



# WELCOME RIMPAC

# HO'OKELE

PEARL HARBOR - HICKAM NEWS

July 13, 2012

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Volume 3 Issue 27

## Barrett relinquishes command, welcomes Roscoe

2nd Lt. Jessica Colby

15th Wing Public Affairs

The 15th Wing guidon was passed July 6 to Col. Johnny Roscoe, 15th Wing commander, and symbolized the formal transfer of leadership of the wing from Col. Sam Barrett during a ceremony at the Missing Man Formation at Joint Base Pearl Harbor-Hickam.

While addressing his new Airmen, Roscoe promised to give 100 percent toward ensuring the wing never loses focus of the mission, upholds AF standards, core values and traditions, and takes care of each other and their families.

During the change of command ceremony, Barrett was awarded the Legion of Merit for exceptional meritorious conduct and performance of outstanding services as the vice commander of the 15th Airlift Wing and later as the commander of the 15th Wing.

The list of the wing's accomplishments under his leadership include humanitarian assistance during the 2010 Pakistan floods and Operation Tomadachi in Japan, four presidential visits, commanding air opera-



Col. Sam Barrett, outgoing 15th Wing commander, delivers a speech during the 15th Wing change of command ceremony July 6 at Joint Base Pearl Harbor-Hickam. During the ceremony, command of the 15th Wing passed from Barrett to Col. Johnny Roscoe.

tions during the 2011 Asia-Pacific Economic Cooperation including the arrival of delegates from more than 21 countries, and

setting the example in total force integration and joint base operations.

The presiding officer of the ceremony, Lt. Gen.

Stanley T. Kresge, 13th Air Force commander, said that he was privileged to oversee what he named the transition from the best commander

der the wing has ever had to the best commander it will ever have.

"It is a personal honor for me to preside at this cere-

mony," Kresge said. "Not only do I get to pass the flag between two extraordinary officers, but it's at Hickam, and it's at the 15th Wing, arguably the most important wing in the United States Air Force."

Roscoe is a 1988 graduate of the United States Air Force Academy and a command pilot with more than 4,200 flight hours in the C-17A, C-130E, KC-10A, T-37 and T-38. Prior to taking command of the 15th Wing, he commanded the 305th Operations Group, Joint Base McGuire-Dix-Lakehurst, N.J., where he directed four squadrons with 800 personnel.

Roscoe thanked Barrett for his leadership and all that his family has done for the 15th Wing before he turned his attention to the Airmen of his wing.

"Thank you for your hard work, your service, dedication and commitment to your country ... you have set the bar very high. I want you to know that I am ready to join you in maintaining that same expectation of excellence that you already demand of yourselves."

(See additional photo on page A-5.)

A Canadian soldier assigned to Princess Patricia Canada Light Infantry returns fire during force on force training on the windward side of Oahu during RIMPAC 2012.

U.S. Navy photo by MC1 Paul Seeber

A Navy diver, assigned to Mobile Diving and Salvage Unit (MDSU) 1 (left), and a Royal Australian Navy diver swim under the Battleship USS Missouri Memorial as part of a familiarization dive.

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

Soldiers from multiple countries (Australia, Canada, Indonesia, Korea, Malaysia, New Zealand, Tonga and United States) get in position on the flight deck to man the rails on amphibious assault ship USS Essex in Honolulu, Hawaii, on July 11.

Canadian Forces photo by MCpl Marc-Andre Gaudreault

## RIMPAC HIGHLIGHTS

See page A-6 and A-7 for additional RIMPAC photos

## See something suspicious? On with VEST: Vigilance, Engagement, Speed, Together

Bill Doughty

Navy Region Hawaii Public Affairs

Last week an alleged incident in housing brought an immediate response from base security – a be on the lookout (BOLO), gate checks, and an investigation that is still ongoing.

A young boy walking alone on a sidewalk near Hickam was approached by the male passenger in a white sedan, who allegedly reached out toward the child. The boy ran home and the car drove away.

"The victim did the right thing by running home and telling his parents," said CWO3 Dave Muehlhauser, security operations officer for Joint Base Pearl

Harbor-Hickam. "His parents called security, and we immediately initiated the BOLO. We dispatched all available units and began checking vehicles at all gates at the main base."

The white car, allegedly driven by a woman, with the male passenger, was not found. Security is coordinating with Honolulu Police Department and conducting an ongoing investigation, which includes a review of video from various locations.

JBPHH posted information via Facebook, generating discussion and suggestions from the community. The recommendations can be summarized in the acronym VEST: Vigilance, Engagement, Speed, Together.

- Vigilance: The single best thing everyone can do, say local leaders and community residents, is be vigilant-parents watching children, residents watching neighborhoods, everyone looking out for each other. Security patrols have been stepped up to maintain vigilance, and they are ready to respond immediately.

- Engagement: If housing residents see suspicious activity in their neighborhood, they should call 911, according to base security. When witnesses step forward, it helps an investigation. Security can't be everywhere at once, so it is very important that residents are willing to engage and support.

