

Exercise Citadel Pacific

Joint Base Pearl Harbor-Hickam participates in the Citadel Protect/Citadel Pacific 2012 anti-terrorism/force protection field training exercise from April 9 to 12.

U.S. Navy photo by MC2 (SW) Mark Logico

Hawaii, San Diego ships participate in Koa Kai

Story and photo by
MC3 Dustin W. Sisco

Navy Public Affairs
Support Element West Det
Hawaii

Hawaii and San Diego-based surface ships, submarines and aircraft participated in the 11-day exercise Koa Kai 12-2 in the waters surrounding the Hawaiian Islands from March 30 to April 9.

Koa Kai is the primary integrated training event for mid-Pacific surface combatant units with the goal of achieving deployment certifications and training. The Koa Kai exercise encompasses Hawaii-based surface, submarine and aviation assets, and other commands within the Hawaii region.

“It’s a chance for us to do unit-level decision-making in an integrated environment with other units,” said Cmdr. Luis Alva, the executive officer of the guided-missile frigate USS Reuben James (FFG 57), one of the ships that participated in Koa Kai.

Sailors aboard the ships that participated in Koa Kai took part in various events during the exercise, including visit, board,

search and seizure (VBSS) drills, anti-submarine warfare, counter piracy exercises, and a refueling at sea (RAS) with the underway replenishment ship USNS Henry J. Kaiser (T-AO 187), among others.

“We are independent deployers, and a lot of our missions have us doing things on our own,” Alva said. “This gives us a chance to flex our watch teams, our people and give them really solid training and go through every mission we have.”

Capt. Wallace G. Lovely, deputy commodore of Destroyer Squadron (DESRON) 31 and the on-scene commander for the sea combat command underway who was embarked aboard the guided-missile destroyer USS Paul Hamilton (DDG 60) during Koa Kai, discussed how the series of experiences has progressed.

“It’s becoming more robust,” Lovely said. “It’s becoming more challenging. It is becoming a realistic assessment, a realistic measure of qualifications for our independent deployers.”

This Koa Kai marks the first time San Diego-based

ships, the guided-missile destroyer USS Benfold (DDG 65) and the guided-missile frigate USS Vandegrift (FFG 48), participated in this exercise.

“Benfold and Vandegrift joined us for this exercise,” Lovely said. “There is not an independent certification that exists with the sole goal of certifying independent ships for [U.S.] 5th and [U.S.] 7th Fleet deployment.”

“We have an opportunity to really embellish Koa Kai and make it become that independent deployer certification,” Lovely said. Gonzalez talked about what crews of the ships may have gained from experiencing exercise Koa Kai.

“I think it’s always good to operate with ships and Sailors from the other fleets,” said Senior Chief Johannes Gonzalez, command senior chief of Reuben James. “It brings a perspective to the mix. Sometimes we get used to doing things ‘our way,’ but we are all out here making it happen.”

Gonzalez added, “I think it gives an idea to our Sailors what we could be confronted with in a real world scenario.”



Senior Chief Johannes Gonzales, the command senior chief of the guided-missile frigate USS Reuben James (FFG-57), looks at another ship passing by on the bridge wing of the ship during exercise Koa Kai.

Pledge signing highlights awareness of child-abuse prevention

Story and photos by
Jazzmin Williams

Contributing Writer

Rear Adm. Frank Ponds, commander of Navy Region Hawaii and Naval Surface Group Middle Pacific, signed a declaration at the Springfest on April 7 at Ward Field at Joint Base Pearl Harbor-Hickam (JBPHH) to rededicate the Navy’s support and awareness of the importance of preventing child abuse and neglect.

“This is personal,” Ponds said. “My wife and I, we have kids. We talk about the Sailors being our most important asset and our most important resource, but for our nation it’s our children.”

Steve Zahl, the regional family programs director for Military and Family Support Center (MFSC), presented Ponds with a certificate of commendation from the Hawaii State Senate. The certificate explained the unique part the Navy plays in Hawaii’s community and praised the work the Navy and MFSC do in raising awareness and community involvement.

The Senate commendation stated, “Child abuse is a community-wide problem whose solution depends on the involvement of people throughout the community. Being a unique part of our community, the Navy is in a special place to raise awareness of the negative consequences of child abuse. The Pearl Harbor Fleet and Family Support Center encourage community involvement by helping parents at -

risk, being a good friend and neighbor, and stopping child abuse in public places.”

Ponds signed two posters in front of Navy parents and children in observance of this year’s Child Abuse Prevention Month. Joint Base Pearl Harbor-Hickam Military Family and Support Center used Springfest as an opportunity to bring attention to their campaign to prevent child abuse, this year called “Pinwheels for Prevention.”

“Every year we rededicate ourselves to helping families and helping prevent child abuse,” said Chet Adessa, family advocacy prevention education specialist for the MFSC, while speaking to the crowd.

There have been several “Pinwheels for Prevention” events throughout JBPHH and the state of Hawaii since the start of April, marked by blue and silver pinwheels planted in front of the MFSC building and the Hawaii State Capitol. The same pinwheels were distributed at the Springfest, with each pinwheel planted representing an individual’s dedication to doing what they can to prevent child abuse.

“Today is not just about having

fun. It’s about taking care of business,” Ponds said. “And our business is about taking care of our most valuable asset, and that’s our children. So we have to do everything we can to prevent, not react but be proactive, in making sure children are not neglected and they are not abused.”

A group of elementary school children held up posters at Springfest that they designed on ways they could prevent child abuse. They assembled in front of the stage while Ponds signed the two declarations.

“I do home day care,” said Cassandra Broomfield, whose grandson had his poster displayed. “So I think it’s very important that parents be aware of the forms of abuse. Not everything is physical.”

After the signing, Adessa informed the families that the posters that the admiral signed would be on display temporarily at Pearl Harbor Navy Exchange and throughout the month at the Moanalua MFSC office for those who want to make a pledge against child abuse.



Submariners use shoes solely for awareness
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Air Force Assistance Fund drive continues
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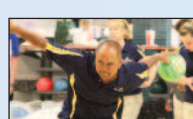
DoD volunteers ‘bag’ sexual assault at Pearl Harbor Commissary event
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U.S., Thai airmen and soldiers partner, jump for freedom
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Children feel ‘egg-stra’ special at Springfest
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Hickam bowlers fly past competition to repeat title
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Air Force Assistance Fund drive continues

1st Lt. Kathleen Eisenbrey and Airman 1st Class Rachel Badamy

15th Medical Group

When a tsunami destroys an Airman's home or an Airman needs to purchase an expensive plane ticket to attend the funeral of a loved one, is there a loan that an Airman can qualify for that does not have a staggering interest rate? Airmen are pleasantly surprised that in a time of need, the Air Force takes care of its own.

Already past the two-week mark of the annual six-week Air Force Assistance Fund (AFAF) campaign, Team Hickam has collected an impressive \$43,908.

"The Air Force Assistance Fund is a unique charitable organization completely committed to serving our Air Force," said Col. Sam Barrett, 15th Wing commander. "Of all the outstanding campaigns across

the Department of Defense each year, the majority of the contributions from the installation – collected during the Air Force Assistance Fund campaign – will be used to directly support the Airmen here at Joint Base Pearl Harbor-Hickam," said Col. Dann Carlson, Joint Base Pearl Harbor-Hickam deputy commander and 647th Air Base Group commander.

The theme of this year's campaign is a "Commitment to Caring." Contributions can be made to the Air Force Aid Society; Air Force Villages, Inc; the Gen. and Mrs. Curtis E. LeMay Foundation; and Air Force Enlisted Village. These organizations directly support the Air Force.

"When an Airman is down to the last measure of financial assistance, this gives them a grant or loan until they can get their feet under them," said Chief Master Sgt. Stephen Cron, 647th Air Base Group superintendent.



U.S. Air Force photo by Senior Airman Lauren Main
Leaders from 15th Wing and 647th Air Base Group donate April 10 to the Air Force Assistance Fund during the annual six-week AFAF campaign at Joint Base Pearl Harbor Hickam.

According to Tech Sgt. Besar Santos, 647th Air Base Group AFAF unit project officer, grants from the Air Force Assistance Fund are a lifesaver to young Airmen in need. "At my first base as a young airman first class, I received sufficient funds to repair my car after it broke down," Santos said. "It was really touching that the Air Force Assistance Fund was will-

ing to support me. I make an effort every year to give back to another Airman in my shoes."

