



WELCOME RIMPAC

HO'OKELE

PEARL HARBOR - HICKAM NEWS

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World's largest international maritime exercise gets underway

U.S. Pacific Fleet Public Affairs

Military leaders from 22 nations formally launched Rim of the Pacific Exercise (RIMPAC) 2012 on July 2. RIMPAC is hosted biennially by U.S. Pacific Fleet in and around Hawaii.

U.S. and international speakers at the opening press conference included Adm. Cecil D. Haney, commander of the U.S. Pacific Fleet; Vice Adm. Gerald R. Beaman, commander of the U.S. Third Fleet; Japan Maritime Self Defense Force Rear Adm. Fumiyuki Kitagawa, commander of Escort Flotilla Three; and Royal Canadian Navy Rear Adm.

Ron Lloyd, chief of force development.

"The theme of capable, adaptable partners resonates here in what is the world's largest international maritime exercise," Haney said.

Haney said 22 nations, 40 ships, six submarines, more than 200 aircraft and 25,000 personnel are participating in RIMPAC 2012. The exercise is designed to enhance the tactical capabilities of participating units in major aspects of maritime operations at sea. RIMPAC 2012 is the 23rd in the series, which began in 1971. It is the world's largest international maritime exercise.

RIMPAC, as well as the cooperation and interoperability it fosters, "is critical to ensure the safety of the sea lanes and security of the world's oceans," said Haney, who was flanked by representatives of the participating nations during a press conference.

Haney noted that this year's RIMPAC is unique with a number of exercise firsts:

- The naval and air functional component commands in RIMPAC are being led by international partners.

- Includes a humanitarian assistance/disaster relief (HA/DR) component.

- The U.S. Navy will demonstrate its "Great Green

Fleet" approach with some surface warships and aircraft functioning on biofuel blends.

Beaman said the HA/DR portion of the exercise is a five-day exercise that involves Hawaii disaster responders as well as more medical personnel than have participated in past RIMPACs. He also highlighted the international leadership roles throughout the exercise.

"It is the first time in the RIMPAC series that the component commanders are led by other than U.S. leaders," Beaman said. "It's a sign of where we have come with this exercise, and we're excited, each and

every one of us, to be here and to carry out RIMPAC 2012."

Kitagawa took a moment to recognize the growth in the international participation over previous years.

"I am very glad to welcome seven countries of new partners and the opportunity for us to train together," Kitagawa said.

Kitagawa noted that this is the 17th RIMPAC Japan is participating in, and he expressed his gratitude to all of the nations participating in RIMPAC for the assistance they provided to Japan in the wake of the March 2011 earthquake and tsunami.

"Continued participation

in RIMPAC and regular deployments in the Pacific Rim also allows us to renew our focus on the region on a biennial basis," Lloyd said. He also thanked Hawaii for "what is truly first-class, world-class hospitality" that is being offered to all of the RIMPAC participants.

This year's exercise includes units or personnel from Australia, Canada, Chile, Colombia, France, India, Indonesia, Japan, Malaysia, Mexico, Netherlands, New Zealand, Norway, Peru, the Republic of Korea, the Republic of the Philippines, Russia, Singapore, Thailand, Tonga, the United Kingdom and the United States.

Sailors re-enlist aboard 'Mighty Mo' July 4



U.S. Navy photo by MC3 Sean Furey

Sailors aboard the Battleship Missouri Memorial at Joint Base Pearl Harbor-Hickam participate in a mass reenlistment ceremony during the Rim of the Pacific (RIMPAC) exercise 2012.

Photo Illustration



Motorcycle track day helps riders get ahead of the curve
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Welcome to RIMPAC
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Miss Hawaii 2012 visits Pearl Harbor Navy Exchange
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Softball title goes to 8th IS in blowout over HQ PACAF
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Kunia Gallos beat HIANG for soccer championship
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New 15th Wing CO arrives in Hawaii

Col. Johnny Roscoe (right), the incoming 15th Wing commander, and his family are greeted June 29 upon arrival on Oahu at the Honolulu International Airport. Col. Terry Scott, 15th Wing vice commander, and members of the 15th Wing from Joint Base Pearl Harbor-Hickam were on hand to say aloha.

U.S. Air Force photo by Capt. Ben Sakrisson



96th Air Refueling Squadron inducts newest 'pilot'

Story and photos by Staff Sgt. Nathan Allen

15th Wing Public Affairs

As entertainer Bill Cosby would likely testify, kids can say some unexpected things. That's why it surprised some in the flight deck of the KC-135 Stratotanker simulator at Joint Base Pearl Harbor-Hickam (JBPHH) that Rosco Rebibis, a "year old" cancer patient at Kapi'olani Medical Center, decided to forego the usual "oohs" and "aahs." Instead, with the poise of an experienced flier, he immediately addressed his "passengers."

"Attention everyone, this is your captain speaking. We will be taking off in 3...2...1..."

Rosco toured different areas of JBPHH as a guest of the "Pilot for a Day" (PFAD) program hosted by the 96th Airlift Squadron.

According to Capt. Johnathan Walker, Pilot for a Day director from the 96th Air Refueling Squadron, PFAD provides an opportunity for members of the U.S. Air

Force to reach out to the community and allow children battling diseases to obtain a reprieve from their battles, if only for a day. They get the chance to come see the base, enjoy being a kid, and witness some of the "big-kid" toys Airmen play with every day.

Rosco's grandfather, Mel DeCasa, said Rosco was first diagnosed with acute lymphoblastic leukemia, a common form of cancer in children, in October 2010.

"When we first found out, of course we were devastated but, according to the doctors, they have a better recovery rate at his age," he said. "We actually thought he was going to be gone in a couple months when he was diagnosed."

DeCasa said it has been a long road to recovery for Rosco. However DeCasa said that Rosco hasn't changed a bit, despite suffering through a debilitating illness.

"He was really sick. He lost a lot of weight, lost a lot of hair," he said. "Since then he's obviously gotten a lot better. The illness hasn't

changed his personality at all. If anyone had to fight this, he's a perfect candidate."

During his visit, Rosco was able to "fly" in a KC-135 simulator, operate a bomb disposal robot, learn about aircrew flight equipment, and receive a first-hand tour of a KC-135.

Walker said Air Force community outreach events like PFAD are not only designed to help kids escape what can sometimes be a painful and exhausting recovery process, it fosters trust and cooperation between Airmen and the community in which they operate.

"Whether it's opening our doors to (the community) or letting them see what we do on the inside...it provides a good testimony to the community and allows us to work together to have a better overall

relationship," Walker said. "We're in their community, and we'll do anything we can to help."



Photo Illustration

Navy League presents American Patriot Awards

Karen S. Spangler

Managing Editor

HONOLULU—The Navy League, Honolulu Chapter, hosted the American Patriot Awards Convention banquet June 23 at the Sheraton Waikiki Hotel.

American Patriot Awards were presented to Mildred Courtney, the military liaison for Outrigger/Ohana Hotels and Resorts, and to U.S. Sen. John McCain.

Courtney, a 55-year employee of Outrigger Hotels, has been instrumental in various efforts that benefit military service members. She has person-



U.S. Navy photos by MC1 Donald W. Randall

Mildred Courtney was a recipient for the Navy League Patriot award for her work for the military. One project she coordinated was the collection of easter basket for military kids.

ally organized support for ship commissioning ceremonies, including USS Hawaii, USS Chung-Hoon

and USS Lake Erie, and for the arrival of USS Chafee.

She also arranged for a keiki hula performance at Groton, Conn. to provide an early and friendly welcome for submariners and families. This past Easter, Courtney collected filled Easter baskets from Outrigger employees for children of service members and presented them to Capt. Jeffrey James, commander of Joint Base Pearl Harbor-Hickam (JBPHH).

In recent years, she has sponsored welcome home events for returning warriors from Iraq and Afghanistan, ensuring that Sailors, Airmen, Marines

and Soldiers who went in harm's way were not forgotten.

Courtney also established a first-of-its-kind Sailor's Attic at JBPHH. The Sailor's Attic provided basic household items at no cost to families in need, a big help to young families.

"There isn't anything that gives me more joy, more honor than improving the quality of life for all service men and women through efforts such as these. I want to thank Dr. Richard Kelley for giving me this opportunity and David Carey for allowing me to do what I love every day," Courtney said as she

addressed the guests at the banquet.

"Although very much appreciated, this recognition pales in comparison to the gifts of freedom and security that our military men and women provide us all, often under the most difficult conditions and circumstances and sometimes at the greatest personal sacrifice."

"It is thanks to them that I will donate my time, my service and my aloha, for as long as I am able, to our U.S. military. It has been a great ride and one that Outrigger and I take great pride in fulfilling. Mahalo from the bottom of my heart," Courtney said.

Motorcycle track day helps riders get ahead of the curve

Story and photo by Staff Sgt. Nathan Allen

15th Wing Public Affairs

Motorcyclists from every branch of the U.S. military gathered June 27 and 28 at Wheeler Army Airfield to participate in the "Advanced Rider Track Day," a training event designed to help service members practice maneuvers in a controlled environment.

Mario di Prete, traffic safety program manager at Marine Corps Base Hawaii, Kaneohe, started the track day in April 2009 in response to a command directive to reduce motorcycle fatalities.

"The two-wheeled private motor vehicle accidents a few years back were through the roof," he said. "The Marine Corps, through one of their

safety initiatives, said, 'What can we do beyond what we have right now.'"

At that point, the Marine Corps approached the California Superbike School and asked them for help designing a course to help focus on common errors motorcyclists make when riding. There was a special focus on three elements of motorcycle riding: entry speed, throttle versus lean, and throttle control.

"It's all based on cornering. Pretty much anyone can travel relatively safely in a straight line. There's not much to it, just point and shoot," he said. "When you start factoring in turns and different degrees of turn, that's when things get a little bit tricky. (Turns) are where most of your fatalities and crashes happen."

The course is not mandatory, but aspiring attendees must attend the basic rider's course and, depending on the type of motorcycle the rider uses, either the military sport-bike riders course or the experienced rider's course before attending the track day. Class frequency depends on when space becomes available to conduct it. Currently, the group facilitates three to four track days a year.

Riders should know that the track day is not for beginners. According to di Prete, aspiring riders should visit their local safety office and enroll in the basic rider's course.

"If you're just starting out, get trained, wear your gear, and never stop learning,"

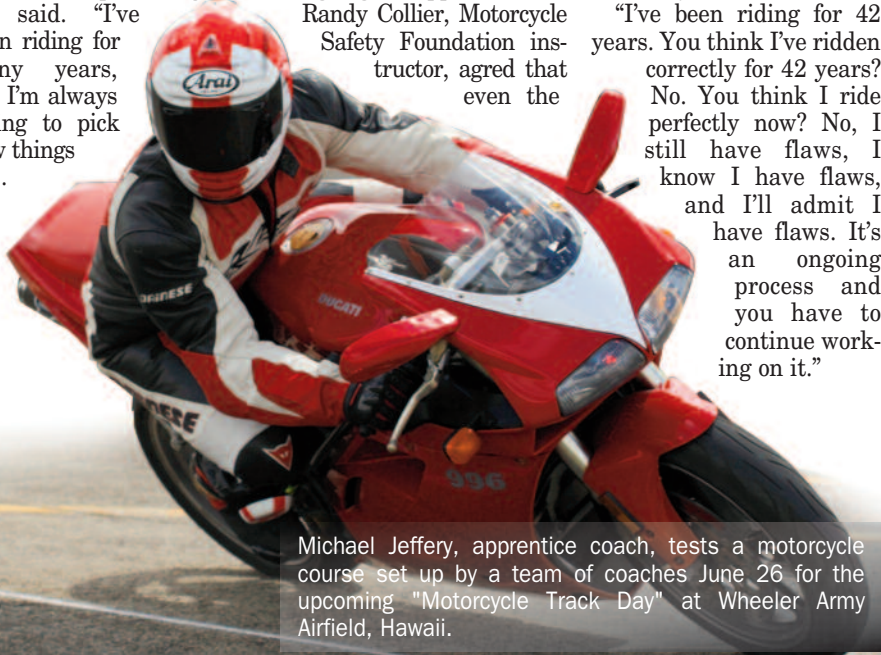
he said. "I've been riding for many years, but I'm always trying to pick new things up."