- Speed: An immediate

response is needed in a crisis, emergency or suspected criminal activity. Call 911 immediately in those situations. Studies show that the best way to get emergency information out to a community quickly is through social media. Other media – TV, radio, Giant Voice and newspapers – can be used, depending on the incident, but social media is instantaneous and can be shared widely.

- Together: While there are a few people interested only in complaining, there are many more who step forward to work together to prevent incidents and respond appropriately when they occur.

See VEST, A-8

## Community meetings for housing residents

Housing residents in Forest City communities had opportunities to meet with Navy and Forest City representatives at community meetings held July 10 at Moanalua Terrace and July 12 at Hokenani.

Rear Adm. Frank Ponds, commander of Navy Region Hawaii and Naval Surface Group Middle Pacific; Tom Carter, vice president of military housing for Forest City; and Capt. Jeffrey James, commander of Joint Base Pearl

Harbor-Hickam led the meetings which provided residents with an opportunity to ask questions and offer their ideas.

Information was also provided about changes to the Resident Energy Conservation Program.

Additional meetings will be held in September. Dates and locations will be announced as they become available.

Complete coverage of the community meetings will be featured in next week's Ho'okele.



15 OSS gears up for RIMPAC  
See page A-2



Bloggers visit SBX  
See page A-2



Welcome RIMPAC  
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VP-4 holds safety pause and summer picnic  
See page A-8



Fast-breaking Nimitz races past Reuben James  
See page B-1



RIMPAC sports  
See page B-2, B-3



# 15 OSS gears up for RIMPAC

Senior Airman  
Lauren Main

15th Wing Public Affairs

With more than 850 Airmen at Joint Base Pearl Harbor-Hickam for the Rim of the Pacific military exercise and the bed-down of aircraft on the 15th Wing flightline, it's likely to be a busy few weeks for the 15th Operations Support Squadron.

On a normal day, approximately 30 sorties are flown in and out of Hickam, but on an average RIMPAC exercise day more than 85 sorties are flown. This increase equates to 183 percent more activity during the week and a 275 percent boost of activity throughout the week-end.

"It maxes us out, but it's a good test of our capabilities. We've been working closely with our joint base partners, and we've been receiving great support from them, too," said Lt. Col. Kevin Eastland, 15th OSS commander.

According to Eastland, supporting the arrival of so many foreign aircraft and other RIMPAC specific requirements – along with



maintaining responsibility for normal day-to-day missions including distinguished visitor arrivals, routine sorties, and general airlift support of the Pacific theater - isn't anything the Airmen of the 15th OSS can't handle.

"We have to be ready for any contingency," said Eastland. "If any natural disaster occurs, or humanitarian relief is needed, we have to be able to support that, too. We're ready for anything."

The 15th Operations Support Squadron's mission statement vows to supply world-class combat

dedicated team of motivated military and civilian professionals who constantly strive for excellence and the opportunity to meet challenges head-on. This latest trial on the 15th OSS's radar, in the form of RIMPAC 2012, does indeed appear to be challenging.

"The [Air Force portion of the] exercise is way bigger this year," Eastland said. "It's almost twice the size of the last exercise. In the past, we had approximately 30 aircraft on our ramp. This year it's more than 50 aircraft."

RIMPAC is the world's largest maritime exercise, occurring every two years in and around the Hawaiian Islands. Canada, Republic of Korea, Australia and 19 other countries, including the United States, are all players in the joint-force naval exercise.

RIMPAC consists of international force integration training to build partnership capacity and interoperability between the multilateral navies and air forces. Should any contingency requiring global efforts arise in the Pacific, the nations could work together to resolve the issue without conflict.

aircrew support across the full spectrum of air operations throughout the Pacific theater with a

# Seven businesses are placed off limits to Navy personnel

Navy Region Hawaii Public Affairs

Navy leadership has placed several businesses off limits to Navy personnel.

"Commanding officers have the power under OPNAVINST 1620.2A to declare areas off-limits in order to maintain good order and discipline and to protect the health, welfare and safety of service members," according to Lt. Cmdr. Kathleen Elkins, Staff Judge Advocate for Navy Region Hawaii. Navy Region Legal Services Office.

"Based on information these businesses are selling spice and/or drug paraphernalia, the following establishments are off-limits to all Navy personnel," Elkins said.

•Hawaii Natural High, 343 Saratoga Road, Honolulu, Hawaii 96826.

•The Dungeon/Flesh/Sexopolis/After Hours/The Shelter.

•Smokies, 159 Kailulani Ave., #101, Honolulu, Hawaii 96815.

•Hawaiian Holy Smokes II, 719 Kamehameha Hwy., Pearl City, Hawaii 96782.

•Hawaiian Holy Smokes, 2239 South King St., Honolulu, Hawaii 96826.

•South Shore Glass, 945 Kapahulu Ave., Honolulu, Hawaii 96816.

•Oahu Glass, 418 Kuulei Road, suite 102, Kailua, Hawaii 96734.

"Navy members are not allowed to visit these establishments, even in civilian clothes. Visiting an off-limits establishment is an orders violation. Any Navy members seen entering or leaving these establishments may be punished under the Uniform Code of Military Justice," Elkins explained.

Family members of Navy personnel and other people who are associated with the Navy or installation should also be aware of these off-limits restrictions.