"I had an Airman who needed to get home after her aunt unexpectedly died," said Master Sgt. Nick Kampf, 15th Wing AFAF unit project officer. "After she told me that she did not have the funds to make the trip home, I contacted the Airman and Family

Readiness Center on her behalf. Within an hour, she had a loan covering a plane ticket to her aunt's funeral."

The Air Force goal for 2012 is to raise \$6.4 million with Team Hickam's contribution to that goal being \$110,585 in donations. Airmen can donate directly to Air Force Assistance Fund by completing volunteer slips and submitting them to their unit project officer.

1st Lt. Jeremy Walker, Joint Base Pearl Harbor-Hickam AFAF unit project officer, is confident that Airmen will continue to contribute to the campaign over the next few weeks. "This program is an awesome opportunity to give back to Airmen from Airmen," Walker said. According to 1st Lt. William "Jack" Glojek, 647th Air Base Group AFAF unit project officer, "Airmen have been very giving. They embrace the opportunity to help fellow Airmen."

Walker said that if someone is not comfortable donating a lump sum, (s)he can contribute to one of the programs with a payroll deduction.

Military service members can also donate through payroll deductions as well as cash and check. Civilian employees can donate by cash or check. Checks should be addressed to the Air Force Assistance Fund.

Submariners use shoes solely for awareness

Story and photo by MC2 Ronald Gutridge

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

Commander Submarine Force, U.S. Pacific Fleet (COMSUBPAC) kicked off Sexual Assault Awareness Month (SAAM) with training April 6 at Sharkey Theater at Joint Base Pearl Harbor-Hickam (JBPHH).

April is National Sexual Assault Awareness Month and the Department of Defense's SAAM theme this year is, "Hurts One, Affects All. Prevention of Sexual Assault is Everyone's Duty." The Navy will focus its efforts on awareness and prevention of sexual violence through the use of command-level education and special events throughout the month of April with a different theme each week.

Rear Adm. Frank Caldwell, commander Submarine Force, U.S. Pacific Fleet, spoke during the training, emphasizing that sexual assault prevention is everyone's duty.

"This is not an isolated problem. It's a problem in the submarine force, and it's a problem throughout the Navy. The purpose of today is to raise your awareness and to make you sensitive to this problem," Caldwell said. "Sexual assault takes away from unit readiness. It is a crime. It is illegal, and we're not going to tolerate it. We're going to stamp it out."

"You have a responsibility to yourself, your Sailors and the people who work

for you to take action not only to prevent, but to intervene and stop a behavior that's leading down a road that might end with sexual assault," he said.

Leading up to the all hands training, Sailors observed 611 pairs of shoes lining the sidewalk leading to the theater. The pairs of shoes represented the number of sexual assault victims within the Navy last year. The National Kidney Foundation of Hawaii donated a large portion of the 611 pairs for the day with the rest coming from the Hickam Thrift Shop and Navy-Marine Corps Relief Society Thrift Shop at JBPHH and from donations provided by military personnel and civilians. The shoes will be donated to local charities after the event.

"We cannot express enough how delighted we are to be able to help out and support this very worthwhile cause," said Diana Pinard, director of organizational planning and operations at the National Kidney Foundation of Hawaii.

To help spread awareness, COMSUBPAC Sailors are encouraged to participate in regional activities throughout the month. These include "bag" sexual assault where volunteers will bag groceries at the base commissary while giving out pertinent sexual assault awareness materials to the community with emphasis of new SAPR policies.

There will also be a car wash to raise sexual assault awareness while collecting donations for

local agencies that support sexual assault awareness and prevention and a SAAM 5-10K walk/run where military, family members and civilian personnel participate to promote sexual assault awareness.

"I cannot express enough the importance of all the training and events that are taking place to further educate our Sailors, civilians and their dependents on how to spot and prevent sexual assaults," said Master Chief Aviation Boatswain's Mate Marion Rush Jr., force sexual assault prevention and response (SAPR) program manager at COMSUBPAC.

"Sexual assault prevention and awareness should be a concern for all because it happens to both men and women and has far-reaching effects," Rush said.

Sexual assault prevention is an important element of the readiness area of the 21st century Navy and Marine initiative which consolidates a set of objectives and policies, new and existing, to maximize Sailor and Marine personal readiness, build resiliency and hone the most combat-effective force in the history of the department.

Scripts and videos for each week's theme have been provided to commanding officers to help facilitate discussion throughout their commands. These engagement products, in addition to talking points, posters and other tools, are posted to Navy Personnel Command's Sexual Assault and Prevention website, <http://www.sapr.navy.mil>.



Electrician's Mate 2nd Class (SS) Joseph Redden (left), assigned to USS Tucson (SSN 770) and Electronics Technician 3rd Class Anthony Middleton, assigned to Naval Submarine Support Command, Pearl Harbor, line up 611 pairs of shoes on the sidewalk leading to training April 6 at Sharkey Theater at Joint Base Pearl Harbor-Hickam. The shoes represent the number of sexual assault victims within the Navy last year.

Guy Fieri visits, thanks USS Lake Erie Sailors

Story and photos by MC3 Sean Furey

Navy Public Affairs Support Element West Detachment Hawaii

Guy Fieri, celebrity chef and host of the Food Network's "Diners, Drive-Ins and Dives," visited the guided-missile cruiser USS

Lake Erie (CG 70) at Joint Base Pearl Harbor-Hickam on April 5.

Fieri toured the ship and met with the culinary specialists stationed aboard Lake Erie and gave them advice on how to succeed in and out of the military and pursuing a career in culinary arts.

"Nothing beats practical



Guy Fieri, celebrity chef and host of the Food Network's Diners, Drive-ins and Dives, talks with the culinary specialists stationed aboard the guided-missile cruiser USS Lake Erie (CG 70).

experience, and there is no better practical experience than what you guys are getting right now," Fieri said. "If you're here doing it, do it to 110 percent. I don't care what job it is. Someone is watching, and something will come out of it."

The rest of the crew were

invited to a question-and-answer session with Fieri in the ship's galley, where he thanked the Sailors for their service.

"Freedom is not free, and if it wasn't for you men and women, it wouldn't be happening for us," Fieri said. "This is actually me just

showing up to say thank you."

Before he left, Fieri signed autographs, took photos and handed out T-shirts to the crew.

"He looked at it as an opportunity to thank us," said Capt. John Banigan, the executive officer of

Lake Erie. "In the end, it was a morale booster for us, and we benefit immensely by it. It's always good to know that others appreciate us. No matter how famous you are, there is still a love for the military and that's refreshing."



Guy Fieri, celebrity chef and host of the Food Network's "Diners, Drive-ins and Dives," signs Culinary Specialist Chief Randy Basat's chef's coat aboard the guided-missile cruiser USS Lake Erie (CG 70). Fieri was able to tour the ship and answer any questions the Sailors had.

Joint Easter sunrise service held aboard Missouri Memorial

Story and photo by U.S. Army Pacific Public Affairs

Easter sunrise service took place April 8, aboard the historic Battleship Missouri Memorial located at Ford Island on Joint Base Pearl Harbor-Hickam.

"Thank you all for being here this morning. It's a beautiful day here aboard the USS Missouri. What could be better than a sunrise service," said Lt. Gen Francis J. Wiercinski, commanding general, U.S. Army Pacific.

"I am extremely humbled to host this year's joint service. This has been a tradition on Oahu for two decades," said Wiercinski.

The sermon for this year's sunrise service was delivered by Chaplain Col. Jack VanDyken, U.S. Army Pacific command chaplain. The topic of Vandyken's message was "God's resurrection gift."

The Aliamanu Military Reservation Praise Team combined with the members from the Joint Base Pearl Harbor-Hickam choir to sing the opening and closing hymns. The Pacific Fleet Band Brass Quartet provided the music for the opening and closing. Chaplain Col.

David Giammona also gave a solo saxophone rendition of "Amazing Grace."

The Hula no ke Akua dance team entertained the audience with a rendition of "Crucified."

Approximately 450 people attended the joint service. Chaplains from the Army, Navy and Air Force participated.

The event concluded with the benediction and light refreshments.



Lt. Gen. Francis J. Wiercinski gave the opening remarks during the Easter sunrise service April 8. Approximately 450 people attended the joint service which included participation from the Army, Navy and Air Force.

DoD volunteers 'bag' sexual assault at Pearl Harbor Commissary event

Story and photos by MC2 (SW) Mark Logico

Navy Region Hawaii Public Affairs

Hawaii-based Department of Defense (DoD) service members and civilians volunteered to bag groceries April 7 at the Pearl Harbor Commissary while handing out information on sexual assault prevention and response (SARP) policies and programs.