When you think you know it all, that's when bad things are going to happen."

Randy Collier, Motorcycle Safety Foundation instructor, agreed that even the

most experienced riders can benefit from attending the track day.

"I've been riding for 42 years. You think I've ridden correctly for 42 years? No. You think I ride perfectly now? No, I still have flaws, I know I have flaws, and I'll admit I have flaws. It's an ongoing process and you have to continue working on it."



Michael Jeffery, apprentice coach, tests a motorcycle course set up by a team of coaches June 26 for the upcoming "Motorcycle Track Day" at Wheeler Army Airfield, Hawaii.

Commentary

Commander, Navy Region Hawaii reflects on July 4th week and RIMPAC

Rear Adm. Frank L. Ponds
Commander, Navy Region Hawaii and Naval Surface Group Middle Pacific

I want to take this opportunity to welcome every single service member and civilian visiting here for Rim of the Pacific Exercise 2012. On behalf of all of the participants, thank you to Gov. Abercrombie, Mayor Carlisle and all the people of the state of Hawaii for your gracious *ohana*-style hospitality, generosity and support for RIMPAC and your understanding of our Navy's need to conduct this vital training.

This past Wednesday's July 4th celebration, as RIMPAC was just getting underway, was very special for everyone at Navy Region Hawaii and for me personally.

It was a privilege for Mrs. Ponds and me to host a backyard reception on behalf of the commanders of U.S. Pacific Fleet and U.S. 3rd Fleet in honor of our allies, friends and partners here for RIMPAC 2012. And, it was our guests' opportunity to enjoy some American hospitality in Hawaii as we celebrated Independence Day.

Our American Independence Day, with parades,

cookouts and fireworks, is special not only for the United States but also for all freedom – loving nations everywhere. The concept that we are all created equal with unalienable rights of life, liberty and the pursuit of happiness is a fundamental truth for all men and women. Our nation fought wars, including the War of 1812, World War II and even our own Civil War, to defend freedom and democracy.

Our Declaration of Independence in 1776 inspired other democracies and brought transformational freedom and equal rights to other nations. Now, we work together to provide maritime security on the world's oceans. We keep sea lanes open for the free-flow of commerce. We work together – as partners – to offer humanitarian or civic assistance in time of need.

As I met with RIMPAC guests in my backyard, we introduced ourselves and “talked story” about our cultures and our navies, and I had an opportunity to reflect on how much we all share in common.

RIMPAC is an opportunity for all of us to share the spirit of aloha with our visitors – from nearly two dozen nations. I'm very grateful to hear how our guests have

been welcomed and assisted, with a simple “hello” or “can I help you”

MWR is providing “RIMPAC Central,” sports and entertainment events, and convenient buses. The ships are conducting waterfront receptions. Commander, U.S. 3rd Fleet announced a robust training schedule. We expect this RIMPAC to be not only the biggest in history but also the best.

As Adm. Haney and Vice Adm. Beaman announced Monday, this is the first RIMPAC with non – U.S. officers commanding functional components of the combined task force. Royal Australia Navy's Commodore Stuart Mayer is commanding the maritime component, and Royal Canadian Air Force's Brig. Gen. Michael Hood is commanding the air component.

Another first for RIMPAC is that HADR (humanitarian assistance/disaster relief) will be a key component of the exercise, allowing our Hawaii-based Department of Defense and state of Hawaii medical facilities to participate in mass casualty drills and receive required medical certification.

Finally, as many of you know, it is the first RIMPAC to demonstrate, on a large scale, renewable energy such

as biofuels and other energy-saving innovations.

At Navy Region Hawaii – both at Joint Base Pearl Harbor-Hickam and at Pacific Missile Range Facility – we are supporting, wholeheartedly, renewable energy and sustainability initiatives, environmental protection and safety of the exercise.

With collaboration, cooperation and commitment, we can achieve a safe and productive RIMPAC 2012 – one which achieves its goal, as expressed in the theme:

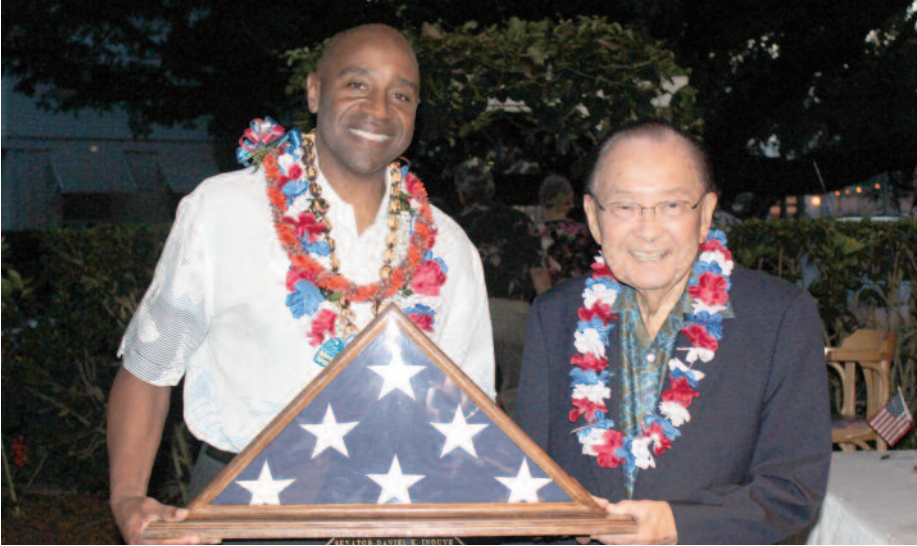
building strong, capable and adaptable partnerships. Navy Region and MDPAC stand ready to support and participate.

During our July 4th backyard reception, we presented U.S. Senator Dan Inouye of Hawaii with a special shadow box with an American flag that had been flown over USS Arizona Memorial, Battleship Missouri Memorial, USS Bowfin Memorial and USS Lake Erie. Sen. Inouye's lifetime service and devotion to his country is truly inspirational to all

Americans and to anyone who cherishes justice, democracy and freedom. A service and sacrifice that began on the battlefields in World War II, his unwavering commitment continues today in the halls of the Senate.

So, during this July 4th week, I reflect on the values that we share, RIMPAC hosts and guests alike. Let us never take our freedom for granted, and let us never tire in our pursuit of freedom for others.

Welcome, RIMPAC! Aloha!



U.S. Navy photo by Lauren Lasser
Rear Adm. Frank L. Ponds, commander of Navy Region Hawaii, presents U.S. Sen. Daniel Inouye of Hawaii with a shadow box with an American flag.

Diverse Views



Francis Scott Key wrote the national anthem “The Star-Spangled Banner” during the War of 1812, and this year is the bicentennial of that war. What words in the song have the most emotional effect on you?

Lt. Col. Rene Chadwell
Commander
15th Medical Operations Squadron



“For me, the most emotional words of the national anthem are in the closing phrase ‘Oh say does that star-spangled banner yet wave, o’er the land of the free and the home of the brave?’ Those words sung in the presence of the waving flag make my heart swell with pride, pride with having had the opportunity to serve alongside so many brave men and women, pride with having served a higher calling, and pride with being a citizen of this great nation.”



LS2 Hilda Hayes
Naval Supply Center

“‘Oh long may it wave, O’er the land of the free and the home of the brave!’ Serving active duty in the military, whenever I have been on deployments and heard that line, it just touches me.”

Senior Master Sgt. Adrian Bandhu
HQ PACAF



“For me, the words ‘land of the free’ has the most emotional effect because of the freedom that we enjoy as a nation/society. In the world today, many other countries and sovereign nations do not enjoy such freedom.”



Michelle Agoo
Associate, Navy Exchange Pearl Harbor

“‘What so proudly we hailed at the twilight’s last gleaming...’ Because no matter what, America always comes back.”

Seaman Apprentice Daniel Tanner
Naval Health Clinic Hawaii



“I like ‘Gave proof through the night that our flag was still there.’ It reminds me that the flag will always be there, and it isn’t going away.”



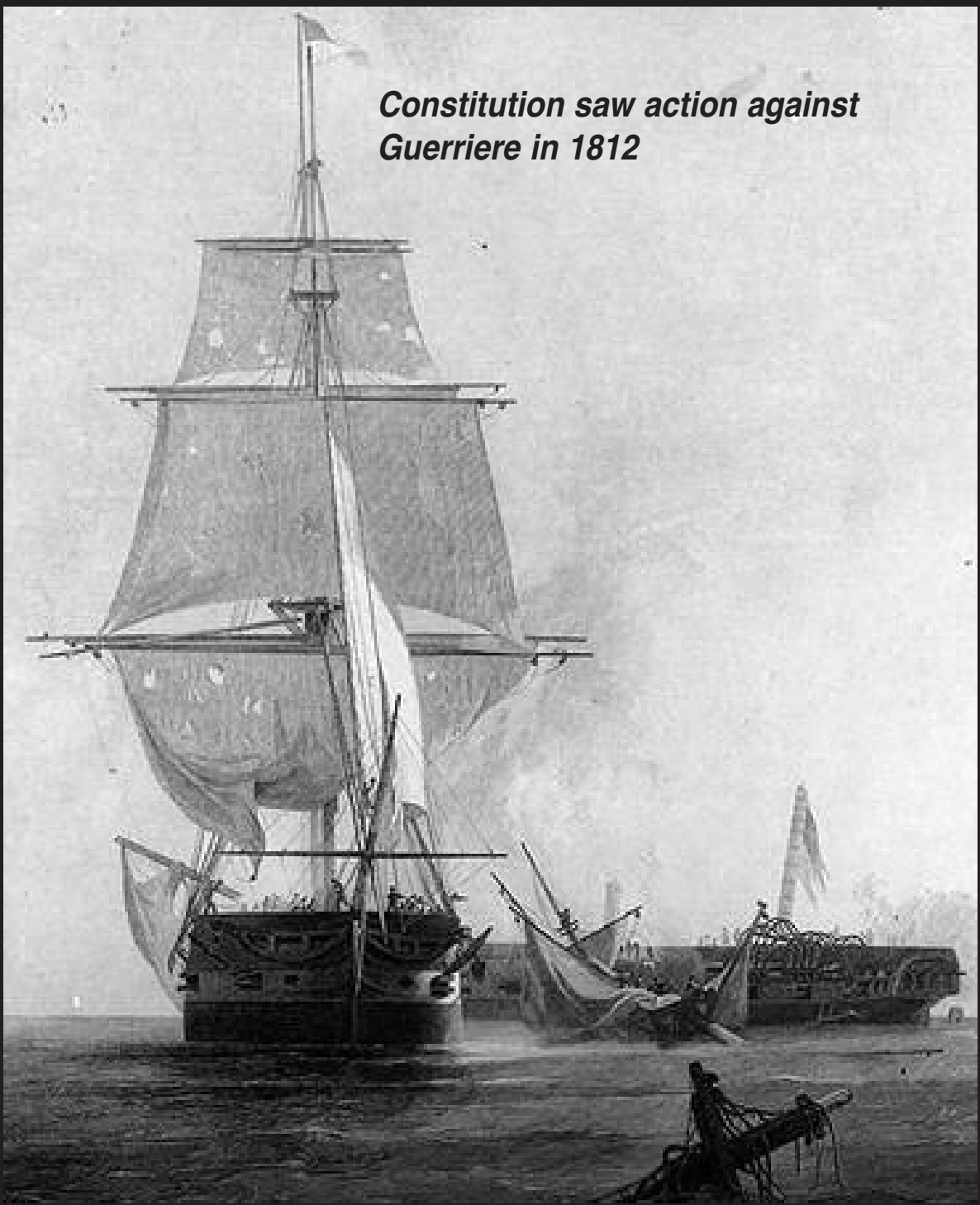
John Tucker
USAF Retired

“The most important line to me is ‘In God is our trust,’ because I am a true believer in God and a true Christian.”