# When you speak, JPPSO listens

Richard Rohr

Joint Personal Property  
Shipping Office-Hawaii

When you undergo a household goods move, the folks at your transportation office will ask you to complete a customer satisfaction survey (CSS) at your destination because CSS surveys help to ensure quality moves.

Do you really believe them? Do you actually think your voice matters? Well, the results are in and the survey says . . . yes!

The Military Surface

Deployment and Distribution Command (SDDC) is the overall Department of Defense manager of the household goods program.

According to database analytics on household goods shipments leaving Hawaii, eight of the top 10 transportation service providers (TSPs) that Joint Personal Property Shipping Office (JPPSO) uses to arrange moves are not in the top 10 of the least expensive TSPs.

In fact, the second most used TSP is way down the

list at number 60. This means the government pays that TSP more money to perform your move. Why? It's simple. In the long run, that TSP will perform your move with less damage, which results in an overall lower cost as well as a higher quality move for you, the service member.

So, the next time you move and you are asked to complete a customer satisfaction survey on-line at [www.move.mil](http://www.move.mil), please take the time to do so. The proof is in the results. Your voice does matter!

**Bloggers visit SBX**

Local bloggers receive an international tour of Sea-based X-band Radar (SBX) during a routine port visit. (SBX is not providing general tours to the public.)

U.S. Navy by ET2 Allyson Khou

## STORY IDEAS?

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

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**HO'OKELE**  
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# RIMPAC, sustainability and ... Philadelphia?

**Bill Doughty**

*Navy Region Hawaii Public Affairs*

The Navy's Rim of the Pacific exercise is in full swing now with more than 20 nations, 46 ships and submarines and 25,000 service members converging in and around Hawaii to train together, learn from each other and build cooperative relationships to preserve peace.

It's the first RIMPAC with non-U.S. officers in charge of major components (Australia for maritime, Canada for air). It's the first to feature humanitarian assistance/disaster relief training as part of the exercise. And, RIMPAC 2012 will include the first demonstration of green fleet technologies on a large scale, with U.S. surface ships and carrier-based aircraft using biofuels and other energy-saving and sustainability initiatives.

The theme this year is "Capable, Adaptive, Partners."

RIMPAC is the world's largest maritime exercise and involves nations as diverse as Russia, Chile, India, France, Singapore, Mexico, Japan, United States and the Republic of Korea. So, what does it have to do with one of the nation's smallest "schools" in Philadelphia?

At the Sustainability Workshop, located at



Photo courtesy of <http://navyreads.blogspot.com>

Philadelphia's Navy Yard, urban high school seniors learn by doing hands-on real-world projects, with the world as their classroom. While not affiliated directly with the U.S. Navy, the Sustainability Workshop shares some of the same values, including developing capable, adaptive partnerships. Participants work together to apply innovative critical thinking as members of a team.

The school is the brainchild of engineer/teacher Simon Hauger, who was featured recently on Dr. Sanjay Gupta's "The Next List" on CNN. Hauger's philosophy of teaching

involves incentivizing learning; the incentives are the students' own sense of accomplishment, project achievement and a feeling of community they achieve by working together. School work reinforces the students' natural idealism and desire to work hard.

According to Hauger, students read more because they want to read more: "Maybe the most fascinating aspect of this work is that the academic skills follow," Hauger said. "Most of our students will tell you that they have done more reading and writing this school year than they had done in their entire high school career. Many will tell you they have done real science for the first time, and some will even tell you that they finally understand why math is useful."

Students learn and apply STEM (science, technology, engineering and mathematics). For example, over the

past year they installed and then activated a solar rig, worked on a car to try to achieve 100 miles per gallon, and tested their own hypotheses for increasing

energy efficiency initiatives for city buildings.

Teachers are more like facilitators and coaches than traditional instructors or disciplinarians. Co-

founder Michael Clapper is one of the teachers who helps them interact with private companies and government agencies.

"We went to Urban Outfitters one day," recalls Clapper. "...Then the next day we're at the Navy hearing about their power cell approach. We walk in and they say, 'We're so looking forward to interfacing with you today.'"

The program has a side effect of pointing students in a positive direction toward common goals.

Globally or locally, RIMPAC and the "Sustainability Workshop" showcase cool ideas: a willingness to work together cooperatively to prevent conflict and a commitment to achieve greater sustainability and conserve resources.

A version of this article was published on the Navy Reads blog at <http://www.navyreads.blogspot.com/>.



Photo courtesy of <http://navyreads.blogspot.com>

Teacher and Sustainability Workshop co-founder Michael Clapper.

## Diverse Views



**What's your favorite "app?" (computer or phone application). How does it help you?**

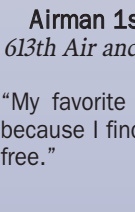
**Master Sgt. Frederick Jackson**  
*HQ PACAF*

"Kindle app on cell phone, great for reading when I'm forced to go shopping."



**ABH3 Crystal Jackson**  
*USS Essex*

"I use the Google app to look up everything. If I can't remember the name of someone in a movie, I Google it. Google and the Navy Federal Credit Union app are the ones I use the most."