The "bag" sexual assault event was led by Air Force spouse Shari Freeman, one of two sexual assault response coordinators in Hawaii. Navy Region Hawaii and Joint Base Pearl Harbor-Hickam (JBPHH) are coordinating local events and April is Sexual Assault Awareness Month. The theme is "Hurts one. Affects all. Preventing sexual assault is everyone's duty."

"Yes, we do see a lot of sexual assault cases," Freeman said. "We are taking it in stride because we know we are doing the best for the victim. We want to make sure that they are taken care of from every angle. We have to take it one step at the time, making sure that they get counseling, medical care, all the things that they need."

Freeman said that in fiscal year 2011, the Navy at Pearl Harbor had 27 unrestricted reports and five restricted reports.

Restricted reporting is for victims of sexual assault who wish to confidentially disclose the crime to specifically identified individuals and receive medical treatment and counseling without triggering the official investigative process. Unrestricted reports, however, are for victims of sexual assault who desire medical treatment, counseling and an official investigation of the crime.

"Unfortunately, that's just



Army National Guard 1st Lt. Sonja Hershfield and Navy Damage Controlman 1st Class Amy Huitrado volunteer to bag groceries while handing out information on Sexual Assault Prevention and Response policies and programs. The "Bag" Sexual Assault event was held at the Pearl Harbor Commissary with the theme "Hurts one. Affects all. Preventing sexual assault is everyone's duty."

the amount of cases that are reported," Freeman said. "We know that sexual assault is one of the most under reported crimes that there is. We will never get an accurate figure of how many cases are happening."

"Sexual assault prevention is one of my passions only because it has touched my life," Freeman said. "I really enjoy my job here. I've been here almost two years. I've come across a lot of good people and helped a lot of good people along the way. It's very rewarding."

Chief Machinist's Mate (SW/AW) Maya Ault, a SAPR point of contact and victim advocate for the Pearl Harbor Naval Shipyard, also volunteered to help out at the event.

"I really believe in our cause, and we really want to get the awareness out there so people will know that we are here to prevent sexual assault and be there for the victim," Ault said. "When I was younger, a junior Sailor,



A volunteer hands out Navy Sexual Assault Prevention and Response ribbons to help spread awareness of sexual assault.

something like this happened to my friend. We didn't know what to do. We didn't know much about the program. Now that I look back 10 years ago, I realized that there were so many things we could have done to help her."

At the event, Ault and other volunteers promoted "Denim Day" on April 25 where various commands will wear jeans as a symbol of protest against erroneous and destructive attitudes about sexual assault.

Freeman, Ault and other

volunteers talked to commissary shoppers about the history of Denim Day. In 1999, Italian Supreme Court decided to overturn a rape conviction because the victim wore tight jeans. The court argued that the victim must have helped her attacker remove her jeans, thus making the act consensual. The ruling sparked widespread protest, and the wearing of jeans became an international symbol of protest against destructive attitudes about sexual assault.

Diverse Views



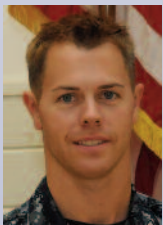
"In today's competitive, high technology world, why is it so important for schools in America to prepare students with education in fields including science, technology, engineering and mathematics (STEM)?"



Capt. Mark Harris
PACAF/IG

"It allows Americans to be more competitive in the world market as well as furthering new business ventures in the U.S. It keeps America strong."

Lt. Timothy Harper
Executive Officer, Navy Operational Support Center Pearl Harbor



"Math and technology are a part of our modern existence. Someone uneducated in any of these fields is placed at a significant disadvantage whenever they apply for a job and even in their daily life."



Kristy Noyes
Military spouse

"If our students can't keep up in these advanced areas, our country will be left behind. We are educating our future leaders."

Operations Specialist 1st Class Richard Vinas
Navy Reserve Recruiting Station Honolulu



"In today's competitive world with high technology, everything we deal with includes electronics and computers. We have to start teaching our youth and our children early because they are going to be dealing with advanced technology in the future just like how we are now. In order for our children to be competitive when they grow up, and to keep our economy and our businesses to continue advancing, they are going to have to know all this high technology."



Staff Sgt. Lisa Tysor
15th Operations Support Squadron

"So students are better prepared to succeed in today's competitive market."

Damage Controlman 3rd Class Travis Divita
Navy Operational Support Center Pearl Harbor



"It is important because it helps human beings progress in the most efficient way possible. Science, technology, engineering and mathematics manipulate the world around us to make life easier for each and every one of us. Although sometimes it might be bad and have negative outcomes, for the most part it helps with our health and advancement in the world and the universe around us."

(Provided by David Underwood Jr. and MC1(EXW) Donald W. Randall)

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

Lake Erie battle served as significant naval event



Photo in the Navy Art Collection, Naval History and Heritage Command

Above is a print engraving from the War of 1812 depicting "The Battle on Lake Erie," also known as the Battle of Put-in-Bay. On Sept. 10, 1813, nine small U.S. Navy ships defeated a British squadron of six vessels in the Battle of Lake Erie off the coast of Ohio. This important naval battle in the War of 1812 secured the Northwest Territory, opened supply lines and lifted American spirits. (The USS Lake Erie (CG 70) is homeported at Joint Base Pearl Harbor-Hickam and was named after the battle.)

HO'OKELE

PEARL HARBOR - HICKAM NEWS

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U.S., Thai airmen and soldiers partner, jump for freedom

Capt. David Herndon

Cope Tiger Public Affairs

UDON THANI, Thailand -- More than 240 Thai and U.S. Airmen and Soldiers took part in a personnel drop over Lop Buri, Thailand to close out this year's Cope Tiger 2012 multi-lateral air exercise between the U.S., Thailand and Singapore which was held March 12 through 23.

Coined by combined exercise leadership as the largest Cope Tiger bilateral freedom jump in its 18-year history, the mission aimed to improve U.S. and Royal Thai Air Force abilities to inter-operate.

“For me, this was good relationship-building between the U.S. and Thailand,” said Royal Thai air force Lt. Nawaphansa Yugala, military free fall parachutist. “I felt very prepared to work with U.S. aircrews today, and though I have a lot of training, it was very beneficial to all of us to jump out of the C-17.”

The jump personnel were transported by two U.S. Air

Force C-17 Globemaster III aircrews from Joint Base Pearl Harbor-Hickam, Hawaii and Joint Base Elmendorf-Richardson, Alaska and by two C-130 Hercules aircrews from Yokota Air Base, Japan.

“This was an international version of our joint operational access exercise that proved that we can accomplish our mission when confronted with tactical challenges that naturally arise with different users and operating environments,” said Maj. Joseph Monaco, Cope Tiger freedom jump mission commander. “We also exercised interoperability with the Royal Thai air Force and Royal Thai Army by employing our low and high-altitude personnel airdrop missions as a composite C-17 and C-130 aerial delivery package.”

The mobility Airmen were staged out of Udon Thani Royal Thai Air Base, Thailand and readied the transport aircraft for static line and high altitude-low opening procedures. According to Capt. Michael Recker, Cope Tiger C-17



Courtesy photo

Royal Thai air force and army military free fall personnel conduct a high altitude-low opening jump March 22 during Cope Tiger at Kohk Kathiam Drop Zone, Thailand.



U.S. Air Force Photo/Capt David Herndon

Royal Thai air force member prepares to jump from a C-17 Globemaster III, March 22.

operations project officer, participants learned a great deal from the day-long mission.

“This was a very unique opportunity for our U.S. and Thai airmen and soldiers,” said Recker, currently assigned to the 535th Airlift Squadron, at JBPHH. “We don’t get to drop actual personnel as often, especially in such large numbers, and doing so with our Thai partners was an amazing experience.”

Recker explained that planning for the freedom jump began in September 2011 at the exercise’s initial planning conference.

“The C-130 project officer, myself and our Thai

counterparts determined that a joint personnel drop was what we wanted to strive for,” Recker said. “We built on that plan at the final planning conference, and a detailed execution plan started about three weeks, out and the build of that was completed during the three days preceding the drop.”

Exercise Cope Tiger aims to enhance readiness and combined/joint interoperability between U.S. forces, allies and partners within the Asia-Pacific region. Recker said that Thai and U.S. airmen and soldiers learned valuable lessons through the planning and execution of the jump, ultimately demonstrating

capabilities and resolve to support future challenges in the region.

