood program, a donation serves as a vital link to military service members and their families world-

wide. The drives include:

- March 21, Tripler Army Medical Center.
- March 28, Joint Intelligence Operations Center (JIOC).
- March 30, Joint Base Pearl Harbor-Hickam.

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

WHO SAID IT?

"No guts, no glory."



Last Week's

WHO SAID IT?


“Opportunities have never been better for those willing to take advantage of them. It makes no difference if you are a man or woman. If you are willing to grasp the opportunities the Navy has to offer and give it your full effort, then success will be yours.”

Retired Command Master Chief
Jacqueline L.K. DiRosa



This Week's Trivia

What did then-Secretary of the Navy Paul Hamilton write to one of his correspondents on March 8, 1812, regarding the question of war?



Last Issue's Question: On Feb. 24, 1952, the former Wheeler Air Force Base was reactivated following a period of minimum caretaker status since 1949. Why did this occur?

Answer: This reactivation was part of the Air Force expansion during the Korean war.