**Airman 1st Class Jamie Blatchford**  
*613th Air and Space Operations Center*

"My favorite app is Pandora. I love it because I find new music and it's free."



**ABH3 Jeremy Fuller**  
*USS Essex*

"Safari is my default Internet browsing app. I love sports, so I use it all the time to check the latest scores."

**Master Sgt. Russell Raymundo**  
*PACAF/A7*

"I don't use any "apps." The less I'm around my cell phone, the happier I am."



**Airman Apprentice Jesse Kingsbury**  
*USS Chafee*

"All I do is text."



**Lisa Clark**  
*Pearl Harbor Navy Exchange*

"I use the Facebook app during my breaks because I have lots of family overseas, and it makes it easier for me to check in on them."

*(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](mailto:editor@hookelenews.com) or [karen.spangler@navy.mil](mailto:karen.spangler@navy.mil)**

## C-39 aircraft at former Hickam Field



Photo courtesy of the State of Hawaii Department of Transportation Airports Division

A C-39 aircraft with the 6th Fighter Squadron emblem is shown here in front of hangars at the former Hickam Field around 1940.



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Personnel from the Royal New Zealand Navy Mine Counter Measures Team (MCMT) work alongside the crew from JDS Bungo (MST 464), Japan Maritime Self Defense Force. The two nations are working together to launch the RNZN Rigid Hulled Inflatable Boat (RHIB) from the stern ramp of the JDS Bungo. The USS Princeton (CG 59) and the USS Chosin (CG 59) are in the background.



Visitors tour an MH-60S Sea Hawk helicopter assigned to the "Wildcards" of Helicopter Sea Combat Squadron (HSC) 23 on the flight deck of the amphibious assault ship USS Essex (LHD 2).

# Safety tips during RIMPAC

John Burns

Navy Region Hawaii

With many countries and personnel here at Joint Base Pearl Harbor-Hickam for RIMPAC, here's a reminder for local command military personnel, civilian employees, contractors and dependents to be extra vigilant while driving on base.

Be on the alert for thousands of visiting sailors from the U.S. and other countries while they walk on base, and be sure to stop for pedestrians in crosswalks.

Many sailors from other countries, such as

those from Australia, Japan, Singapore and New Zealand, drive on the opposite side of the road and might be accustomed to first looking right before they cross the street. For example, in Japan, some American Sailors have been struck by cars as a result of first looking left and then being hit from a car coming from the right.

Drivers should always be prepared to stop at an unexpected moment's notice and to stop slowly and safely so that other vehicles behind don't rear-end them.

For many sailors, this might be their first visit

to Hawaii. As a result, they might be excited to be here. They could be hurrying to catch a taxi or bus to Waikiki or to go to other locations, so be sure to always be aware of personnel who are crossing the street.

At night, especially be on the lookout for joggers who may not be wearing reflective clothing or markings.

Please remember to watch out for our visiting sailors during the next few weeks.

But also continue to watch out throughout the year for those who live here who are walking near or crossing the roads on base.

# RIMPAC stats this week

This week, the Rim of the Pacific Exercise entered an operational phase as the 36 remaining ships and submarines departed Pearl Harbor to begin the 23rd RIMPAC.

Twenty-two nations, more than 40 ships and submarines, more than 200 aircraft and 25,000 personnel are participating now through Aug. 3, in and around the Hawaiian Islands to foster and sustain cooperative relationships.

By 9 July, Adm. Frank Ponds, commander of Navy Region Hawaii, had joined other leaders in 11 receptions aboard visiting RIMPAC ships and host ships, including with the Russian Navy aboard RFS Admiral Panteleyev.

During RIMPAC, Morale, Welfare and Recreation at Joint Base Pearl Harbor-Hickam arranged for a 5K run, sailing regatta, soccer games, indoor triathlon, golf tournament and other events and offered guided tours, transportation, information booths, and hiking, snorkeling and other outdoor activities.

Pearl Harbor Navy Exchange provided free lei to RIMPAC participants and coordinated hula performances, an appearance by Miss Hawaii, local artists' shows, and 27 food-tasting demonstrations to introduce local Hawaiian culture.

Additional buses were provided to the piers to assist RIMPAC visitors.

# Crash course in Hawaiian terms

Here is a handy reference to some of the most frequently used Hawaiian words, especially those that you may come across during your time here in Hawaii:

- Aloha** – hello, good-bye, love.
- Mahalo** – thank you
- Ono** – yummy or delicious
- Shaka** – hang loose or chill, or be laid back, a greeting used in Hawaii. To give the *shaka*, extend the thumb and smallest finger while holding the three middle fingers curled. Raise the hand in greeting while extending the back; it can be rotated back and forth for extra emphasis.
- Pau hana** – end of the work day
- Ohana** – extended family
- Kane** – man or male
- Wahine** – woman or female
- Keiki** – children
- Mauka** – toward the mountain
- Makai** – toward the sea
- Luau** – traditional Hawaiian feast or party which usually also includes entertainment
- Pupu** – finger food, appetizer, or hors d'oeuvres