“This was definitely a confidence builder as well as deeply satisfying in that we successfully accomplished the mission,” Recker said. “I feel like our relationship and interoperability with the Royal Thai Air Force and Royal Thai Army is now stronger, and I’m excited about building on that in the future.”

Cope Tiger is an annual, multi-lateral joint and combined field training exercise that takes place at Korat and Udon Thani Royal Thai Air Force Bases. This year more than 1,900 Airmen and civilians participated in the exer-

cise, including approximately 430 U.S. service members.

“This was the ultimate training environment to practice the execution of a complex scenario with multiple weapon systems, users, and methods of aerial delivery,” Monaco said. “Our tactics, techniques and procedures can be employed with different nations and users with astounding success.”

The exercise included a total of 92 aircraft and 34 air defense units, including U.S. platforms such as the C-130 Hercules, A-10 Thunderbolt II, C-17 Globemaster III and F-15 Eagle.

Do you really know your child care provider?

2nd Lt. Jessica A Rowe

15th Wing Public Affairs

As a parent, you don’t need to be told that you are responsible for the well-being of your children. You make sure all cabinets have safety locks, purchase only BPA-free pacifiers and place special covers on all electrical outlets. However, even the most cautious parents can unknowingly overlook a

hazard to their children: unlicensed childcare providers.

Child care is often a necessary part of military life, and a great amount of effort is invested into the process of selecting the best provider. The decision itself is daunting, but resources exist to ease the process.

“We strongly encourage members ensure their child care providers are licensed and authorized to provide

child care on Joint Base Pearl Harbor-Hickam,” said Air Force Special Agent J.P. Lapre. If you are interested in putting your children in home care during the day, you can verify if a provider is licensed via Kidsline, a child care resource which maintains a list of certified providers who live on base. Anyone can access Kidsline at www.greatlifehawaii.com.

When selecting a child

care provider, consider everything and ask questions. From CPR and first aid certifications to criminal history and living conditions, know who is caring for your child. In the event adverse information is discovered or if you simply do not feel comfortable, share your concerns with installation officials or Air Force Office of Special Investigations for appropriate action. In depth knowledge of the

provider’s demographics will aid in your search for a good match for your child. Be sure to ask about family arrangements, potential disabilities that may interfere with child care (i.e. hearing loss, memory loss, etc.) and daily activities. These factors not only provide an extra sense of security, but they shed light for other service members who may be considering using that provider as well.

A tragic incident can be avoided if basic preliminary checks are conducted; otherwise, substantial criminal history with child protective services and law enforcement agencies can be easily missed. “Simply put, we cannot afford anything less than the most responsible and competent people taking care of our children while we take care of the mission,” Lapre said.

Pearl Harbor-Hickam*Highlights*

U.S. Navy photo MC2 Daniel Barker
Navy Region Hawaii Federal Fire Department firefighters join service members and other emergency response personnel in a mass casualty exercise on Joint Base Pearl Harbor-Hickam. The exercise, designed to simulate a real world scenario, was conducted as part of force protection drills during Exercise Solid Curtain and Citadel Shield 2012.



U.S. Navy photo by MC2 Daniel Barker
Guided-missile destroyer USS Benfold (DDG 65) and underway replenishment ship USNS Henry J. Kaiser (T-AO 187), perform maneuvers off the coast of Kauai during maritime exercise Koa Kai 12-2.

photo by U.S. Army Pacific Public Affairs
The Aliamanu Military Reservation Praise Team combined with members from Joint Base Pearl-Harbor-Hickam sang during the Easter sunrise service April 8 aboard the Battleship Missouri Memorial.



U.S. Navy photo by MC3 Sean Furey
Guy Fieri, celebrity chef and host of the Food Network's "Diners, Drive-ins and Dives" tours the guided-missile cruiser USS Lake Erie (CG 70), with his son Hunter (left) and nephew Jules. Fieri used the visit as an opportunity to thank the men and women of the military for their service.

U.S. Navy photo MC1 (SW) Jay C. Pugh
Chief Hospital Corpsman James Oglesby applies a prosthetic wound to Aviation Support Equipment Technician 3rd Class William Seeger at the Pacific Missile Range Facility during Citidal Pacific exercise.



Earth Day events include fair, bike path cleanup

Don Robbins

Assistant Editor

Navy Region Hawaii and Joint Base Pearl Harbor-Hickam have planned several big Earth Day-themed events this month, including an informational fair and Pearl Harbor Bike Path cleanup.

Among them is the third annual Naval Supply Systems Command Fleet Logistics Center Pearl Harbor (NAVSUP FLC PH) Earth Day fair, which will be held from 9 a.m. to noon April 20 at building 473 at Kilo 8/9 Pier, the pier warehouse behind building 475. The theme is "Partnering for a Greener Future." The fair will include a variety of environmentally focused organizations with displays about energy conservation and the environment. An alternative fuel vehicle "car show" for viewing the latest personal transportation technology in use will also be featured. The center's fuels department will demonstrate an oil spill

response equipment deployment drill at K-9 pier beginning at 10 a.m. In addition, four recycling bins will be on-site for visitors to drop off their white paper, glossy paper, paper board (such as cereal boxes), and cardboard.

For more information on the fair, call Lt.j.g. Luke Dragovich at 473-7818 or email luke.dragovich@navy.mil.

Another hands-on event honoring Earth Day is the Pearl Harbor Bike Path cleanup from 8:30 to 11 a.m. April 21, sponsored by Navy Region Hawaii and Joint Base Pearl Harbor-Hickam in partnership with the City and County of Honolulu Department of Environmental Services, (at Neil Blaisdell Park and Kapakahi Stream.) Volunteers are encouraged to participate and can contact MAC James Wooten at james.wooten2@navy.mil or 472-7149, or 225-5347.

In addition, the U.S. Coast Guard with mascot "Coastie" will appear at a free Earth Day event from 11 a.m. to 2 p.m. April 21



U.S. Navy file photo

Volunteers are encouraged to participate in a Pearl Harbor Bike Path cleanup on April 21.

at the Pearl Harbor Navy Exchange (NEX) outdoor living center. NAVFAC Hawaii will also teach

children about energy conservation. Navy Region Hawaii (CNRH) Energy Team will have an Earth

Day display. Other Earth Day events, including demonstrations and giveaways, will be held at the

outdoor living center from 8 a.m. to 8 p.m. April 18 to 22. For more information, call 423-3287.

Other events have been planned throughout the month. Now through April 30, a Natural Resources Awareness Earth Day display will be at Lima Landing, West Loch Annex.

From 11 a.m. to 1 p.m. on April 18, the Pacific Missile Range Facility will participate in Conservation Awareness Day, sponsored by the Kauai Conservation Alliance, County Civic Center.

A CNRH Energy Team Earth Day display will be at the Hickam BX from 8:30 to 11 a.m. April 22.

In addition, a native Hawaiian tree planting will take place from 1 to 2 p.m. April 24 at Mokulele Elementary School.

For more information on Earth Day events, contact Grace Hew Len, CNRH public affairs, at 473-3926 or email grace.hewlen@navy.mil or Patty Colemon, CNRH regional environmental coordination, 473-0369 or email [!\[\]\(bff896c19919791b89ab521f039b410a_img.jpg\)

Air Force officers at Joint Base Pearl Harbor-Hickam were among the more than 2,450 officers who were selected for promotion to colonel, lieutenant colonel and major, according to information provided March 28 by Air Force Personnel Center. The boards selected 15 of the 92 lieutenant colonels considered for promotion to colonel, 89 of 427 majors considered for promotion to lieutenant colonel, and 2,350 of the 3,026 captains considered for promotion to major.

JBPHH officers promoted are as follows:

Pacific Air Forces: Kristi Lynn

Gana, Kevin A. McDonough, Mark L Harris, Clarence C. Houston Jr., Michael J Kindel, Dwain Jason Ii Bartels, Ronald S. Wallace

13th Air Force: Nerriza L Brooks \(selected for lieutenant colonel\), Corey S. Everage, Donald T. McGraw, Grant D. Threlfall

15th Wing: Benjamin E. Sakrisson

15th Maintenance Squadron: Cleve P. Rodriguez

15th Operations Support Squadron: Adrian I. Martin

535th Airlift Squadron: Nathaniel S. Amidon, Sharon T.