(Provided by Brandon Bosworth 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



Constitution saw action against Guerriere in 1812

This photo is from a mid-19th century line engraving by James D. Smillie after a painting by Alonzo Chappel. It depicts the USS Constitution standing near the dismasted British frigate Guerriere. The Constitution battled Guerriere on Aug. 19, 1812. The Constitution is also participating in Boston Navy Week 2012 and the Boston Harborfest held this week in commemoration of the War of 1812 bicentennial.

HO'OKELE

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Welcome Aloha RIMPAC

Sports, events on tap

Don Robbins
Assistant Editor

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation (JBPHH MWR) will host a variety of athletic and special events during RIMPAC, including tournaments in basketball, soccer, indoor and sand volleyball, softball, singles and doubles tennis and bowling.

For example, a RIMPAC 5K run will be held at 9 a.m. Aug. 3. Deadline for entry for the run is July 11. The race course will start and finish at RIMPAC Central on Bravo Piers. Water and beverages will be provided and trophies will be awarded.

Other scheduled RIMPAC events include a bench press contest, indoor triathlon, versa climb challenge, swim meet, international military boogie board and surf meet, belly flop contest, kayak race competition, RIMPAC king and queen of the beach and golf tournament.

During RIMPAC there are special rates in bowling. Monday through Friday from 11 a.m. to 9:30 p.m., open bowling will be \$2 per game. Cosmic bowling on Friday nights from 5 to 11 p.m. will be \$2 per game.

A RIMPAC strong-arm contest is scheduled

for 9 a.m. Aug. 4 at the JBPHH Fitness Center. The deadline for entry is July 11. The contest will consist of the most pull-ups contest and longest chin-up hang.

The RIMPAC sailing regatta is scheduled for 9 a.m. to 3 p.m. Aug. 3 at Rainbow Bay marina. Deadline for entry is July 11.

A RIMPAC golf tournament will be held at 12:30 p.m. Aug. 6 at Navy and Marine Golf Course. Deadline for entry is July 11.

RIMPAC T-shirts will be provided to tournament participants, subject to availability.

In addition to the numerous sporting and special events planned for this year's RIMPAC 2012 exercise, JBPHH MWR will sponsor the RIMPAC Cup. The cup is a perpetual trophy presented to the ship or command who earns the most total points during RIMPAC 2012.

Visit RIMPAC Central located across from Bravo Piers 23 and 24 and at Hotel Pier for MWR RIMPAC information, including transportation for scheduled off-base excursions, food and beverage vendors, tickets and more.

RIMPAC Central (Bravo Piers and Hotel Piers) will be open 8 a.m. to 11 p.m. now to July 9 and Aug. 1 to 6.

For entry fees and up-to-date information on how to sign up for sporting competitions, visit the website www.greatlifehawaii.com.



Visit RIMPAC Central for sign-ups

Joint Base Pearl Harbor-Hickam
Morale, Welfare and Recreation

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation has scheduled many activities to welcome all RIMPAC commands to Hawaii featuring the scenic beaches and unique activities available in the state.

Visit "RIMPAC Central" located across the street from Bravo Piers 23 and 24 at Hotel Pier.

RIMPAC Centrals are one-stop locations for updated information, tickets to local attractions, outdoor recreation gear rental, food, hotel room sales/car rental and Pearl Harbor Navy Exchange mini-mart.

Transportation for the scheduled off-base excursions will begin and end at RIMPAC Centrals. Stop by RIMPAC Central (Bravo) now through July 9 and Aug. 1 to 6 between 8 a.m. and 11 p.m. RIMPAC Central (Hotel) will be open from 8 a.m. to 11 p.m. now to July 9 and Aug 1 to 6.

The Information, Tickets and Travel (ITT), Outdoor Adventure Center (OAC), Single Sailor Program offers daily outings from RIMPAC Central Bravo and Hotel Pier locations.

For complete and updated information on all of the activities, visit the website www.greatlifehawaii.com.

A few of the upcoming events include:

July 7

- Get a guided tour of the Battleship Missouri Memorial and Pacific Aviation Museum. The cost is \$34 per person and a minimum of six people is required to participate. The activity departs RIMPAC Central at 11 a.m. The return time is 3 p.m.

- Experience the Polynesian Cultural Center Alii luau package. The cost is \$95 per person and a minimum of six people is required. The activity

departs RIMPAC Central at 10:15 a.m. and returns at 10 p.m.

- Take a Waikiki rigger sunset sail. The cost is \$41 per person with a minimum of six people required. The activity departs RIMPAC Central at 4:15 p.m. and returns at 8 p.m.

July 8

- Hike the Nuuanu-Judd trail through a bamboo forest to a pond. The cost is \$10 per person and a minimum of six people is required to participate. Depart RIMPAC Central at noon and return at 4 p.m.

- Experience the Paradise Cove luau, including food and entertainment. The cost is \$10 per person and a maximum of 40 people may participate. The activity departs RIMPAC Central at 4:45 p.m. and returns at 9:30 p.m. This is a Single Sailor Program activity.

July 9

- Go for a mountain bike excursion around the North Shore. The cost is \$25 per person and a minimum of six people is required. The activity departs RIMPAC Central at 8 a.m. and returns at noon.

- Snorkel Sharks' Cove on the North Shore of Oahu. The cost of the activity is \$20 per person and a minimum of six people is required. The activity departs RIMPAC Central at 9 a.m. and returns at 1 p.m.

- Go night-fishing at Hickam Harbor. The activity is free and a maximum of 25 people may participate. The activity departs from RIMPAC Central at 5 p.m. and return at 9 p.m. This is a Single Sailor Program activity.

July 10

- Go outrigger canoeing at Rainbow Bay in Pearl Harbor. The cost is \$20 per person. A minimum of six people is required to participate. This activity departs RIMPAC Central at 10 a.m. and returns at 2 p.m.

- Hike Diamond Head and see Oahu's famous skyline. The cost of the activity is \$10 per person with a minimum of six people required to participate. The activity departs RIMPAC Central at 1 p.m. and returns at 5 p.m.

647th Security Forces

Change of command

Lt. Col. Gregory E. Nowak assumes command of the 647th Security Forces Squadron, Joint Base Pearl Harbor-Hickam, on June 29.



Lt. Col. Gregory E. Nowak takes the guidon from Col. Dann Carlson, commander of the 647th Air Base Group and deputy commander of Joint Base Pearl Harbor-Hickam, and assumes command June 29 of the 647th Security Forces Squadron. Lt. Col. Michael E. Gimbrone (right) relinquished the command.



U.S. Airforce photos by David Underwood Jr.



Photo Illustration

Pearl Harbor-Hickam*Highlights*

Soldiers from Alpha Company, New Zealand Army, running through procedures for clearing buildings as part of the Military Operations Urban Training (MOUT). Alpha Company is hosted by the 1st Battalion 3rd Marine Regiment during the Rim of the Pacific (RIMPAC) Exercise.

New Zealand Defence Force Photo by
LAC Amanda McErich



(Left) The Nimitz-class aircraft carrier USS Nimitz (CVN 68) transits the waters of Joint Base Pearl Harbor-Hickam in support of Rim of the Pacific (RIMPAC) 2012 exercise. Twenty-two nations, 40 ships and six submarines, more than 200 aircraft and 25,000 personnel are participating in the biennial RIMPAC exercise from June 29 to Aug. 3 in and around the Hawaiian Islands.

U.S. Navy photo by MC2 Daniel Barker

(Below) Personnel from the Hydrographic Survey team from the Royal New Zealand Navy (RNZN) load equipment and put together a rigid hulled inflatable boat (RHIB) alongside personnel of the Japanese Minesweeper Tender Bungo (MST-463), Japan Maritime Self-Defense Force.

New Zealand Defence Force Photo by
LAC Amanda McErich



Petty Officer 2nd Class Steve McDonald (left), 2nd Class Ross McDonald and 1st Class Mike Broadley, Canadian sailors from the jazz band "Jolly Tars," perform at the Pearl Harbor Visitor Center. The band is participating in the Rim of the Pacific (RIMPAC) 2012 exercise.

U.S. Navy photo by MC1 Anderson C. Bomjardim



Rim of the Pacific leadership participate in a representative from Kagamiwari ceremony, a Japanese ritual breaking open a barrel of sake during a reception held aboard Japanese destroyer Shirane (DDH-143). Shirane is in Hawaii to support RIMPAC.

Japan Maritime Self-Defense Force photo by
LS Tetsuya Sekino

Total Force Airmen ready for deployed medical support

1st Lt. Kathleen Eisenbrey

Airman 1st Class Tiffanie Gaines

15th Medical Group

Personnel from Joint Base Pearl Harbor-Hickam were among 67 Pacific Air Forces Airmen and Air National Guardsmen who recently sharpened their warfighter medical support capabilities at Joint Base Elmendorf-Richardson (JBER) in Anchorage, Alaska.

The medical personnel concluded Expeditionary Medical Support training, a mandatory pre-deployment requirement, where Airmen are taught readiness skills expected of them while deployed to a “bare base” environment. This includes arriving on site and building a base camp and a field hospital while maintaining, improving and enhancing medical proficiencies and combat capabilities.

“The Alaska EMEDS course, also known as the Mobile EMEDS course, focuses on issues prominent in the Pacific theater, such as contingency response operations for humanitarian assistance and disaster relief involving potentially nearly two billion people who reside in over 40 countries,” said Col. (Dr.) Mark



U.S. Air Force photo by 1st Lt. Kathleen Eisenbrey

Airmen from the Pacific Theater build an “Emergency Medical Support +10” field hospital recently at Camp Mad Bull at Joint Base Elmendorf-Richardson. The EMEDS +10 package is a novel Pacific Air Forces concept that includes a field hospital and a contingency response group in response to humanitarian and disaster relief operations.

Holland, PACAF deputy surgeon general.

“The ability to offer the Expeditionary Medical Services course within the PACAF region is a benefit for Airmen stationed in the Pacific as they are geographically separated across over 50 percent of the world’s surface area,” Holland explained.

According to Holland, the location is ideal for Pacific Air Forces as it reduces travel costs and enables a greater number of PACAF Airmen to be trained in a single event, quickly raising unit training percentages and readiness.

Typically held at Brooks City Base, Texas, students from wings within 5th, 11th and 13th Air Forces, along

with students and instructors from Texas and Michigan Air National Guard units, honed their expeditionary medical skills while facing the Alaskan climate.

“EMEDS provides a unique opportunity for Guardsmen and their active duty counterparts to demonstrate medical proficiency in

a collaborative manner. It was one of the best training experiences I’ve had in my military career,” said Col. (Dr.) Brad Eisenbrey, state command surgeon of the Michigan Air National Guard.

Airmen spent nine hours constructing an EMEDS+10, or field hospital, consisting of six dome-shaped shelter tents, approximately nine feet in height and 15-by-30 feet wide, linked by a central hallway. The hospital consisted of an emergency room, an intensive care unit, an operating room, surgical ward, dental treatment room, laboratory and pharmacy.

The EMEDS +10 was part of an “operational capability package,” a PACAF concept that includes rapidly establishing and deploying an EMEDS package and a contingency response group in

response to humanitarian and disaster relief operations. Built in 1999 to replace an outdated, cumbersome air-transportable hospital, the EMEDS +10 facility provides medical personnel the capability to manage 10 surgical injuries in addition to 20 non-surgical injuries within a 24-hour period.

According to Col. Robin Hunt, 673rd In-Patient Treatment Squadron commander at JBER, the benefits of training to appropriately respond to disaster scenarios is invaluable.

“This unique type of training provides Airmen the ability to train like we’re fighting in real-time scenarios,” said Hunt. “All scenarios tested how we would care for patients when deployed in support of [contingency] and wartime operations.”

Airmen who participated in the training mentioned the importance of learning from personal experiences in an environment that fosters teamwork.