**Malama pono** – take good care with or take good care of yourself  
**A hui ho** – until we meet again  
**E komo mai** - welcome  
Hawaiian pronunciations: As you travel throughout the state of Hawaii, you will notice many street names, places and venues using Hawaiian words. There are only 13 letters in the Hawaiian alphabet, five vowels (a, e, i, o and u) and eight consonants (h, k, l, m, n, p, w, `). The final Hawaiian consonant, the ` *okina* ( ` ), indicates a glottal stop which means your breath stops briefly as between the two parts of the English term "oh-oh." For the most part, all vowels are pronounced.  
Got it? Then try twisting your tongue around the pronunciation of one of Hawaii's fish, the *Humuhumunukunukuapua'a*. It is also called the Hawaiian trigger fish.  
To our RIMPAC visitors, *e komo mai*, which means come in or welcome, to Hawaii.



Aircraft technicians from 19 Wing Comox, British Columbia, proceed with the after flight checks July 5 on a Canadian Forces CP-140 Aurora aircraft at Marine Corps Base Hawaii, Kaneohe Bay.

# RIMPAC Central events

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation has scheduled activities to welcome all RIMPAC commands to Hawaii which feature many unique experiences available in the *aloha* state.

Events planned for August include snorkeling, scuba diving, kayaking and hiking, as well as trips to the Arizona Memorial, Kualoa Ranch and Ala Moana Center. For more

information, visit "RIMPAC Central" located across the street from Bravo Piers 23 and 24 and Hotel Pier. There will also be special rates on bowling during RIMPAC. 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.  
For more information, visit [www.greatlifehawaii.com](http://www.greatlifehawaii.com).



Morale, Welfare and Recreation hosted a 5K run for all of the Sailors taking part in Rim of the Pacific (RIMPAC) exercise.

Canadian Forces photo by MCpl Marc-Andre Gaudreault



# Pearl Harbor-Hickam*Highlights*

Lt. Gen. Ted Kresge, 13th Air Force commander (left), and Col. Sam Barrett, outgoing 15th Wing commander, applaud Col. Johnny Roscoe, incoming 15th Wing commander, upon his assumption of command during the start of the 15th Wing change of Command ceremony July 6 at Joint Base Pearl Harbor-Hickam. During the ceremony, command of the 15th Wing passed from Barrett to Roscoe.

U.S. Air Force photo by Staff Sgt. Nathan Allen



Boatswain's Mate 2nd Class Ian Cochran, assigned to Assault Craft Unit (ACU) 5, gives a tour of the well deck to families and friends aboard the amphibious assault ship USS Essex (LHD 2).

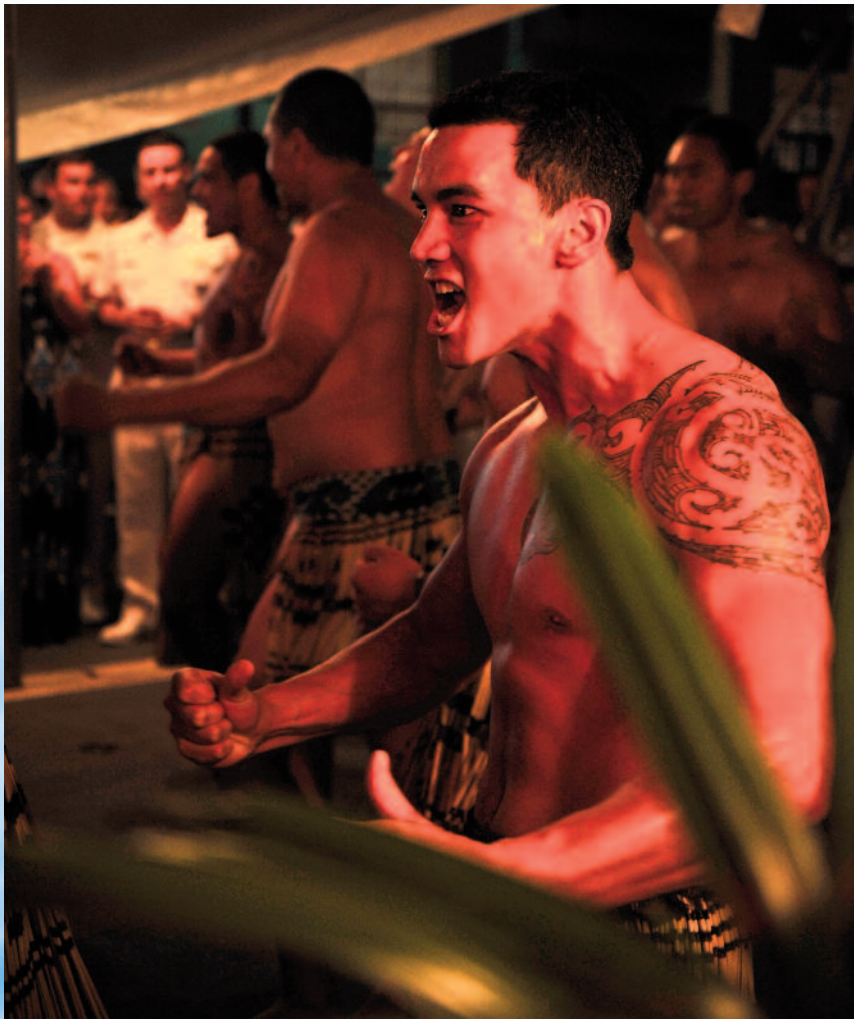
U.S. Navy photo by MC3 Raul Moreno Jr.