Cortney, Mathew S. Klingenberg, Luis Rodriguezquirin-dongo, Christopher D. Ross, Andrew J. Stewart

19th Fighter Squadron: Robert J. Ice, Luke N. Swanson, Richard P. Williams

96th Air Refueling Squadron: Kelly P. Church

647th Logistics Readiness Squadron: Roseline F. Salazar

647th Security Forces Squadron: Megan F. Hall

733rd Air Mobility Squadron: Scott W. Gilliland

735th Air Mobility Squadron: Edmond J. Blanquera

324th Intelligence Squadron:

Stephanie Ann Murphy

613th Air and Space Communications Squadron: Jason B. McClure, Laura M. Porter, Robert A. Porter

65th Airlift Squadron: James D. Lee

17th Operations Weather Squadron: Jennifer M. Hensley

Jimmy R. Odom, Jay M. Neese

Inbound personnel: Laura J. Applewhite, Travis R. Bohanan, Brian P. Carroll, Jesse L.Fleener, Stephen P. Joca, Megan E. Koehler, Ulysses Linares, Bryan Daniel Mundhenk, James R. Rabon, Edward J. Rozak, Robert P. Whisenant](mailto:patri-</p></div><div data-bbox=)

USS Santa Fe receives Navy Unit Commendation

Story and photo by
MC2 Ronald Gutridge

Commander Submarine
Force U.S. Pacific Fleet
Public Affairs

Rear Adm. Frank Caldwell, commander of Submarine Force, U.S. Pacific Fleet, presented the Navy Unit Commendation award April 5 to the crew of the Los Angeles-class fast-attack submarine USS Santa Fe (SSN 763) at the Pearl Harbor Submarine Park and Parche Memorial at Joint Base Pearl Harbor-Hickam, Hawaii.

Santa Fe received the award for its outstanding performance during its

last deployment from February 2011 to August 2011. As stated in the award citation, "The crew skillfully conducted four operations of great importance to national security by safely operating in a demanding and challenging undersea environment, directly enhancing fleet, theater and national objectives. The crew displayed exceptional tactical skill, tenacity and perseverance while operating under extremely challenging conditions to prepare the battle space for future operations. Santa Fe's tactical acumen was further displayed by their highly successful participation in exercise Malabar, a bilateral exercise with the

Indian navy."

Santa Fe's commanding officer, Cmdr. David Adams, credits the award to the crew's hard work and dedication.

"The Navy Unit Commendation awarded to the Santa Fe really highlights the best things about our deployments and how we go out and defend the nation," Adams said. "The crew's performance throughout the deployment was outstanding. I am very proud to be a part of this team and to be able to see the crew get recognized for all their hard work."

Established by the Secretary of the Navy on Dec. 18, 1944, and awarded by the secretary with



Rear Adm. Frank Caldwell (center), commander of Submarine Force, U.S. Pacific Fleet, presents the Navy Unit Commendation pennant April 5 to Cmdr. David Adams, commanding officer, and chief of the boat, Command Master Chief (SS) Ronald Brooks, of the Los Angeles-class submarine USS Santa Fe (SSN 763).

the approval of the president, this unit commendation is conferred on any ship, aircraft, detachment or other unit of the U.S. Navy or Marine Corps which distinguished itself with service in support of military operations, which were outstanding when compared to other units performing similar service.

Santa Fe is currently assigned to Commander, Submarine Squadron 7 and is the second ship to be named in honor of the capital city of New Mexico. As an improved Los Angeles-class, she features retractable bow planes and 12 vertical launch tubes for cruise missile strikes.

Third electronics recycling event collects more than 1,800 items

Naval Facilities
Engineering Command
Hawaii Public Affairs

Naval Facilities Engineering Command (NAVFAC) Hawaii and Defense Logistics Agency Disposition Services (DLA DS) held the third Electronic Device Recycling Event March 29 at Joint Base Pearl Harbor-Hickam (JBPHH).

More than 1,800 items were collected within a four-hour period, including 448 computers, 294 monitors, 282 telephones and cell

phones, 201 hand scanners, and 145 printers among various other electronics, making it the most successful event to date.

The first event in 2010 collected more than 800 items while the second in 2011 received more than 1,350 unused and broken electronic devices that are now out of JBPHH workspaces and properly recycled.

The equipment is documented, boxed and trucked to the DLA DS warehouse in Kalaeloa for proper disposal and recycling.



U.S. Navy photo by Thomas Obungen

Seaman Electronics Technician Striker Jammarr Washington loads a computer tower into one of hundreds of boxes collecting old and broken electronics during Naval Facilities Engineering Command (NAVFAC) Hawaii and Defense Logistics Agency Disposition Services' (DLA DS) third Electronic Device Recycling Event held March 29 at Joint Base Pearl Harbor-Hickam.

NGIS celebrates lodging program appreciation day

Navy Gateway Inns and Suites

Navy Gateway Inns and Suites (NGIS) celebrated its "Navy Lodging Program Appreciation Day" worldwide March 28.

Included in the festivities were award presentations by Capt. Jeffrey James, Joint Base Pearl Harbor-Hickam commander, followed by several games, prizes and a pot luck luncheon.

A major objective of the day was to maintain Navy leadership support of the Secretary of the Navy sponsored Adm. Elmo R. Zumwalt Awards, presented for excellence in lodging management.

NGIS at Joint Base Pearl Harbor-Hickam received a three-star accreditation this cycle and is committed to maintain optimum customer satisfaction.

Region and installation leaders credit NGIS accomplishments to leadership of all levels, unmatched staff support and the commitment of local managers to uphold the lodging employee recognition program.

This day of recognition is established to highlight program and individual accomplishments at the local installation level.

The event promoted command leadership and participation.



Photo courtesy of NGIS

Capt. Jeffrey James, Joint Base Pearl Harbor-Hickam commander, joins Navy Gateway Inns and Suites staff at Navy Lodging Program Appreciation Day.



Children feel 'egg-stra' special at Springfest

Story
and photos
by Jazzmin
Williams

Contributing Writer

Children and their families gathered at Ward Field for Springfest April 7, starting off the Easter weekend at Joint Base Pearl Harbor-Hickam.

The free event during the Month of the Military Child featured multiple themes, including celebrating the spring season, Earth Day and child abuse prevention.

"This is a great time," said Mana Hopkins, a member of the base community who attended the event. "We had fun with the photo booth and taking pictures with the Easter bunny."

A larger-than-life Easter bunny posed for photos with children, although he was just one of the attractions available to families

who attended Springfest.

Morale, Welfare and Recreation (MWR) staff members wore assorted costumes, such as Easter eggs and other child-themed spring characters.

In addition, after standing in line to receive an Easter basket from Winnie the Pooh, children could go into the "Eggland" and pluck eggs from an egg-laying hen coop.

The event included five bouncehouses, with themes ranging from castles to slides, in addition to arts and crafts, batting cages and a basketball station.

Dance group "Hypersquad" performed for the crowd. The rock band "The Day Prevails," whose members are from the Hickam Teen Center, also performed.

Combining with Springfest, an Earth Day celebration featured information on how to protect and restore the earth.

On a serious note, "Pinwheels" for Prevention, a national campaign for preventing child abuse, had an art station for children to make posters on ways they can help in preventing child abuse. Rear Adm. Frank Ponds, commander of Navy Region Hawaii and Naval Surface Group Middle Pacific, signed a pledge to rededicate the Navy's support and awareness of the importance of preventing child abuse and neglect.

"It was a great event for the kids, informational and enjoyable," said Machinist's Mate 3rd Class Jarrod Burden.

In addition to activities for children, a "sponsors row" assisted anyone interested in higher education and other services available to the community at the joint base.

"The information booths were really helpful and provided me with options and possible career paths beyond the military," said Electronics Technician Seaman Nnamdi Oriuwa.

Hickam bowlers fly past competition to repeat title

Story and photos by
Randy Dela Cruz

Sports Editor

The All-Hickam bowling team is quickly building a legacy of dynastic proportions after the squad rolled on to its third title in four years at the 15th Annual Hawaii All-Military Championships. The event wrapped up at Naval Station Bowling Center, Joint Base Pearl Harbor-Hickam, following four days of competition held throughout base bowling centers April 3-6.

The tournament kicked off with a doubles event April 3 at Hickam and followed up with mixed doubles at Marine Corps Base Hawaii, singles at Schofield and team finals at Pearl Harbor.

When the final tallies were in, Hickam reigned supreme at the top of the event with a four-day, 24-game pin count total of 45,212.

The Retirees followed up in second with 44,059, while the Navy (43,589), Marines (40,158) and Army (39,938) rounded out the standings in third, fourth and fifth.