“Intermingling with our fellow team members was a valuable experience,” said Tech Sgt. Vanessa Cifuentes, a bioenvironmental engineering craftsman stationed at JBER. “Anytime you blend various bases, units and services, it can be exceptional training.”

“The Expeditionary Medical Support course is, in my opinion, an essential training for the development of our medical force,” said Tech Sgt. Eric Patterson, a public health journeyman stationed at Andersen AFB, Guam.

“It not only equips us for a deployment [or] humanitarian situation in our own career fields, but it enlightens us to what other medical career fields do. These skills directly translate into all medical services working together as a cohesive team in an austere environment,” Patterson said.

Golden Eagles participate in BALTOPS 2012

Lt. j.g. Nicholas Henderson

Patrol Squadron Nine Public Affairs

NAVAL AIR STATION SIGONELLA, Sigonella, Italy – A crew from Patrol Squadron Nine at Marine Corps Base Hawaii, Kaneohe recently returned from Ronneby Air Base in Sweden.

The Golden Eagles crew took part in BALTOPS 2012, an international

exercise which included participants from more than 20 nations. The purpose of this exercise was to build and strengthen the Navy’s compatibility with allies in anti-submarine warfare.

This was the inaugural visit for an American P-3C operating from a location in Sweden. The F17 Blekinge Wing of the Swedish Air Force hosted the event.

During the BALTOPS exercise, the crews were tasked to search, localize

and track patrolling submarines. The Golden Eagle crew, led by Lt. Larry the submarines in an efficient manner, setting the bar high for other nations.

Participation in the exercise paved the way for future operations in Sweden. This ultimately will increase the military’s interoperability with allied forces, enhancing regional stability and theater security cooperation.

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Book review: Honor, courage, commitment in *1776*

Bill Doughty

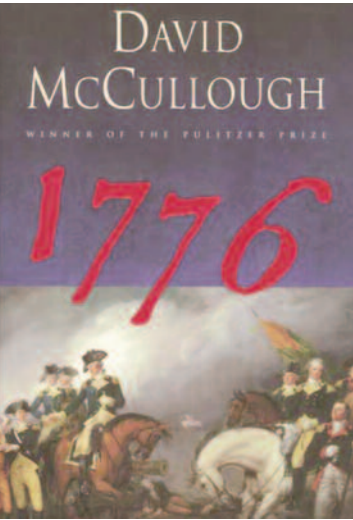
Navy Region Hawaii Public Affairs

David McCullough’s *1776* is a compelling, lively story of the fragile beginnings of our nation and how the United States nearly didn’t make it.

It’s a good read during this July 4th week.

McCullough introduces us to George Washington, King George III and Benedict Arnold, as well as lesser-known but equally colorful characters like Maj. Gen. Charles Lee, Washington’s deputy.

About Lee: “He was a spare, odd-looking man with a long, hooked nose and dark, bony face. Rough in manner, rough of speech, he had nothing of Washington’s dignity. Even in uniform he looked perpetually unkempt . . . He had been married to an Indian woman, the daughter of a Seneca chief,” writes McCullough.



“Lee was also self-assured, highly opinionated, moody and ill-tempered (his Indian name was Boiling Water), and he was thought by many to have the best military mind of any of the generals, a view he openly shared.”

Community meetings set for July 10 and July 12

Navy Region Hawaii Public Affairs

Additional community meetings for residents in Forest City housing areas will be held in July. Led by Rear Adm. Frank Ponds, commander of Navy Region Hawaii and Naval Surface Group Middle Pacific, and Tom Carter, vice president of military housing for Forest City, the meetings will provide residents with an opportunity to offer their ideas to housing representatives and Navy leadership.

The July meetings have been scheduled for 5:30 p.m. July 10 at FCRM Moanalua Terrace Community Center and at 5:30 p.m. July 12 at FCRM Hokenani Community Center.



Using hundreds of quotes from archived letters, diaries and newspaper accounts of the time, McCullough shows how the honor of individuals – Americans, “Loyalists” and the British – was tested in battle. He describes the commitment of leaders and volunteers in fruit orchard battles, city sieges and long marches through forests in the dead of night. He reveals the courage of the mostly volunteer militia against overwhelming odds, facing the British army and Hessian forces.

Honor, courage and commitment come together in the story of Henry Knox of Boston. Knox was a self-educated bookseller from Boston who enjoyed reading about the “military art” and who became a colonel in Washington’s army.

“Colonel Henry Knox was hard not to notice,” writes McCullough. “Six feet tall, he bulked large, weighing perhaps 250 pounds. He had a booming voice. He was gregarious, jovial, quick of mind, highly energetic – ‘very fat, but very active’ – and all of twenty-five.”

McCullough writes: “The army that had crossed in the night from Brooklyn was, in the light of day

on August 30, a sorry sight to behold – filthy, bedraggled, numb with fatigue, still soaked to the skin, many of them sick and emaciated. The army that had gone off to Brooklyn cheering was no more.”

Knox had the idea of bringing 58 mortars and cannon from Fort Ticonderoga in New York to the outskirts of Boston.

Traveling over snow-blanketed hills and across ice-covered rivers, cutting down trees and using sleds, Knox and his team succeeded in bringing the heavy guns (believed to be 120,000 pounds in total) to Washington. Knox’s heroic act helped deal a powerful and demoralizing early blow to the British.

The book *1776* shows the few victories, but it includes painful details of the losses and the almost hopelessness of the situation at times.

The capture of more than a thousand American prisoners in Brooklyn was part of a terrible campaign in New York, including a retreat into New Jersey.

Thomas Paine famously wrote in “The American Crisis”:

“These are the times that try

men’s souls. The summer soldier and the sunshine patriot will, in this crisis, shrink from the service of their country; but he that stands it now, deserves the love and thanks of man and woman. Tyranny, like hell, is not easily conquered; yet we have this consolation with us, that the harder the conflict, the more glorious the triumph. What we obtain too cheap, we esteem too lightly: It is dearness only that gives everything its value.”

Paine’s writings unquestionably inspired the leaders, warriors and patriots of the time. Washington is said to have ordered Paine’s words read throughout the Continental Army.

The tide for Washington turned, thanks to freak weather conditions, some political crises on both sides of the Atlantic, and a timely capture of British vessels carrying re-sources all helped turn the tide for the colonies.

In *1776*, McCullough writes: “The war was a longer, far more arduous and more painful struggle than later generations would understand or fully appreciate.”

“The year 1776 . . . (was) a year

of all-too-few victories, of sustained suffering, disease, hunger, desertion, cowardice, disillusionment, defeat, terrible discouragement and fear, as they would never forget, but also of phenomenal courage and bedrock devotion to country, and that, too, they would never forget.”

While the 13 colonies continued to struggle from tenuous beginnings, American merchant vessels became a target of the mighty British fleet, North African pirates and other countries’ navies. That led Thomas Jefferson into the Barbary Wars (“to the shores of Tripoli”) and inevitably brought the Navy into the War of 1812.

A version of this review was published on the Navy Reads blog at <http://www.navyreads.blogspot.com/>. Recent Navy Reads reviews feature perspectives on Battle of Midway, War of 1812 and Ray Bradbury.

A recent blog post at Navy Reads is a review of “A Captain’s Duty” by Richard Phillips, former captain of the Maersk-Alabama container ship who was rescued from Somali pirates by Navy ships and SEALs.



U.S. Navy photo

In 1776 25-year-old Colonel Henry Knox moved 59 cannons 300 miles in 3 months from Fort Ticonderoga to Boston in a move that helped win the Revolutionary War.

KHON (FOX) TV 2 Hawaii Navy News upcoming segments

- July 12:** Marine Corps Base Hawaii Kaneohe: News from Marines in Hawaii
- July 19:** Fitness: 21st Century Sailor and Marine
- July 26:** Medical Service Corps 65th birthday
- Aug. 2:** RIMPAC wrap-up
- Aug. 9:** U.S. Coast Guard ‘Paddle Smart’
- Aug. 16:** Dental Corps 100th birthday
- Aug. 23:** Pearl Harbor Naval Shipyard/Apprentice Program
- Aug. 30:** STEM

(The segments currently air between 6:20 and 6:30 a.m. each Thursday. Previous segments can be viewed at <http://bit.ly/KHONNavy>)

Got a story for KHON Hawaii Navy News?

Email editor@hookelenews.com or call Navy Region Hawaii Public Affairs at 473-2875. Stories must have a Navy tie and be of interest to the general public.

Pacific Partnership 2012 bids farewell to Samar

MC2 Kristopher Regan

Navy Public Affairs Support Element West

SAMAR, Philippines (NNS) -- Service members and civilians aboard Military Sealift Command hospital ship USNS Mercy (T-AH 19) participated in a closing ceremony July 1 after a two-week visit to the host nation of the Philippines while underway for Pacific Partnership 2012 (PP12).

During the Philippines mission, the PP12 team conducted six medical civic action programs (MEDCAP), five biomedical equipment technician (BMET) exchanges, 11 veterinarian civic action programs (VETCAP), four civil engineering civic action programs (ENGCAP), and numerous other medical services, subject matter expert exchanges, and community service engagements in the region of Samar.

“What the last few weeks of this mission has reinforced with me is that the benefit of shared experiences strengthens and builds the trust and confidence that is necessary for responding together in times of adversity and human suffering,” said Capt. James Morgan, mission commander.

Samar, Philippines was the second of four mission ports for PP12 and finished with great results.

Aboard Mercy, which was anchored one mile off the Calbayog City pier, more than 1,200 crew members of the PP12 team spent 14 days working in the region of Western Samar, spanning cities and towns from San Isidro to Catbalogan City.

The multi-national, multi-organizational crew of host and partner nations and non-governmental organizations (NGOs) worked in the fields of medical and dental, veterinarian, civil engineering, subject matter expert exchanges, and hosted community service and donation events.

“Pacific Partnership has brought together the very best military, humanitarian, governmental and non-governmental agencies we and the international community have to offer,” said Rear Adm. Matthew Carter, commander, Patrol and Reconnaissance



U.S. Navy photo by Kristopher Radder

Ivy Singua plays a guitar for her son as Hospital Corpsman 3rd Class Angelo Cuellar looks after him June 29 in the intensive care unit aboard the Military Sealift Command hospital ship USNS Mercy (T-AH 19) during Pacific Partnership 2012.

sance [U.S.] 5th/7th Fleet. “These groups are made up of tireless, dedicated, incredibly knowledgeable individuals.”

They also conducted 18 community service projects in the areas of sports and recreation, donated items and 14 band performances.

The mission participated in 17 major subject matter expert exchanges, allowing this year's mission to continue building on established best practices for all of the countries involved.

The goal of PP12 is to take part in a humanitarian and civic assistance mission that brings together U.S. military and civilian personnel, host and partner nations, non-government organizations and international agencies to build stronger relationships and develop disaster response capabilities.

Working together as an integrated team and at the invitation of the Philippine government, Philippine military and civil service personnel worked alongside the partner nations of Australia, Canada, Great Britain, France, Japan, Malaysia, the Netherlands, and the United States; the NGOs of Bugto, Calbayog Rotary Club, Catbalogan Fire Brigade, Fit for School, Global Grins, Latter Day Saints Charities, Project Handclasp,

Project Hope, University of California San Diego Pre-Dental Society, University of Hawaii Schools of Engineering and Nursing, Western Samar Development Foundation and World Vets. Joint and interagency teams from the United States Army, Air Force, Marine Corps and Navy, Departments of State, Justice, National Oceanic and Atmospheric Administration, and the U.S. Agency for International Development also participated. Approximately 70 professional civilian mariners also ensured the safety and navigation of Mercy.

The remaining Pacific Partnership 2012 mission ports include Vietnam and Cambodia. Through active engagement with host nation officials and militaries, subject matter expert exchanges, civil action projects and medical exchanges, the mission will continue to build the regional partnerships and collective abilities needed to respond to natural disasters.

Sponsored by the U.S. Navy Pacific Fleet and now in its seventh year, Pacific Partnership is the largest annual humanitarian civic assistance mission in the Asia-Pacific Region.