(Right) Members of the Maori Cultural Group from Her Majesty's New Zealand Ship (HMNZS) Te Kaha (F77) and HMNZS Endeavor (A11) perform a *Haka*, a traditional New Zealand war dance during a reception held on board Te Kaha.

U.S. Navy photo by MC2 Phillip Pavlovich



U.S. Navy Photo by MC3 (SCW/DV) Jumar T. Balacy  
Leading Seaman Underwater Medic Samone Black, assigned to the Royal Australian Navy's Clearance Diving Team One, tours the Battleship Missouri Memorial during RIMPAC 2012.



(Right) Personnel from Alpha Company, New Zealand Army, play an impromptu game of touch rugby on the wharf while waiting for their transport to arrive.

New Zealand Defence Force Photo by LAC Amanda McErlach







# RIMPAC HIGHLIGHTS



(Above) HMAS Darwin and HMAS Perth are pierside at Joint Base Pearl Harbor-Hickam during Rim of the Pacific (RIMPAC) 2012.

Photo by Australian CPL Chris Dickson

(Right) Vice Adm. Gerald R. Beaman, commander of Combined Task Force, shakes hands with Rear Adm. Tony Parr, New Zealand Chief of Navy, during a reception held on board Her Majesty's New Zealand Ship (HMNZS) Te Kaha (F77).

U.S. Navy photo by MC2 Phillip Pavlovich

(Below) A member of Japan's Maritime Self-Defense Force performs aircraft maintenance.

Japan Maritime Self-Defense Force photo by Photographer P01 Takahiro Ito



(Below) Royal Australian Navy divers, participating in Rim of the Pacific (RIMPAC) 2012, swim under the Battleship USS Missouri Memorial as part of a familiarization dive with Mobile Diving and Salvage Unit One Navy divers, who are also participating in RIMPAC.

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

(Below) Pvt. Shilo Francis-Ardueh, a platoon signaller with Canadian Army, Princess Patricia's Light Infantry Regiment, 2nd Battalion, provides security while his fire team clears a bridge during a military operations on urban terrain exercise at Marine Corps Training Area at Bellows Air Force Station on July, 6.

U.S. Marine Corps photo by Cpl. Tyler Main





# RIMPAC

# HIGHLIGHTS





(Above) Members attached to Mobile Diving and Salvage Unit One and Royal Australian Navy's Clearance Diving team tour the Battleship Missouri Memorial during RIMPAC 2012.

U.S. Navy Photo by MC3 (SCW/DV) Jumar T. Balacy



(Left) Lt. Ryan Mcgoldrick, assigned to Helicopter Squadron 75 "Wolf Pack," shows Korean navy pilots the inside of a Seahawk MH-60R helicopter, aboard the guided-missile destroyer USS Stockdale (DDG 106).

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



(Right) Mexican Sailors assigned to ARM Usumacinta (A-412) prepare the ship for departure during RIMPAC 2012.

U.S. Navy photo by MC1 Paul Seeber



(Below) Crew members of RSS Formidable of Republic of Singapore participate in a ship tour aboard the Battleship Missouri Memorial. The Formidable crew also visited the USS Arizona Memorial, as well as USS Bowfin, to gain understanding of the pivotal events in World War II.

Republic of Singapore photo by Ong Hong Tat



Soldiers from many countries (Australia, Canada, Indonesia, Korea, Malaysia, New Zealand, Tonga and United States) stand on the flight deck for manning the rails July 11 on amphibious assault ship USS Essex in Honolulu, Hawaii during RIMPAC 2012.

Canadian Forces photo by MCpl Marc-Andre Gaudreault



# VP-4 holds safety pause and summer picnic

**Lt. Jenna Rose**

*Patrol Squadron Four  
Public Affairs Officer*

The Skinny Dragons of Patrol Squadron Four (VP-4) took time out of their busy schedule recently to hold a safety pause. The event focused on summer safety and included a variety of topics such as fire, hiking, water and motorcycle safety.

Following the safety pause, the Skinny Dragons held their annual summer picnic featuring local dishes such as *huli huli* chicken, garlic shrimp, rice, salad, pineapple and *kalua* pork.

“The food was refreshing, and the caterers were very nice,” said Lt. Ruth Roberson. “It was a beautiful day, and it was great to see everyone get a chance to relax and enjoy the day.”

While enjoying time in the sun, the Skinny Dragons participated in a variety of activities including volleyball, softball, football and soccer.

There were also activities for the children, such as slip and slides, cookie decorating, face painting, bouncy castles and a bal-



loonist. Participants enjoyed an inflatable gladiator challenge mat and a sumo wrestling ring.

“It was good to have the entire squadron be able to spend time together outside of the workplace,” said Airman Recruit McCoy Cardoza.