“We just try our best,” said Senior Airman Alfred Chock (624th Aeromedical Staging Squadron), who won the men’s singles event at Schofield with a six-game average of 232 and was second overall behind Senior Chief Culinary Specialist Derrick Pelekai Jr. (Commander, U.S. Pacific Fleet). “We try and assemble the best bowlers from the Air Force, and it can go either way. We just got lucky.”

Chock pointed out that Hickam started off slowly, but was able to take the lead after the third day of compe-



Photo illustration

(Top) Members of the All-Hickam bowling team pose together after winning its third Hawaii All-Military Bowling Tournament in four years, with the last two back-to-back. (Above) Senior Chief Culinary Specialist Derrick Pelekai Jr. shows off the form that led him to win the men’s all-around title at the Hawaii All-Military tournament. Pelekai and his Navy teammates finished this year’s event in third place.

tion.

On the first day, Annie Ortiz and Ashley Shoemaker won the women’s doubles event with a total of 2,223,

while the Navy duo of Pelekai and Culinary Specialist 2nd Class Jason Pelekai and Bernadette Flynn (United States Pacific Command) took command of

the men’s division with a high mark of 2,675.

Pelekai and Bernadette Smith, a spouse of a Navy retiree, teamed up to win the

mixed doubles with a count of 2,356, and retirees Andy Hignite and Lloyd Shoemaker completed the second day of competition by winning the odd doubles event with 2,007 pins.

Smith also took top honors among the tournament’s women by rolling for a total pin count of 4,654.

Chock’s single event win on the third day helped catapult Hickam into the lead, before the squad blew away the rest of the competition at Pearl Harbor by closing out the tournament with team victories in men’s and women’s events.

Chock led the way for the Hickam men’s win by racking up 1,411 pins over the final six games to add to the team’s total of 7,593.

The Hickam women also stepped up on the last day by sweeping through the ladies team event with a first-place total of 4,421.

“After the first day, we were behind, but we weren’t as behind as we thought we were,” Chock said. “After the second day, we edged up, and then after the third day, we took the lead. Then on the fourth day, we told us we got to do it.”

While Hickam entered the tournament under pressure as the defending champs, Chock said that everyone felt good about their chance for a repeat.

“A lot of us practiced and went out on our own just to get a feel of the different houses,” he acknowledged. “We felt comfortable coming to each and every house performing to our potential. But I think that one of the keys was coming in here knowing that we’re defending champs, and they got to

take it away from us.”

Meanwhile, for Pelekai, who participated on this 10th All-Navy team this year, the tournament was a little bittersweet.

After missing the cut last year, Pelekai returned to his old form and tried his best to carry the Navy squad on his shoulders, but the team still came up short.

“With every year, Sailors deploy and its mission first, so sometimes you don’t get the best of the best,” he pointed out. “But everyone bowled with their heart, and that’s all you can expect. This was one of the tightest teams that I’ve bowled on for 10 years. I was excited about it. You could feel the motivation. That made a big difference.”

Pelekai said that the team’s third-place finish was a step up from last year and could bode well for what’s to come in 2013.

“Why not? We’ve been in this position before,” Pelekai stated. “Every year, we’re always the underdogs. But if we keep motivating one another, we could pull it off like we did a couple of years ago.”

As for the Air Force going for a three-peat performance, Chock answered that no matter who comes back next year, you can bet that the team will do its best to keep the championship trophy at home.

“Everyone wants to continue the success,” Chock noted. “Some people leave, but we want to say that it’s not about the people, but about the team. We’ve been successful for the past two years. Hopefully we can make it a third.”

Military and community participate in 15th Annual Ford Island Bridge Run

Story and photos by
MC2 Tiarra Fulgham

Navy Public Affairs Support
Element West, Detachment
Hawaii

Service members and civilians participated April 7 in the 15th annual Ford Island 10k Bridge Run at Joint Base Pearl Harbor-Hickam.

The early morning Ford Island run is one of the most heavily participated 10k (6.2miles) runs on the island of Oahu.

More than 3,100 service

members and civilians of all ages turned out for the event, including runners from as far away as Alaska and Japan.

“The run is an awesome way to bring the community together, to see a nice mixture for military and civilian,” said Christine Leonida, secretary for the Joint Base Pearl Harbor-Hickam Morale, Welfare, and Recreation (MWR) sports office. “Opening up the bridge allows civilians to access the island and see the historic sites.”

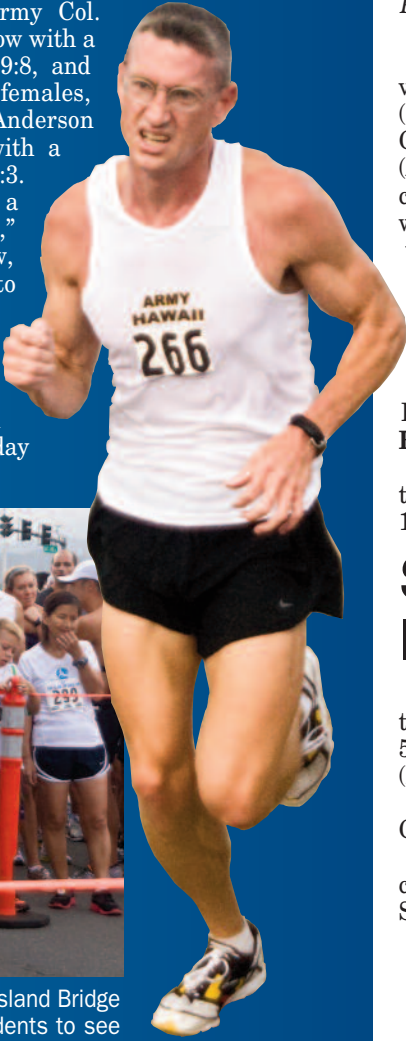
The overall male winner

was U.S. Army Col. Marty Muchow with a time of 34:09:8, and for the females, Cynthia Anderson clocked in with a time of 37:30:3.

“It was a good run,” said Muchow, assigned to U.S. Army Pacific. “It was a great competition and a beautiful day for a run.”



(Above) More than 3,000 runners of all ages participated in the 15th annual Ford Island Bridge Run. This event is a time when the bridge is open for both military and local residents to see the historic sites on the island. (Right) U.S. Army Col. Marty Muchow, 46, leads the runners.



Briefings on how to become a medical officer scheduled

SFC Carmen McDavitt

U.S. Army Medical
Recruiting Brigade

Briefings on the inter-service physician assistant (IPAP) and Army Nurse Corps commission program (AECPP) and other medical commissioning programs will be held at several locations including at Joint Base Pearl Harbor-Hickam. The briefings are open to all branches of service and any job skill and will be run by managers from Fort Knox, Ky.

Briefings include:

- 10 to 11:30 a.m. and 1:30 to 3 p.m., April 16 at building 1851, 302 Moffet St., Joint

Base Pearl Harbor-Hickam.

- 10 to 11:30 a.m. and 1:30 to 3 p.m., April 18 at Schofield Barracks Education Center, building 560, Yano Hall Library, second floor, room 211.

- 10 to 11:30 a.m. and 1:30 to 3 p.m. April 19 at Tripler Army Education Center, 1 Jarrett White Road, building 102, classroom 105A.

- 10 to 11:30 a.m. and 1:30 to 3 p.m. April 20 at Navy College Office, 1260 Pierce St., building 679, Ste. 100, room 24A.

For more information, call 502-626-0381 or email carmen.mcdavitt@usarec.army.mil. Visit the website <http://1.usa.gov/IzqjBx>.

Singers invited for Military Idol singing competition

All active duty service members are invited to compete in the Military Idol singing competition, which will be held at 5:30 p.m. May 24 and 27 in the Pearl Harbor Navy Exchange (NEX) parking lot.

Applications to enter will be available at the NEX Aloha Center mall rotunda. Deadline to enter is May 17.

First, second and third place winners will receive NEX gift cards. No purchase is necessary. For more information, call Stephanie Lau at 423-3287.

HIANG pounds out mercy-rule win in four

Story and photo by
Randy Dela Cruz

Sports Editor

After an opening season surprise defeat, the powerhouse Hawaii Air National Guard (HIANG) softball squad seems to be back on track after hammering out back-to-back mercy-rule victories to raise their record to 2-1 in the Ashore League's White Division.

The perennial-contending HIANG's latest victim was the Center for Surface Combat Systems, Detachment Pearl Harbor (CSCS DET PH), who continues to go through the growing pains of fielding its first intramural softball team.

On April 9 at Millican Field, Joint Base Pearl Harbor-Hickam, the CSCS saw their record drop to 0-3 after suffering their worst defeat to date, as the HIANG clubbed their way to 14 runs in the third inning en route to a 17-2 win.