For more information, visit www.navy.mil, www.facebook.com/usnavy, or www.twitter.com/usnavy.

PHNSY hosts blood drive with succesful turnout

Story by ET3 (SS/DV) Rory H. Teehan

Through the joint efforts of Pearl Harbor Naval Shipyard and Intermediate Maintenance Facility (PHNSY & IMF), Tripler Army Medical Center (TAMC), and Armed Services Blood Program (ASBP), a blood drive held June 22 at PHNSY collected 71 pints of blood.

“We had approximately 81 people come out (mostly civilians) and donate blood, which is double the outcome we had last year,” said Gas Turbine Systems Technician (Mechanical) 1st Class Michael Budomo from PHNSY, who coordinated the blood drive event.

Clayton Cadorna, formerly with the Army Corps of Engineers, works as an apprentice for shop 57 at the shipyard. Cadorna, who completed a tour in Iraq from 2006-

2007, was one of those who donated blood.

“Lots of my friends got hurt in Iraq last deployment, so I give blood to help those who are still over there,” Cadorna said.

The ASBP provides blood for service members worldwide. “We support weekly shipments of blood to Afghanistan,” said Michelle Lele, blood donor recruiter for the Armed Services Blood Program at TAMC.

“We do these blood drives to try and prevent the need for emergency blood drives overseas. This blood is necessary to make a difference in any type of surgery, and people who are deployed should not have to worry about providing it,” Lele said.

“Much mahalo to all who participated, and we hope to see these kinds of results again for our next blood drive,” Budomo said.



Photo by Marshall Fukuki

Raymond Tom, a scheduler for Pearl Harbor Naval Shipyard and Intermediate Maintenance Facility (PHNSY & IMF), has his blood drawn by Kolin Koizumi, a medical technician from Tripler Army Medical Center (TAMC), during a blood drive hosted June 22 by PHNSY & IMF.

Miss Hawaii 2012, visits Pearl Harbor Navy Exchange

Austrailian sailors pose with Miss Hawaii 2012 Skylar Kamaka, at Pearl Harbor Navy Exchange. Miss Hawaii recently made the special appearance in honor of RIMPAC. Shoppers had a chance to meet and be photographed with the recently crowned Miss Hawaii.

Photo by Rochelle Apo



Million Dollar Sailor/Airman: The complete financial picture

Debbie Blunt

Accredited Financial Counselor

Military and Family Support Center

The Military and Family Support Center (MFSC) offers a two-day course to help service members and their families develop financial management skills to move toward becoming a “Million Dollar Sailor/Air-man.”

The primary goal is to provide participants with necessary tools to increase financial awareness, develop skills in managing personal finances, and enhance their quality of life. The program emphasizes a proactive, career life-cycle approach to service members by providing long-range education aimed at preventing financial crises before they occur.

This preventive and educational approach allows service mem-

bers to focus on mission needs and helps to increase retention and readiness for the military. Security clearance issues, horrible credit scores, and not understanding personal financial management were exactly what prompted the development of this course.

The “Million Dollar Sailor/Airman” class was developed by MFSC accredited financial counselors at Pearl Harbor and, with its tremendous success, was adopted as a Navy-wide program. It is now offered at all Navy installations as well as for Air Force service members at Joint Base Pearl Harbor-Hickam.

The two-day course covers a variety of topics, including the need for personal financial management, understanding military pay and allowances, car buying strategies, insurance (including car, home, renters, etc), creating a spending plan, savings and investment

basics, Thrift Savings Plan, how to be a smart consumer (predatory lending), establishing and maintaining credit, and understanding credit reports/scores.

Debt has a different meaning to everyone. Some individuals may not see a problem with a debt of \$30,000, but others can’t sleep at night if they owe \$1,000. There is a way to pay off debts, and students are provided with a program they can take home to develop a spending plan that moves them toward paying off their debts.

Counselors have seen clients who owed more than \$21,000 in debts and worked diligently to be debt free in less than two years. The financial counselors provide the tools for everyone to make it happen.

Just by preparing a spending plan (another name for a “budget”), individuals will automatically give themselves a 10 percent

raise. Most people say they are struggling paycheck to paycheck. The counselors prepare the budget, and the clients find they have a surplus of \$500-\$600 that they can’t account for each month. It’s a real eye-opener for them.

The course teaches students to treat their personal finances just like a business. Their main goal for their business would be profit, the same goal as for their personal finances. A budget doesn’t have to be restrictive. People just need to know and decide where they want their money to go. Without a good budget, a person is just guessing.

Comments from evaluations from participants in previous classes include: “Wish I would have had this information earlier in my career.” “The instructors were very knowledgeable about financial management and were available for discussion after each session.” “Excellent car buying tips, such as recommending that

we ‘sleep on it’ and do our ‘research’ to know exactly what we should be paying.” Other comments were: “I feel I can decide where I want my money to go, and plan for an early retirement.” “The best class I have ever attended, instructors made it interesting, never bored for a minute.” “I feel I now know about mutual funds, IRAs and other investment options.” “I never participated in Thrift Savings Plan (TSP) because it was never explained to me before. I signed up today during lunch for TSP. Thank you for everything. This class may have just changed my life ... thank you.”

The Million Dollar Sailor/Airman class is open to all active duty, Reserve, retired personnel, family members and Department of Defense employees.

Visit www.greatlifeohawaii.com for class dates and times and to register for any of the classes offered by MFSC or call 474-1999.

Asia-Pacific Sailors join culinary organization

U.S. Pacific Command Public Affairs

In a sunlit dining room usually reserved for the highest ranking military officials, Alicia Boada, an American Culinary Federation (ACF) executive chef evaluator, sat with pen in hand waiting to be served.

A potential executive chef walks through a door with a bowl and plate held in hand, samples of lobster, salmon, and other items placed with all the care and sensitivity that only a parent gives to a child.

With a sigh of relief and resignation, the chef carefully sets the platter and promptly leaves the room. All hopes placed in white porcelain, he knows the outcome is out of his hands.

With a slow measured pace, Alicia samples the chef's best culinary efforts, lobster and salmon, lingering over every spoonful, all while keeping a watchful eye on the two other evaluators.

"He nailed it!" she exclaims with the clink of the spoon on the saucer. "That was beautiful! My bowl is empty!"

Her fellow evaluators smile and nod in agreement.

An ACF executive and sous chef certification event was recently hosted at U.S. Pacific Command, Camp Smith, Hawaii. Ten culinary specialist Sailors exhausted their talents in pursuit of the esteemed certification in order to take their place among the elite



U.S. Navy photo by MCI Danny R. Hayes

Chief Culinary Specialist Shenan Pacheco of Commander, Pacific Fleet (COMPACFLEET) fabricates (cuts up) a chicken as one of the requirements for the American Culinary Federation (ACF) executive chef certification at U.S. Pacific Command, Camp H.M. Smith. Pacheco and nine other Sailors earned the prestigious certification as part of a collaborative effort between the U.S. Navy and the ACF to provide opportunities for culinary specialist Sailors.

in this culinary organization; a rite of passage in the world of chefs reserved only for the best.

Founded in 1929, the ACF is the largest professional chefs' organization in North America and is known as "the authority in cooking in America," according to their website <http://www.acfchefs.org/>.

"Being at PACOM is very significant," said Navy Master Chief Culinary Specialist Michael Carter, an ACF executive chef and evaluator. "This is a most prestigious environment, and it shows

how far we've come to recognize these Sailors."

Urs B. Emmenegger, also a certified ACF executive chef and evaluator who traveled from San Diego to provide his services to this event, explained the process and challenges of certification.

Evaluations are based on sanitation, preparation, time management, organization and the quality of the food presented, he said. Each individual must provide a three-course meal, ready to be served in three hours, using ingredients and food

items not served on a daily basis.

"I don't think I have met anyone who wasn't nervous," said Emmenegger. "Some are nervous to the point where they don't sleep the night before, some don't eat, and some get so stressed that they get sick."

All evaluators on site agreed that being a chef is more than just getting the ingredients and timing right.

"It takes a lot of guts to step forward and take the test," said Boada. "We really make sure that the standards are high."

"You have to have passion," said Navy Culinary Specialist 1st Class Zachary Brown, a participant who sought certification. "The nervousness didn't come out until I woke up ... then all those butterflies came out."

"I tried to stay calm and collected and then when my time started, the focus came right back and it was just another day in the kitchen," he said. "In that three-hour time, you don't have time to question yourself. It's a culinary battlefield."

Within the culinary battlefield, Brown emphasized the importance of organization skills, timing and pressure, along with his own worst enemy.

"Everyone needs to dig inside themselves and find that artist," he said. "The biggest enemy to every chef is themselves. It needs to be perfect at the right time."

With these culinary certifications, Sailors are given an opportunity to prove their skills in a venue recognized within military and civilian communities.

"It's [an] intense three hours," said Carter. "Having a mentor goes a long way, and these certifications are only going to give value to our rating. [You need to be able to] demonstrate the ability to cook in a professional environment at the highest level."

"It's an opportunity to give them a certification that's going to make them competitive," he said. "The

ACF and military has had a longstanding relationship in terms of having people qualify."

ACF certification became available to Navy personnel in 2004 after Chief Culinary Specialist Brandon Parry certified as chief executive chef.

"I just started spreading the wealth and giving people the opportunity to certify wherever I went," said Parry.

Even with intense preparation, the certification still offers considerable challenges.

"There's no easy way to prepare for this," said Culinary Specialist 2nd Class Jason Flynn. "I was very nervous. Now that it's all over, it feels like the world's been lifted off my shoulders."

"[PACOM] is a place I actually look forward to coming to work every day," said Flynn. "Just the satisfaction of knowing that I took care of somebody and fed somebody is a really great feeling."

All 10 of the Sailors brought their best – eight qualified for the executive status and two qualified for the second-in-command position, sous chef.

"Every single one of the gentlemen that tested gave their heart and soul," said Boada. "They were so well trained and so well organized. Some of them were to the point that they were perfectionists in there. It was really a beautiful display."

Blood drive schedule

Tripler Army Medical Center Blood Donor Center has updated its schedule of upcoming blood drives as part of the Armed Services Blood Donor Program (ASBP). Dates and locations are updated regularly online as new drives are scheduled. Donors are encouraged to schedule an appointment online, call to make an appointment, and check the website for the latest information.

Currently scheduled drives include:

- July 11, 8:30 a.m. to 2 p.m., Kunia Tunnel.

- July 16, 9 a.m. to 1 p.m., Marine Corps Base Hawaii, Kaneohe chapel.

- July 24, 9 a.m. to 1 p.m., Joint Base Pearl Harbor-Hickam 647th Logistics Readiness Squadron.

- July 25, 9 a.m. to 1 p.m., SPAWAR Hawaii.

- July 31, 11 a.m. to 3 p.m., NEX, Tripler Army Medical Center.

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



Softball title goes to 8th IS in blowout over HQ PACAF



Story and photos by
Randy Dela Cruz

Sports Editor

The 8th Intelligence Squadron (8 IS) Reapers topped off a torrid day at the plate by scoring six times in the bottom of the fourth to walk off the field June 30 at Hickam Softball Complex with a 17-2 victory over Headquarters Pacific Air Forces (HQ PACAF) and capture the 2012 Joint Base Pearl Harbor-Hickam intramural softball championship.

The win not only claimed the title for the 8 IS but also prevented HQ PACAF from a perfect season after winning their first two games of the playoffs and taking the Blue Division pennant with a spotless 13-0.

The Reapers entered the single-elimination championship series as the Blue Division's number three seed after finishing their regular season with a record of 9-4.

After falling behind by two runs in the top of the first, the Reapers quickly jumped out in front in their turn at-bat by starting off the frame with back-to-back singles before Tech. Sgt. Stanley Crescioni crushed a pitch over the center-field fence for a three-run jack and the lead.

"I was just looking for something to hit, got it, let it go," said Crescioni about his game-changing shot. "It was just

caveman – see ball, hit ball."