To cap off the day, the Skinny Dragons hosted the first annual officer tug-of-war contest. The junior officers were victorious over the squadron’s senior leadership. The Skinny Dragons enjoyed a safe day in the sun with their families and close friends.

Patrol Squadron Four is located at Marine Corps Base Hawaii, Kaneohe Bay. The squadron flies the P-3C Orion and is better known as the Skinny Dragons.

The P-3C is land-based and the Navy’s premier long-range maritime patrol and reconnaissance aircraft, operating from locations throughout the world. The P-3C Orion missions range from submarine tracking to search and rescue, as well as overland missions, working alongside Navy, Army and Marine ground units.

## VP 9 participates in beautification project in Italy

**Lt. j.g. Nicholas Henderson**

*Patrol Squadron Nine  
Public Affairs*

NAVAL AIR STATION SIGONELLA, Sigonella, Italy – Service members from Patrol Squadron (VP) Nine recently participated in a historical cleaning and beautification project in Catania, Sicily.

The project was part of a community relations event headed by service members from VP-9. It focused on cleaning an area where old ruins of a Roman amphitheater, thermal baths and road beneath the ground rest in the center of Catania. This was the first time in NAS Sigonella history (base opened in 1959) that U.S. military personnel were involved in cleaning a historic archeological site in Sicily.

“Participating in the cleanup of the Catania Roman amphitheater, in partnership with the Catania Rotary Club, was a memorable event which will resonate with all Sailors of VP-9,” said Cmdr. Craig Mattingly, VP-9 commanding officer.

“We are honored in having the opportunity to give back to a host nation that has been so generous. I would also like to take just a moment to thank the Catania Department of Archeological Heritage for allowing VP-9 to partici-



U.S. Navy photo courtesy of VP-9

Sailors from Patrol Squadron Nine at Joint Base Pearl Harbor-Hickam participate in a beautification project in Catania, Sicily.

pate. I look forward to the continued relationship with Dr. Buda of the Archeological Heritage and the wonderful leadership of the Catania Rotary Club,”

Mattingly said.

The project was sponsored by the Catania Public Health Department and the Catania Rotary Club. Over 150 people adopted

the archeological sites. Service members from VP-9 are working with the community to coordinate additional cleanup projects of this nature.

## Be prepared with VEST

**Continued from A-1**

In response to a statement about the alleged incident, Christine Hawkins posted this to Facebook: “There is a simple thing that we all can do to help make all of the children in housing safer. Sit outside or even just on your front porch and watch your kids play, no matter what their age. If perpetrators see that there are a bunch of parents present throughout our neighborhoods, they will be less inclined to try something stupid.”

“We balance our

response based on the situation,” said Muehlhauser. “The bottom line is, we take the safety and security of our families very seriously, and we will continue to work together to ensure the community is protected.”

Billy Lowe posted this to Facebook, “Remember this is the *aloha* state. *Ohana* has always been #1, always, so remember that one incident that happens rarely does not constitute an epidemic. Just be kind – to others. Mahalos. Common sense and communication always prevails.”



# ‘Point of use’ set to increase workers’ efficiency at PHNSY

## Pearl Harbor Naval Shipyard Public Affairs

Pearl Harbor Naval Shipyard is implementing a new waterfront initiative that is expected to increase productivity and improve efficiency, allowing mechanics more time to apply their trade skills on the deck-plate.

The point of use (POU) program will provide specially designed storage containers on project sites. The containers will carry a two-weeks’ supply of the most frequently used tooling, consumable materials and equipment, saving the mechanics from having to travel to their home shop, tool room or a shop store and pick up

these essentials.

The initial phase of POU has been implemented on the USS Texas (SSN 775) extended maintenance docking period. To date, the POU program has manufactured or refurbished 17 storage containers for three shops assigned to Texas.

“I’ve received a lot of positive feedback from the mechanics,” said Clay Shimazu, POU project superintendent.

Diane Tagovailoa, fabric worker, who is responsible for stocking her shop’s POU containers with the most-needed items for her co-workers, said, “It’s fabulous. I haven’t had to go back to my shop in two weeks.”

“It’s a good thing. We should’ve had this 10

years ago,” said Marine Machinery Mechanic Alvin Lee, who has been assigned similar POU responsibilities for his trade.

In the weeks ahead, more POU containers will be set up so every shop working on Texas will be able to benefit from this productivity initiative. The long-term goal is to have POU implemented on every major ship availability throughout the shipyard.

“POU is a great initiative for our shipyard,” Shimazu said. “I have a great team that I’m working with, and this is an exciting time for us.”

For more information on the shipyard, go to [www.navsea.navy.mil/shipyards/pearl/default.aspx](http://www.navsea.navy.mil/shipyards/pearl/default.aspx).

# Pacific Partnership welcomes newcomers

## MC2 Kristopher Regan

*Pacific Partnership 2012  
Public Affairs*

PACIFIC OCEAN (NNS) – Nearly half way through the Pacific Partnership 2012 (PP12) mission, another wave of participants from various countries and non-governmental organizations (NGOs) joined the ship’s team July 7 while in port in Subic Bay, Philippines.