The game was called after the CSCS batted in the top of the fourth due to the league's 10-run mercy rule.

"When someone gets ignited, the whole team just lights up and we're all on fire," said HIANG leadoff hitter and second baseman Tech. Sgt. Charlie



Tech. Sgt. Charlie McKintosh, second baseman for Hawaii Air National Guard (HIANG), tries to complete a double play after making the putout at second during a White Division intramural softball game against the Center for Surface Combat Systems, Detachment Pearl Harbor (CSCS DET PH).

McKintosh, who did a great job of setting the table by blasting two doubles in his first two at-bats. "For me, as the first batter, I know this, so I'm going to have to start

us off. I'll try and get a base hit every time."

In the bottom of the first inning, McKintosh led off with a double and later scored the first of two runs

in the frame, when Staff Sgt. Jon Fukumoto crushed a deep drive over the head of the CSCS center fielder for an inside-the-yard homer and an early 2-0 lead.

The CSCS answered with a single run on a sacrifice fly from Chief Warrant Officer 3 Aaron Commander, but the HIANG went back out in front by two runs after Tech. Sgt. Lance Takasawa led off the inning with a triple and came home on an infield grounder by Staff Sgt. Eugene Winchester.

Chief Master Sgt. Vince Ramos, pitcher for the HIANG, tossed a shutout inning in the top of the third, and that set the stage for the team's breakout inning in the bottom of the frame.

Ramos opened the inning with a walk and moved to third on a double by McKintosh, before both runners scored on a single by Staff Sgt. John Arakaki to start the merry-go-round.

Three more runs were added on an inside-the-park home run by Winchester as the team paraded a total of 19 hitters to plate and delivered 11 hits with four going for extra bases.

"They got a good hitting team. That's all it was," said Commander about the HIANG's eruption in the third. "The balls were dropping in, and there was nothing we could do about it. They

were hitting them where we weren't."

As for his team's lack of runs, Commander pointed to the savvy pitching of Ramos, but also added that while he remains optimistic, the CSCS is still a work in progress.

"It's a lot of growing pains," he admitted. "We're getting out there and practicing. We'll be able to put something together."

For the HIANG, while it's seems like the team is on a mission after they missed out on the play-offs last year, McKintosh said that it's just business as usual.

Last season, the post-season was scheduled during the HIANG's drill weekend, and the team, which won the final Hickam Air Force Base championship in 2010 and was considered to be one of the favorites to win the first JBPHH title, could not attend.

"We don't take it personal," McKintosh said. "We just come out here every game and have fun. Everybody respects us, and we kind of like that. We're all getting older, but we still can play ball. Every year, we're contenders."

Air Mobility Squadron crushes Killer Bees

Story and photo by
Randy Dela Cruz

Sports Editor

Senior Master Sgt. Bryan Braga, pitcher for the 735th Air Mobility Squadron, tossed a two-hitter over four innings, while five teammates paired two hits in a 15-run second inning to defeat Construction Battalion Maintenance Unit (CBMU) 303 Killer Bees, 24-1, during an April 10 intramural softball Gold Division game at Ward Field, Joint Base Pearl Harbor-Hickam.

The win kept the 735 atop of the Gold Division with a spotless 3-0 record, while the Killer Bees dropped their third game in a row to open the season at 0-3.

In the runaway victory, which was called after four innings because of the league's 10-run mercy rule, Braga retired the side in order in the bottom of the first and third, and faced only one hitter above the minimum in the fourth, while giving up a single run in the second.

"It makes it really easy because you don't have to worry about if you make a bad pitch or if you walk a couple of batters," said Braga about pitching with a big lead. "You can move on and just play, have fun."

Meanwhile, after a quiet first inning, the 735 batters



Senior Airman Richard McGraw of the 735th Air Mobility Squadron is congratulated by teammate Tech. Sgt. Steven Davenport after smacking a three-run, inside-the-park homer.

went to work and placed their first 14 hitters on base, before finally walking off the field with 15 runs in the second.

During the breakout inning, Tech. Sgt. Steven Davenport got things rolling with a single to open the frame. Later in the inning, Davenport went on to slap another single that drove in one of the

team's 15 runs.

Following Davenport's second single, with runners on first and second, Senior Airman Richard McGraw got his second hit of the inning.

After following Davenport with an RBI single earlier in the frame, this time McGraw got a hold of a pitch and stroked it past the outfield, rounding the

bases for a three-run, inside-the-park homer.

Then, with two outs, Master Sgt. Tom Wasserman slugged an RBI triple and raced home on a throwing error for the 15th and final run of the inning.

"Once you get in a groove, everybody starts clicking and stringing together hits," Wasserman

said. "It's practice. That and a lot of us have been playing the past two years together."

Once the dust cleared in the top of the second, the 735 marched a total of 18 batters to the plate and produced 11 hits, with four of them going for extra bases.

The 735's run production didn't stop with their

explosion in the second as the team continued its torrid hitting in the third and fourth frames.

An additional four runs were tacked on in the third inning, while a two-run triple by McGraw helped post five more tallies in the fourth for the final margin of 24 runs.

"We've played some good teams, but I think we're starting to jell," said Braga about the 735's strong start. "We had a good run in the playoffs last year, and I think it's all just working pretty well right now."

Wasserman also stated that he likes the way that the team is coming together. As long as the 735 can stay intact, he likes their chances of going all the way.

"This is only our third game, but we've only changed the lineup once," he said. "If we don't let the little things get us down, we should be all right."

At very least, said Braga, he hopes that the team can have another good run in the playoffs.

"I would hope that we could make it back and play for the championship in that bracket," he said. "Just get a chance to prove who's the best on base. There are some good teams on base and I look forward to playing against them."

Breakfast with Easter bunny at NEX



Photos by Ryan Guerrero

Breakfast with the Easter bunny took place March 31 at the Pearl Harbor Navy Exchange (NEX) food court lanai. There were 88 children and 88 adults in attendance. The children ate a French toast and ham breakfast, received glitter tattoos, balloon art and a goody bag. They also had their picture taken with the Easter bunny and Peep, participated in contests, and won door prizes. Adults also received a breakfast and door prizes.

Cut your healthcare clutter, go online

Brian P. Smith

TriWest Healthcare Alliance

When you go to the doctor, do you sit by the mailbox, waiting for your claims statement to come in? Or do the envelopes and statements just pile up?

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account at any time from your desktop, your phone or your tablet—anywhere with an Internet connection.

Keep your health information organized online at your fingertips while you cut the clutter of your printed and mailed healthcare records.

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- Easy access. Manage your health care online anytime, from anywhere in the world.

- Convenient. Quickly and easily find all your information in one safe, secure place. Get emails when new information is posted to your account.
- Secure. Go paperless and don't worry about shredding, filing or losing your statements again.
- Simple. TriWest archives and organizes up to three years of information for you (30 days available on the mobile site).
- Smart. Less printing means using less paper and less energy.

For more information on the benefits of being a registered user—like QuickAlert email and text—visit TriWest.com/Paperless and find out more about the benefits of going green.

Bullying in the workplace affects everyone negatively

Andrea Hantman

Civilian Employee Assistance Program Joint Base Pearl Harbor-Hickam

When one worker physically or psychologically intimidates another worker for the purpose of getting his or her own way, it is bullying. Approximately 25 percent of workers report they have been bullied in the workplace now or at some time in the past.

Statistics show usually the bully is in a position of greater power. About 35 percent of the time, the bullying is peer to peer. There may be name calling, unwelcome “kidding,” malicious gossip, social isolation, humiliation, or withholding of information necessary for the person to do his or her job. There may be direct or indirect threats. There is great cost to both the agency and person being bullied. There is a cost also to those who observe the bullying and either join in or withdraw. Everybody's well-being is affected.

Employees may have difficulty with sleep as they struggle with anxiety or

fear related to bullying behavior. Avoidance of the workplace, fear of being open, or of “thinking outside the box” may result. High stress levels, illness and absenteeism may also occur. Good staff is lost and hiring quality employees may become more difficult.

If you are being bullied, first acknowledge the problem. Do not let it affect your self-esteem. Do not settle into the victim role.

Describe the behavior, and tell the bully to stop. You may need to go up the chain or to human resources. It is important to be very clear about what is going on, and this may mean talking with an outside party such as a counselor. The important thing is to be honest with yourself, take care of yourself, be proactive rather than reactive, and get support.