Two batters later, 1st Lt. Sean Quintana ripped a triple to drive in Senior Airman Travis Fullmer and scored on an errant throw to home for a 5-2 advantage in the first inning.

The lead seemed to settle 8 IS pitcher Staff Sgt. Tim Heggedahl, who after giving a leadoff single in the top of the second, retired the next six PACAF hitters in succession and didn't allow another hit in tossing three shutout innings.

"It has nothing to do with me – it's these guys," Heggedahl said, while pointing to his teammates. "Roman, (Airman 1st Class Matthew), our shortstop, was amazing and our outfield was really good. Our guys made a couple of huge plays. Fullmer made around three great catches in right-center."

With Heggedahl and the team's defense shutting down the potent PACAF batting order, the Reapers kept pouring it on at the plate.

In the bottom of the second inning, the trio of Crescioni, Quintana and Fullmer were back at it again, with Crescioni hitting his second homer of the game, Fullmer spanking a single, and Quintana hammering a long fly that was misjudged for an error by the PACAF center fielder to score two more runs.

Rumblings of a possible mercy-rule win began in the third inning, following a two-run triple by Tech. Sgt. Greg Peterson, who was later driven home on a single by Roman that raised the advantage to 11-2.

Then in the fourth, the Reapers closed the books on the 2012 season by crossing home six more times.

The big inning

was touched off by a two-run shot over the right-field fence by Fullmer before the team added four more runs on back-to-back doubles by Staff Sgt. Adam Delph and Peterson, and a sixth and final run on a walk-off single by Roman.

"It felt great – especially at the end of the game, when we're up by so many, to seal the deal," said Fullmer about his rally-starting homer. "That team (PACAF) is very talented. We were lucky to hit the ball."

The final run touched off a celebration on the field and in the stands, where one particular spectator was especially proud of the Reapers' title-clinching win.

"I've only been here two months, so this is fantastic," said Lt. Col. James Weaver, commander of the 8 IS. "The squadron is amazing. The team has really jelled together, the squadron as a whole. Just happy that we have such a close-knit group of people, so we can accomplish our mission and have fun too."

Heggedahl agreed with Weaver that winning the championship goes well beyond what happened on the diamond.

"As a tenant unit, nobody knows, when we say, 'we're the 8 IS,' where we work or what we do," Heggedahl said. "So it brings (awareness). It's huge."

In savoring the win, Heggedahl said that while it's too early to start thinking about a repeat for the Reapers, he believes that the team should be title contenders for years to come.

"You cherish what you have, when you have it, because who knows what could happen – PCS, deployments," Heggedahl pointed out. "This is a young team. Most of these guys are 18, 19. These guys don't realize how good they can be. Most of the them just got here, so it could be huge. We'll wait for next year to see."

Kunia Gallos beat HIANG for soccer championship

Story and photos by
Randy Dela Cruz

Sports Editor

The Kunia Gallos converted a penalty kick by team captain Cryptologic Technician (Interpretive) 1st Class Steven Bloom and got a late goal by Staff Sgt. Winston Jackson to beat the Hawaii Air National Guard (HIANG), 2-0, at Ward Field, June 30, and claim the 2012 Joint Base Pearl Harbor-Hickam (JBPHH) intramural soccer championship.

The title was the second in a row for the Gallos, which entered the season as the defending champs after winning the first ever JBPHH intramural soccer crown in 2011.

Bloom, who has been a member of the Gallos for seven seasons, said that this will be a year that he will always remember.

During his tenure with the team, Bloom saw the Gallos win five intramural crowns, one summer championship and a RIMPAC title.

"This is the last year for the Gallos," said Bloom, before speculations of a threepeat could be considered. "We've had quite a seven-year run. I'll remember this for sure."

After both teams entered halftime in a 0-0 deadlock, the game appeared to be headed for a shootout until Bloom got the opportunity to put his team ahead on a penalty kick at about halfway through the second half.

At first, it seemed as if the HIANG dodged a bullet when goalkeeper Maj. Sam Ensminger reached out in full extension to block Bloom's attempt.

However, officials ruled that Ensminger jumped too early and gave Bloom a second penalty shot opportunity.

Given second life, this time Bloom got hold of the ball and knocked it past the goalkeeper and into the net for the first score of the game.

"When it comes to PKs,



(Top) Kunia Gallos team captain Cryptologic Technician (Interpretive) 1st Class Steven Bloom kicks a penalty shot past Hawaii Air National Guard (HIANG) goalkeeper Maj. Sam Ensminger for the first score in the 2012 Joint Base Pearl Harbor-Hickam (JBPHH) intramural soccer championship game.

(Right) The Kunia Gallos get together with their championship trophy for what may be their final team photo. After capturing their second base title, the Gallos may have seen their soccer dynasty come to an end with many of the players competing in their final game for the team.



you can either psych yourself into it or psych yourself out of it," said Bloom about his approach to the shot. "For me, if I think about it, seems like I'll hook it and it will go right inside the post or right outside the post, so it's 50-50 if

I think about it. So I'm not going to think about it and go right up there and kick it. I don't know where I'll put it, so the keeper doesn't know where I'll put it. Fortunately for me, I put it right out of his reach."

The game remained

tight going into the final minutes of play, until Jackson put the game out of reach with a goal to double Kunia's advantage.

"On that play, we just finally started passing a little bit smarter because we felt a whole less pres-

sure after we had scored once," Jackson said. "The ball came in, I knew I was going to have a ton of pressure because they (HIANG) have a great defense, so I just touched it down and away and was able to speed away and get

a shot off."

The second score not only solidified Kunia's hold on the game, but also helped Bloom breathe a sigh of relief.

In a hard-fought game, Bloom admitted that he didn't want to win the championship on a penalty kick.

"I feel bad about scoring a PK to win the game. I don't think anybody likes that," Bloom said. "Jackson is incredible. I'm very happy that he got that second goal to solidify the win."

Jackson agreed with Bloom about the importance of the second goal, but for a different reason.

"We were definitely worried. We couldn't score," Jackson stated. "They were one of true, good-at-every-position teams that we played. It was a struggle, but we made it through. I feel better that we got the icing-on-the-cake goal."

Tech. Sgt. Jarvis Uehara of the HIANG said that although it was a tough way to end the season, he was still very happy about how his team hung in until the very end.

"We are pretty happy," Uehara said. "With most of our guys being pilots and are out, we always have to replace them and cover each other. And most of us being guards as well, we usually have to pull duty on weekends and can't play as much games as most people. We're always in and out, so we're happy to be here."

Following the game, Jackson said that he would love nothing better than to come back and help the Gallos win a third straight title, but since most of the players including him are leaving, he realizes it would just have to stay a dream.

"Most of us are PCSing, so it's out of our power," he said. "I joined this team about five or six years ago when I PCSed here. I've seen the highs and lows, but it's great to go out on the high."

PMRF holds Freedom Celebration

Children participate in a whipped cream bubble contest during Pacific Missile Range Facility's Freedom Celebration held July 3. More than 9,000 spectators attended the event which culminated in a 15-minute fireworks display.

U.S. Navy photo by
MC2 Mathew J. Diendorf



Spectators enjoy the sunset on the west side of Kauai during Pacific Missile Range Facility's Freedom Celebration.

U.S. Navy photo by
MC1 Jay C. Pugh



Award winning recording artist Anuheia performs for the crowd.

(Far right) Fireworks pierce the night sky.

U.S. Navy photos by
MC2 Mathew J. Diendorf



Lady Bumps storm back to win in three sets

Story and photo by
Randy Dela Cruz

Sports Editor

The Lady Bumps volleyball squad came back after losing the first set to subdue I'd Hit That (IHT) in three sets, 16-25, 25-21 and 15-13 in a Women's Volleyball League (WVL) matchup June 30 at Naval Station Gym, Joint Base Pearl Harbor-Hickam (JBPHH).

The WVL is a pay-to-play league that is open to women 18 years and older, who are active duty and family members, and Department of Defense employees from JBPHH.

In the first set, the game seesawed back and forth until IHT slowly moved ahead to take an 11-7 advantage.

From that point, IHT handed service to Pherica Fontenette, who proceeded to record six service aces in a row and give IHT a commanding 17-7 lead before the team moved on to a convincing nine-point victory.

However, led by the service of team captain Rebecca Barnes, the Lady Bumps, a team comprised of military spouses, quickly turned things around in the second set.

Holding service to start set two, Barnes led the Lady Bumps to a 4-0 start, which included one service ace.

Barnes stated that the fast start was a key point to getting the Lady Bumps back into the game.

"It was very important – especially coming from being so far behind in the first game," Barnes said. "It also helped to get their team down a little and off-balance, so it was really important to get those first points."

While IHT battled back to pull to within two at 5-7, the Lady Bumps made another run behind the service of Devinne Welch, who started off with a service ace, before holding service for three more points and a 12-5 lead.

Welch came back later in the set to serve up four more points and extend the Lady Bumps' lead to 24-18.

A rally by IHT narrowed the gap to three at 21-24, but a service error handed the set to the Lady Bumps to force game three.

"Our second set, we didn't sub anybody," Barnes said. "It let everybody get comfortable with each other."

In the third set, the game reverted back to the give-and-take battle that started off the first set.



Lady Bumps team captain Rebecca Barnes returns a shot during a Women's Volleyball League showdown versus I'd Hit That. Barnes helped the Lady Bumps come back from a first-set loss to win in three sets.

Near the end of the match, IHT clung to a two-point lead, but Welch stepped up to score on a block and a kill to tie the set up at 12-12.

A kill by Yeoman 3rd Class Tiki Wilson, Naval Submarine Support Command (NSSC), put IHT back out in front at 13-12, but another service error tied the score before a netball and a final kill by Stephenie Verkamp ended the set and match.

Wilson said that after dominating the first set, IHT just failed to put the game away.

"I guess we just got out of it," she said. "Maybe we got too complacent, thought we had it, but we didn't. We tried to come back, but it was too late."

Although IHT tried they best to pick up where they left off in the first

set, Wilson said too many errors – especially on service – stopped the team from finishing off the Lady Bumps.

"We had a lot of short serves," Wilson pointed out. "That's something that we've been practicing. We're getting better though, so it's cool. We got to play them again. I'm just ready to do it and win."

Barnes praised her team for the way they persevered and never gave up the fight. She added her teammates, such as Welch, really stepped up and that's exactly what the team needs.

"It's really important that we get those players, who can really give up some help," Barnes noted. "We need to keep them in and help keep their games up."



MFSC events will be held in July and August

Navy Region Hawaii

Plan of the Week

Upcoming Military and Family Support Center (MFSC) activities include:

- A Home Front Heroes Awards Ceremony will be from 3 to 4 p.m. July 11 at MFSC Hickam lanai. All children in the community are invited to share in the celebration.

Service members who have deployed, are frequently TDY (90 days or more per year), on a remote tour or individual augmentee Sailors can recognize the support and sacrifices of their children. Single service members may recognize the support of their nieces or nephews. Contact MFSC Hickam for a nomination form at 449-0300.

- "Operation Hele On" will be held from 7 a.m. to 5 p.m. Aug. 17. Even though this event is a month away, the MFSC is now looking for 200 volunteers to help with this year's youth deployment day.

The event is geared for children ages 9-14. Volunteers will be needed to help with set up, registration, training instructors, team leads, medical technicians, photography, medical moulage, tear down and more. For more information on how to volunteer, call MFSC Hickam at 449-0300.

Unless otherwise noted, call 474-1999 to register for MFSC classes. For a list of all monthly classes, visit www.greatlifehawaii.com and click on "classes."

First Friday jazz event to take place tonight

The Hawaii State Art Museum will host First Friday, an evening of jazz, from 6 to 8:30 p.m. July 6 at the museum.

The free event features Wally Amos, Gabe Baltazar, Al Harrington, Chuck James Trio and Rea Fox. It includes introductory remarks on the roots of jazz and blues for students and others and access to the art exhibitions and the new sculpture garden.

The event is sponsored by the Hawaii Friends of Civil Rights Committee on the Advancement of African American Culture and the Arts.

The museum is located at 250 South Hotel St., second floor courtyard. Public parking is available at Alii Place Alakea Street entrance and Iolani Palace.

For more information, call 586-9959.

Fundraising is ongoing for Hickam's 2012 'Air Force Ball'

Staff Sgt.
Mike Meares

Joint Base Pearl
Harbor-Hickam
Public Affairs

Fundraising efforts for the 2012 Air Force Ball are now ongoing. The Air Force Ball committee and individual units are involved in the effort to help alleviate the per person cost, especially for lower ranking Airmen to attend.

This year's Air Force Ball will be held Sept. 14 at Hilton Hawaiian Village in Waikiki. Ticket cost is \$95 per per-



son. The theme is "Say Thank You to an Airman."

In conjunction with this year's

Graphics courtesy of Staff Sgt. Mike Meares

(Left) Air Force Ball coins have been ordered and pre-orders on the coins are being taken. (Right) Special 65th Air Force Ball T-shirts are planned to commemorate this year's event.

theme, Airmen are helping Airmen in the form of fundraising.

"Last year's actual Air Force Ball cost was right at \$90 per person," said Lt. Col. Robert Carneal, Air Force Ball Committee president.

"Tickets sold for less than that amount still had to be paid in full per person. That deficit was paid through fundraising, which units accomplished, and out of the kindness of our Airmen's hearts, (they) donated those fundraising proceeds to last year's Air Force Ball Committee."

Orders are now being taken for T-shirts and "tiki" coins, both with 65th Air Force Ball designs. The items are being sold to raise funds for the event.

"There is much more information soon to follow on transportation, child-care options, etc.," said Master Sgt. Gregory Reed, Air Force Ball committee unit representative lead. "We have some fantastic things planned for this year's ball."

A group rate and blocked off rooms at the Hilton Hawaiian Village have been secured just for the Air Force Ball. Online booking is available from the Hawaiian Hilton at <http://bit.ly/LWqWNi>

"This year's approach means units have greater control and insight to funds allocated against ticket prices," Carneal said. "Please don't let the sticker shock of \$95 per person deter anyone from attending. Let's collaborate together to pay down ticket prices for our Airmen and ensure everyone who wants to attend can do so."

For more information, call Senior Master Sgt. Theodore Guillory at (808) 233-9436. More information can be obtained as it becomes available at <http://bit.ly/KYNfAn>.

Battleship Missouri receives Navy's Retention Excellence Award

Battleship Missouri
Memorial Association

The Battleship Missouri added another honor to its long list of achievements July 2 as it was awarded the Navy's Retention Excellence Award.

More commonly known as the "Golden Anchor," this award is traditionally given to active service naval vessels for meeting or exceeding crew retention goals. The Battleship Missouri first received this award in 2005 and is the only non-active vessel to ever receive this prestigious honor.

The Battleship Missouri Memorial was awarded the "Golden Anchor" for the multitude of services it offers to all branches of the military. Annually, the Missouri hosts hundreds of re-enlistments, promotions, retirements and



Photo courtesy of Battleship Missouri Memorial
Visitors can now take a photo at a "Golden Anchor" at the Battleship Missouri Memorial.

change of command ceremonies and has done so since opening to the public in 1999.

In addition, the Missouri also hosts military training exercises and numerous commemorative ceremonies



The battleship USS Missouri (BB 63) returns to Ford Island after finishing scheduled repairs Jan. 7, 2009 at Pearl Harbor Naval Shipyard.

including the upcoming Sept. 2 ceremony honoring the end of World War II.

"To even be considered for an award as prestigious as the "Golden Anchor" is a great privilege, this is an honor for all of us here at the Battleship Missouri

Memorial," said Michael A. Carr, president and chief operating officer of the Battleship Missouri Memorial. "Our goal at the Missouri is to be a proud tribute to the U.S. military, and we hold these ceremonies to honor and thank the men

and women who serve our country so valiantly."

Rear Adm. Patrick Driscoll, deputy commander and chief of staff for U.S. Pacific Fleet, presented the award under the ship's iconic 16-inch guns. In celebration of the award, a newly

unveiled gold anchor sits at the entrance of the Missouri.

For more information or to schedule a military ceremony aboard the Battleship Missouri, contact Mike Pagano at karen.spangler@navy.mil or MikeP@USSMissouri.org or 455-1600, ext. 225.

My Favorite Photo...

See this week's photo on page B-6

How to submit

Do you enjoy taking pictures and have a favorite photo? Would you like to see it featured in Ho'okele? Here is your opportunity. Submissions must be from people affiliated with the military services, including active duty, family members,

Reserve, retired and Department of Defense civilians, etc.

Your favorite photo can be just about anything, but keep in mind that it should be in good taste. We aren't looking for posed family shots or group shots. But if you have a photo that you think is interesting and creative, here is your chance to

see it published.

Photo submissions will be reviewed by Ho'okele editors who will determine if/when they will run in the newspaper. Along with your photo, please send a little bit of information about the photo, such as where it was taken or any interesting details. Also include the name of the photographer and

contact information.

Please send your photos to editor@hookelenews.com and "cc" Karen Spangler, managing editor, at karen.spangler@navy.mil and Don Robbins, assistant editor, at drobbins@hookelenews.com.

Brush up on your photography skills. Ready, set, shoot!

Chet Adessa reflects on his five decades of service

Story and photo by
Jazzmin Williams

For someone who has spent five decades devoted to civil service, Chester “Chet” Adessa, family advocacy prevention education specialist for the Military and Family Support Center (MFSC), still maintains his passion for what he does.

Adessa recently oversaw his fifth year of the “father-daughter” dance at Joint Base Pearl Harbor-Hickam (JBPHH). This year’s dance, which took place on two days this year (April 21 and May 5) due to its popularity, is just one of the programs that Adessa has nurtured and developed during his time at the MFSC.

“Looking at some of these pictures and listening to some of the comments as they were leaving at the end of the night, it makes it all worthwhile. It does,” Adessa said.

A retired chief personnelman (now merged with personnel specialist), he retired from the Navy after 20 years of service in 1982. Approximately six months later, Adessa again began working for the government, landing a position with Army Community Service.

It was here that he first made his mark in a long-time effort to provide help to those who can’t always ask for it in the military community. Adessa pushed to install a TDD/TTY phone system for the hearing-impaired to contact both the federal fire department and police department, after noticing signs in the Aliamanu military cautioning about deaf children in the area.

After starting at the Navy MFSC in 1989, Adessa said he wore “a lot of different hats” and held multiple positions before settling down as a family advocacy prevention education specialist.

While working with par-



Chester “Chet” Adessa, family advocacy prevention education specialist for the Military and Family Support Center (MFSC), participates in a “Pinwheels for Prevention” event for Child Abuse Prevention Month in April.

ent education programs, Adessa became involved with the child abuse prevention month program.

“I said, ‘We need to have a proclamation,’” Adessa said. “So I started doing some research and realized you don’t have to dream this stuff up.”

At the first proclamation signing in 1991, there were approximately a dozen attendees. Compare that to this year at the annual Springfest in April (Child Abuse Prevention Month) where hundreds of patrons were on hand to witness Rear Adm. Frank Ponds, commander of Navy Region Hawaii and Naval Surface Group Middle Pacific, sign a

declaration rededicating the Navy’s commitment to the prevention of child abuse.

The “father-daughter” dance idea arose from other similar dances Adessa had seen. He decided to add a twist by making it an informal setting where the fathers and daughters could really get to know one another and grow in their relationship without feeling pressured.

Adessa said he firmly believes that a father and daughter relationship is essential in providing a positive male role model for a young woman.

“It’s a real important relationship,” Adessa said. “My daughter and I, we get along just terrific, even through the teenage years.”

After partnering with Morale, Welfare and Recreation (MWR), the first “father-daughter” dance was held five years ago and was attended by an estimated 55 people. This year’s event featured two nights of dinner and music with all 500 tickets sold.

Another project on Adessa’s list of accomplishments is a new-father program called Boot Camp for Dads.

Boot Camp for Dads is a new dad program in which “veteran” fathers bring their months-old children and teach the ropes to “rookies” with babies on the way. Adessa noticed many programs available for mothers and even couples, but nothing

specifically for dads.

Every month, the classes fill up and fathers of all ages and ranks get together to help each other with one thing they all have in common: the desire to be a good dad. The motto of Boot Camp for Dads is “Men only. Real babies. No fear.”

Adessa lists staying positive as an important part of what he does and his admiration for families as the reason for his long-term dedication to all of these programs.

“They’re important to me because families are important, and the family structure is so important,” Adessa said.

Adessa also applied for and received two grants of resource materials for the FFSC from the National

Fatherhood Initiative, valued at more than \$5,000. The first grant was for “Daddy Packs,” and the second grant was for a Fatherhood Resource Center on display in the customer service area.

Adessa is a certified family life educator with the National Council on Family Relations, past post commander, American Legion, Post 56, and former commissioner on the State of Hawaii Fatherhood Commission.

He has been a member of Prevent Child Abuse Hawaii Child Abuse Prevention Planning Council for more than 20 years, a member of the Hawaii Children’s Trust Fund Advisory Committee, and chair-elect of the Hawaii Coalition for Dads.

This Week’s Trivia

When did Dr. Robert H. Goddard receive a U.S. patent for a two-stage solid-fuel rocket?



Last Issue’s Question: What significant action happened on June 18, 1812 in U.S. history?

Answer: American President James Madison declared war on Great Britain on that date, after Congress passed his war bill. He felt it was required if the United States was to continue as a sovereign nation with an economy dependent on freedom of the seas and free trade.

Second annual Bellows biathlon set for Aug. 18

Bellows Air Force Station’s second annual biathlon will take place starting at 7:30 a.m. Aug. 18.

The biathlon consists of a 300-yard swim and three-mile run. The event is an open-ocean swim and the run is mixed asphalt and sand.

This is not a chip-timed race. The entry fee is \$25 for individuals and \$35 for teams.

No refunds will be given.

There is a \$5 discount for entries received/postmarked by Aug. 4. Register for the event by Aug. 11. Entries include a competitor’s T-shirt. Late entrants are not guaranteed a shirt. The event will include refreshments and age group awards.

Visit the website www.bellowsafs.com to register.

PEARL HARBOR-HICKAM

Maniawa Nanea

LEISURE

Morale Welfare & Recreation

Movie Showtimes

🏐 HMYAA VOLLEYBALL

Registration for HMYAA Volleyball will be held through Aug. 3. The season runs from September through December. The league is open to ages 7-18. The cost is \$65 and includes T-shirt, shorts and medal. FMI: www.greatlifehawaii.com.

🏹 COSMIC BOWLING

Participate in 2-for-1 cosmic bowling, featuring lights and music, from 7 to 10 p.m. Friday at the Escape Bowling Center. Purchase one game and get the second game free. FMI: 473-2651.

🥊 UFC 148 IN HD

The rematch between Anderson Silva and Chael Sonnen will be shown in high-definition on Saturday at J.R. Rockers as they fight in Las Vegas. Doors open at 2 p.m., fight starts at 4 p.m. The event is free for members, \$10 for non-members. FMI: 448-2271.

🏄 SURFING, BARBECUE AT WHITE PLAINS BEACH

Join professional instructors from 10 a.m. to 4 p.m. Sunday at White Plains Beach to learn the basics of surfing and for a barbecue. Participants must be able to swim without a lifejacket. FMI: 473-1198.

📖 PRESCHOOL STORY TIME

Preschool story time will take place at the Hickam Library from 9 to 10 a.m. July 11 with the theme of “outer space.” FMI: 449-8299.

🏌️ GOLF DEMO DAY

Try out the latest golf equipment at the driving range from 4 to 6 p.m. July 11 at the Navy-Marine Golf Course. FMI: 471-0142.

🥾 HIKE DIAMOND HEAD

Hike Diamond Head and discover its views and history from 3 to 7 p.m. July 11. Bring sunblock, hat, water and a camera. On the way home take a plunge in the cool waters at the beach. The cost is \$10 per person. FMI: 473-1198.