It is wise to seek help if you are dealing with a bully or if you simply need to sort out your feelings before you act. Journaling can be useful. Write what actually occurred, your feelings, thoughts and options as well as possible outcomes.

Talk with a trusted friend, a pastor or a counselor. Civilian Employee Assistance Program (CEAP) is a confidential free professional service available to civilian employees. Alternative dispute resolution (ADR) can also be an option. Call 471-1723 for more information.

Call 474-1999 to obtain CEAP information, assessment, referral and/or brief counseling. Call centralized scheduling at 474-1999 ext 6201 or 6202, or email andrea.hantman@navy.mil to schedule an appointment. Inquire about no cost at-your-site training.

This Week's Trivia

What happened on April 8, 1812 affecting the Territory of Orleans?

Last Issue's Question: What happened on March 28, 1966 with regard to the Seventh Air Force?
Answer: The Seventh Air Force was re-activated and assigned to PACAF. A few days later Seventh Air Force was organized at Tan Son Nhut Airfield, South Vietnam and designated the Air Component Command of Military Assistance Command, Vietnam.

Hickam Communities recognized among ‘Best Places to Work’

Hickam Communities LLC

Hickam Communities at Joint Base Pearl Harbor-Hickam was recognized as one of Hawaii's “Best Places to Work” at a dinner held March 30 honoring businesses receiving the 2012 Best Places to Work awards.

“We're really excited to receive this recognition,” said Jerry Schmitz, Hickam Communities project director. “Every employee deserves credit for this award, from our leadership team to our folks out in the field. Each contributes to making Hickam Communities a great place to work for their co-workers.”

In addition to being recognized as a “Best Places to Work,” Hickam Communities also was a top three finalist in the “Best Healthy Workplace” category.

Stephen Quinn, director of property management, accepted the award. “Our mission to serve our military families is front and center in all we do, and we make every effort to support our employees whose dedication to our mission is evident,” Quinn said.

The “Best Places to Work” is an annual competition presented by Hawaii Business Magazine that measures employer benefits and policies and employee engagement and satisfaction. It focuses on eight core areas: leadership and planning, corporate culture and communications, role satisfaction, work environment, relationship with supervisor, training and development, pay and benefits and overall engagement.

Additionally, 100 percent of Hickam Communities employees were surveyed.

WHO SAID IT?

“Freedom is the last, best hope of earth.”

Last Week's
WHO SAID IT?

“Children are likely to live up to what you believe of them.”

Lady Bird Johnson



Armed Services Blood Program to hold upcoming blood 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 worldwide. The drives include:

- 8 a.m. to 1 p.m. April 17 at Camp Smith Pollack Theatre.
- 11 a.m. to 3 p.m. April 24 at Tripler Army Medical Center NEX.
- 7:30 a.m. to 12:30 p.m. April 30 at Joint Base Pearl Harbor-Hickam Makalapa Naval Clinic.

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

PEARL HARBOR-HICKAM

Mariawa Nanea

LEISURE

Morale Welfare & Recreation

LEISURE AND TRAVEL SHOWCASE

The "Leisure and Travel Showcase" will be held from 9 a.m. to 2 p.m. Saturday at the Pearl Harbor Navy Exchange (NEX) mall. The free event will feature prize giveaways and live entertainment. The theme of the showcase is "Exploring Hawaii and Beyond." FMI: 473-0792 or www.greatlifehawaii.com.

CREATIVE WRITING AWARDS

Awards in the kids, teens and adult categories of a creative writing contest will be announced for the short story and poetry divisions at 1 p.m. Saturday at the Joint Base Pearl Harbor-Hickam Library. The free event is sponsored by the Friends of the Library in celebration of National Library Week. FMI: 449-8299.

ADVANCED SCREENING: THE LUCKY ONE

See "The Lucky One," starring Zac Efron and Taylor Schilling at a free advanced screening Sunday at Sharkey Theater. The box office opens at 5:30 p.m. and the show begins at 7 p.m. Tickets are first-come first-served. FMI: 473-0726.

MWR NEWCOMERS LUNCH

A free buffet lunch, Morale, Welfare and Information booths, sponsors' tables and giveaways will be featured for newcomers to Joint Base Pearl Harbor-Hickam at 11 a.m. April 17 at Tradewinds Enlisted Club. After the luncheon, a tour at 12:30 p.m. will take participants to MWR locations around base. Separate registrations are required for the luncheon and tour. The event is open to all military-affiliated personnel during their first six months of arrival. FMI: www.greatlifehawaii.com

PROFESSIONAL BOWLING

The professional bowler Western Regional Tournament and Pro-Am will be held April 20 to 22 at the Hickam Bowling Center. Admission is free for spectators. The Senior Pro-Am kicks off the tourney at 8 a.m. April 20. Meet the pros that evening from 5 to 6 p.m. An awards presentation caps off the weekend April 22 at 2 p.m. FMI: 448-9959.

FATHER-DAUGHTER DINNER DANCES

Father-daughter dinner dances will be held from 4 to 7:30 p.m. April 21 and May 5 at the Hickam Officers' Club lanai. The cost is \$15 for each father/daughter pair and \$5 per additional daughter. The cost includes dinner buffet and music by a DJ. Wear aloha attire. Tickets are available at the joint base MWR Fleet Store and Hickam Information, Tickets and Travel offices while supplies last. FMI: www.greatlifehawaii.com or 474-1999, ext. 0.

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

Community Calendar

April

14 ~ The Pearl Harbor Naval Shipyard Apprentice and Engineering Career Fair will be held from 8 a.m. to noon Saturday at Honolulu Community College main campus, 874 Dillingham Blvd. in Honolulu. FMI: www.navsea.navy.mil/shipyards/pearl.

17-24 ~ Military and Family Support Center (MFSC) classes scheduled this month are Mastering the Art of Relationship Skills from 10 a.m. to noon April 17 and Anger Management from 8 to 11 a.m. April 24. MFSC classes are free to Department of Defense civilian employees as well as for military members and their families. FMI: 474-1999 or www.greatlifehawaii.com

20 ~ The Naval Supply Systems Command Fleet Logistics Center Pearl Harbor (NAVSUP FLC PH) will hold an Earth Day Fair from 9 a.m. to noon at Kilo 8/9 Pier, the pier warehouse behind building 475. It will include displays on storm water pollution prevention, oil spill response, recycling and more. FMI: luke.dragovich@navy.mil or call 473-7818.

21 ~ Volunteers are encouraged to participate in a Pearl Harbor Bike Path cleanup from 8:30 to 11 a.m. at Neil Blaisdell Park and Kapakahi Stream. Volunteers can contact MAC James Wooten at james.wooten2@navy.mil or 472-7149.

21 ~ The U.S. Coast Guard with mascot "Coastie" will appear at a free Earth Day event from 11 a.m. to 2 p.m. April 21 at the Pearl Harbor Navy Exchange (NEX) outdoor living center. NAVFAC Hawaii will also teach children about energy conservation. FMI: 423-3287.

28 ~ Turn in your unused or expired medications for safe, anonymous disposal from 10 a.m. to 2 p.m. during the National Take Back Initiative at Pearl Harbor Navy Exchange (NEX) main lobby, 4725 Bougainville Drive. FMI: www.dea.gov or 541-1930.

28 ~ "Paws and Patriots," a free military appreciation event, will be held beginning at 3 p.m. April 28 at Hawaiian Humane Society, 2700 Waiialae Ave., Honolulu. The event will include pet information for the military, half-off adoptions on the day of the event, games and entertainment. FMI: 946-2187.

Movie Showtimes



Dr. Seuss The Lorax (PG)

The animated adventure follows the journey of a 12-year-old as he searches for a real Truffula Tree, the one thing that will enable him to win the affection of the girl of his dreams. To get it he must find the story of the Lorax, the acerbic yet charming character who fights to protect his world.

SHARKEY MOVIE THEATER

TODAY

7:00 PM Ghost Rider: Spirit of Vengeance (PG-13)

SATURDAY

No movies will be shown
**Armed Forces
Body Building Contest**

SUNDAY

2:30 PM This Means War (PG-13)

Advanced Screening: The Lucky One
FREE to the first 450 authorized patrons. Tickets with assigned seating will be issued at 5 PM from the ticket booth.

HICKAM MEMORIAL THEATER

TODAY

6:00 PM Dr. Seuss The Lorax (PG)
8:30 PM Wanderlust (R)

SATURDAY

4:00 PM Dr. Seuss The Lorax (PG)
7:00 PM Act of Valor (R)

SUNDAY

2:00 PM Dr. Seuss The Lorax (PG)