🛶 KAYAKING AT KAILUA BEACH

Join a kayaking excursion from 9 a.m. to 3 p.m. July 14 at Kailua Beach. The transportation, instruction and equipment will be provided. Bring a camera and sunscreen. The cost is \$20 per person, and the registration deadline is July 12. FMI: 473-1198.

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

Community Calendar

🌺 July

🌺 Navy Region Hawaii and Forest City Residential Management (FCRM) will hold community meetings to present the changes to the Resident Energy Conservation Program being implemented Navy-wide.

The meetings include:

- July 10, 5:30 p.m., FCRM Moanalua Terrace Community Center.
 - July 12, 5:30 p.m., FCRM Hokulani Community Center.
- FMI: Darryl Nii at Navy Region Hawaii at 474-1825 or Tom Carter at Forest City Residential Management at 839-8610.

🌺 10 ~ A Hawaii Armed Forces Communications and Electronics Association buffet luncheon will take place from 11 a.m. to 1 p.m. at Fort Shafter, Hale Ikena Club. All young professionals in information technology, communications, cyber security or STEM (Science, Technology, Engineering, and Mathematics) are invited to attend. The guest speaker will be Gordon Bruce of the City and County of Honolulu. All military and civilians are welcome. FMI: www.afceahawaii.org or call Ken at 441-8524.

🌺 16 to 20 ~ Pearl Harbor Memorial Chapel will hold a vacation bible school for children in kindergarten through sixth grade from 9 a.m. to noon. Visit <https://overboard.cokesburyvbs.com/pearlharbormemorialchapel> to register your child or to volunteer. FMI: 473-3971.

🌺 At a glance

🌺 Due to construction work being done on the building, the Navy Marine Corps Relief Society Thrift Shop has temporarily changed its hours. The thrift shop is only open on Thursdays and Fridays from 8 a.m. to 1 p.m. The shop will also be open the second Saturday of the month from 8 a.m. to 1 p.m. It will resume regular hours next spring when the project is expected to be completed. FMI: 473-0282.

🌺 South Avenue will be repaired and repaved from Port Royal Street to Nimitz Gate beginning July 9. Work is expected to be concluded in September. Drivers are expected to obey all warning signs and take extra caution while driving near road construction. FMI: Lt. j.g. Gil Barron at 341-2480 or email gilbert.barron@navy.mil.

🌺 New this summer at Pacific Aviation Museum Pearl Harbor is “happy hour at the museum” Fridays and Saturdays from 4 to 6 p.m. The event coincides with the commencement of RIMPAC 2012. The museum’s Laniakea Café will be serving specials such as a limited dining and snack menu. FMI: 441-1007 or SpecialEvents@PacificAviationMuseum.org.

🌺 Tickets for the 2012 Air Force Ball are now available. The event will be held Sept. 14 in Waikiki. Tickets cost \$95. FMI: Senior Master Sgt. Theodore Guillery at 233-9436.



Men in Black 3 (PG13)

Agent J and K are back... in time. J has seen some inexplicable things in his 15 years with the Men In Black, but nothing, not even aliens, perplexes him as much as his wry, reticent partner. But when K's life and the fate of the planet are put at stake, Agent J will have to travel back in time to put things right. J discovers that there are secrets to the universe that K never told him – secrets that will reveal themselves as he teams up with the young Agent K to save his partner, the agency, and the future of humankind.

SHARKEY MOVIE THEATER

TODAY

No movie to be shown

SATURDAY

- 2:30 PM Dark Shadows (PG-13)
- 5:00 PM The Avengers (PG-13)
- 7:30 PM The Raven (R)

SUNDAY

- 2:30 PM The Avengers (PG-13)
- 5:15 PM Safe (R)
- 7:00 PM The Avengers (PG-13)

HICKAM MEMORIAL THEATER

TODAY

- 6:00 PM Men in Black 3 (PG-13)
- 8:30 PM Dark Shadows (PG-13)

SATURDAY

- 4:00 PM Men in Black 3 (PG-13)
- 7:00 PM Marvel's The Avengers (PG13)

SUNDAY

- 2:00 PM Men in Black 3 (PG13)



JBPHH MWR receives national award

JBPHH Morale, Welfare and Recreation

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation (JBPHH MWR) was recently selected to receive a National 2012 Excellence in Water Safety Award by the National Recreation and Park Association (NRPA).

NRPA will present the award publicly at a special reception at the association's 2012 Congress and Exposition in Anaheim, Calif. on Oct. 17.

Each year, NRPA national awards are presented to individuals and agencies across the U.S. to honor their efforts, both professional and personal, in the field of parks and recreation.

Recipients are selected from a pool of applicants by NRPA's National Forum Awards Committee and are chosen for excellence in a variety of topics, including professional and voluntary service, programming, leadership, research and public outreach.

JBPHH MWR runs a year-round

comprehensive water safety program, which consists of seven pools and two beaches. The pools and beaches not only cater to the military population, but the island of Oahu.

This size of patronage can increase the number of water safety incidents, which is why JBPHH focuses its efforts on water safety, swimming skills classes and certifications to continue being the leader in water safety among military branches.

"Being in Hawaii, we have the environment that allows for people to go to the beach every day and allows for more swimming lessons and safety classes, which in turn makes people safer," said Greg Brown, JBPHH MWR aquatics director.

"Everyone uses the water. It's a year-round activity. Water safety is at the top of mind every day," said Rodney Gouveia, MWR recreation director.

"NRPA is pleased to honor our nation's park and recreation heroes—agencies and individuals who work tirelessly and with passion to improve the lives of their citizens and make

their communities great," said Barbara Tulipane, CEO of NRPA.

Whether military and their families are about to PCS to Hawaii or have been here for years, MWR is designed to help the military community find free or low-cost events, programs and classes.

MWR Aquatics provides year-round activities for patrons of all ages, whether it's swimming laps, doing water aerobics, having a birthday party, or splashing around with the family.

The National Recreation and Park Association is a national not-for-profit organization dedicated to advancing park, recreation and conservation efforts that enhance quality of life for all people. Through its network of 20,000 recreation and park professionals and citizens, NRPA encourages the promotion of healthy lifestyles, recreation initiatives, and conservation of natural and cultural resources.

For more information, visit the website www.NRPA.org or visit www.parksandrec-magazine.org.

Earth tip: See urban garden center

Rebecca Hommon

Navy Region Hawaii Environmental Counsel

Visit Pearl City's Oahu Urban Garden Center, then plant something.

In the area between the Pearl City Home Depot, Public Storage and the elevated freeway sits the University of Hawaii's Oahu Urban Garden Center.

The 30-acre garden and park introduces visitors to native plants, different types of plumeria, fruit orchards and an idea garden. It's free and open Monday through Friday from 9 a.m. to 2 p.m. and every second Saturday.

A visit will trigger thoughts of what might be a successful plant for your available space, whether in the ground itself or in a pot.

Growing anything, whether flower, vegetable, shade or ground cover, heightens one's awareness of nature's systems and might introduce you to some interesting insects.

Working with plants can be a valuable part of maintaining or finding positive mental health. The urban garden center's website is found at <http://www.ctahr.hawaii.edu/ougc/index.asp>.

WHO SAID IT?

"Innovation distinguishes between a leader and a follower."



Last Week's
WHO SAID IT?

"Freedom and justice cannot be parceled out in pieces to suit political convenience. I don't believe you can stand for freedom for one group of people and deny it to others."

Coretta Scott King

My Favorite Photo...

Photo courtesy Lt. Cmdr. Allen Unger

Navy Lt. Cmdr. Allen Unger took this photo on the Fourth of July at Joint Base Pearl Harbor-Hickam. Unger is employed at Naval Supply Systems Command Fleet Logistics Center Pearl Harbor.



Artist displays his work

Local artist Kim Taylor Reece shows his work to curious customers June 30 at the Pearl Harbor Navy Exchange Mall. Reece appeared at the mall in honor of RIMPAC visitors.

Photo by Justine Elona



MFSC classes offered in July

Military and Family Support Center (MFSC) classes are free for Department of Defense civilian employees as well as for active duty military, retirees and family members.

MFSC course offerings can be found on the Quality of Life Navy Hawaii website at <http://www.greatlifehawaii.com>.

Some MFSC classes in July are “stress management,” on July 10 and “anger management” on July 24. Both classes are from 8 to 11 a.m. Call the customer service desk at 474-1999 to register.

Call 474-1999 for CEAP information, assessment, referral and/or brief counseling.

THIS WEEK IN USAF AND PACAF HISTORY

Charles Nicholls

PACAF historian

• On July 2, 1926, the Air Corps Act redesignated the Army Air Service as the Army Air Corps and created an assistant secretary of war for Air.

On the same day, Congress also created the Distinguished Flying Cross to honor heroic acts or extraordinary achievements in flight by military members, retroactive to April 6, 1917. The first Distinguished Flying Cross was awarded to Capt. Charles A. Lindbergh.

• Col. Millard F. Harmon and 1st Lt. Robert Warren made an inspection of Hickam Field from a P-12 aircraft on July 6, 1937. Satisfied with that visit, the Air Corps planned to transfer air units to Hickam Field, and the commanding general of the 18th Wing established his headquarters there.



This photo shows the former Hickam Field on July 21, 1937, looking northeast over the flightline.

• The typhoon season brought torrential rainfall to Japan in 1953, producing the worst flooding in Japanese history. From July 2 to July 13, 1953, the 483rd Troop Carrier Wing used C-119 Flying Boxcars to transport relief equipment and supplies from Tachikawa AB in the Tokyo area to Kyushu. The C-119s transported five-ton water purification machines, electric generators, food, shoes, clothing and medical supplies.

• On July 8, 1962, the Starfish Prime test was conducted. A Thor rocket launched from Johnston Island carried a 1.4 megaton hydrogen device to an altitude of 250 miles, the highest altitude for a U.S. thermonuclear blast. The detonation was 800 miles from Hawaii at 10 p.m. Hawaiian Standard Time. Because there is almost no air at an altitude of 250 miles, no fireball occurred. However, the sky was illuminated by an artificial aurora for more than seven minutes.

• From July 8-16, 1979, Strategic Air Command held Operation Global shield, exercising every phase of its single integrated operations plan (SIOP). Global Shield involved both active forces and Air Force Reserve units. Nearly all bombers, tankers and missiles were placed on alert. Some aircraft dispersed to pre-selected bases, while others flew sorties over bomb-scoring sites. On July 10, SAC, launched two Minuteman III intercontinental ballistic missiles from Vandenberg AFB.

• Operation Provide Promise began delivering food, medical supplies and other relief to Sarajevo and other communities in newly independent Bosnia-Herzegovina on July 3, 1991. Provide Promise became the longest sustained relief operation in USAF history. By early January 1996 when the operation ended, C-130s, C-141s, C-5s and C-9s had delivered nearly 160,000 tons of relief supplies, some of them by airdrop and some by landing on airfields under hostile gunfire.

THIS DAY IN NAVY HISTORY

Navy Region Hawaii
Plan of the Week

• On July 2, 1950, the USS Juneau and two British ships sank five of six attacking North Korean torpedo boats and gunboats. On that day in 1967, during Operation Bear Claw, Seventh Fleet Amphibious Force conducted a helicopter assault 12 miles inland at Con Thien.

• On July 4, 1776, American colonies declared their independence from Great Britain. In 1777, John Paul Jones hoisted the first Stars and Stripes flag on Ranger at Portsmouth, N.H.

• In 1801, the first presidential review of U.S. Marine Band and Marines at the White House took place. In 1831, the U.S. concluded an indemnity treaty with France. In 1863, the Confederates surrender of Vicksburg, Miss. gave the Union control of Mississippi River.

• On July 8, 1778, the Allied French fleet under Comte d'Estaing arrived in America. In 1853, Commodore Matthew C. Perry sailed his squadron into Tokyo Bay. In 1944, naval bombardment of Guam began.