While in Subic Bay, 131 staff finished their role in the mission and were replaced by 139 new team members eager to start their Pacific Partnership experience.

Lt. Cmdr. James MacIsaac, PP12 administrative officer, said the new team has personnel from all different groups and walks of life.

“We have a well-rounded group to cover our mission,” he said. “The nice thing is that everyone had their piece of the puzzle to make this work.”

“We (administrative office) are the ones who take care of the paper work those leaving or arriving to the mission. The supply department sets up the logistical area to transport them from the airport to the ship. It’s an all-hands effort when we bring people on board,” MacIsaac said.

The new participants all have unique experiences and skill sets to bring to the mission and are eager to put their knowledge to use.

New Zealand Army Maj. Paul Kendall, a new member of the PP12 team, said, “I feel very privileged that we can work with partners and host nations to assist with humanitarian aid and also look at disaster relief planning.”

“New Zealand is placed in the South Pacific and



U.S. Navy photo by Camelia Montay

Forklift teams stand by as a SA-330J Puma helicopter delivers cargo July 9 to the Military Sealift Command hospital ship USNS Mercy (T-AH-19) during an underway replenishment while supporting Pacific Partnership 2012.

has a commitment to humanitarian assistance and disaster relief in the Pacific. We see this as a good exercise to ensure interoperability between the different services and organizations,” said Kendall.

The remaining Pacific Partnership 2012 mission ports include Vinh, Vietnam and Sihanoukville, 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](http://www.navy.mil), [www.facebook.com/usnavy](http://www.facebook.com/usnavy), or [www.twitter.com/usnavy](http://www.twitter.com/usnavy).

## KHON (FOX) TV 2 Hawaii Navy News upcoming segments

**July 19:** RIMPAC and Green Fleet

**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](mailto:editor@hookelenews.com) or call Navy Region Hawaii Public Affairs at 473-2877. Stories must have a Navy tie and be of interest to the general public.



**HO'OKELE Online**

<http://www.hookelenews.com> or <https://www.cnmc.navy.mil/hawaii>







## Fast-breaking Nimitz races past Reuben James

Story and photos by  
Randy Dela Cruz

Sports Editor

The run-and-gun USS Nimitz (CVN 68) basketball team held USS Reuben James (FFG 57) without a point for the first five minutes of play July 5 and raced away to a 52-21 victory in the championship final of the RIMPAC Basketball Tournament at Joint Base Pearl Harbor-Hickam Fitness Center.

Behind the leadership of point guard Ship's Serviceman 3rd Class Jared Fears, the Nimitz unleashed a baseline-to-baseline attack to take a 17-5 lead in the first few minutes of play before storming into halftime with a 31-8 advantage.

Among the big-time contributors for Nimitz in the first half were Aviation Boatswain's Mate (Fuel) Airman Jacquez Hughes with eight points and Machinist's Mate 3rd Class Ernest Williams, who pumped in 14 points with two three-pointers and a perfect two-for-two at the line.

The team even had excellent bench support from several players including Aviation Boatswain's Mate (Handling) Airman Jordon Riggins, who stepped with a huge splashdown from beyond the three-point arch that gave Nimitz a 12-point lead with 6:40 remaining in the first half.

Williams, who went on to score a game-high 20 points, said that speed was the main reason for the team's success against Reuben James.

"It was easy because we play fast. We don't slow down the game," Williams said. "Pretty much we're just trying to make sure we got every man covered. If we get the chance, we go after the ball. If we get the steal, more than likely, we'll get the easy two points."

Fears said that the constant pressure of the Nimitz makes it hard for the team's opponents to come back once they fall behind.

The swift point guard accounted for only six points throughout the game, but his court leadership and vision triggered the team's frenzied assault.

"All we've done every time we've played is run," Fears explained. "Every team we play against, we want to speed the game up and that starts with me. I've got to keep everybody fast paced, so I've got to keep fast paced."

The team's transition game also translated into a tough man-to-

man defense that held Reuben James without a point until the 11:10 mark in the first half, when Interior Communications Electrician 3rd Class John Clark sank one of two free throws.

In the first half, the Reuben James was held to only two field goals, a lay-up and trey from Operations Specialist Seaman Akeviye Swain, and a total of eight points.

Things didn't get much better for Reuben James in the second half as the team came out of the break even colder. This time Reuben James didn't get a basket until the 9:35 mark, a shot by Swain, in the second half.

Williams said that once his team began to feel Reuben James run out of gas, he and his teammates knew it was time to finish off the game.

"Once they get tied, seems like we catch our second wind," Williams said. "We keep the pressure on the whole game. Until the clock hits triple zeros in the fourth quarter, we got pressure. We just wanted to take this game out and take it out early."

Clark, who scored all of his four points from the charity stripe, said that although the team had just a short turnaround from its tough semifinal matchup offered no excuses.

"It took our legs out a little bit, but that (Nimitz) was just a better team today," Williams admitted. "It was just one of those days. I mean the ball just wasn't falling today. All we can do is get better and come back the next time. Hope we can take it then."

After making it look so easy in the first RIMPAC Basketball Tournament, Fears said that the Nimitz will be ready to defend their title in the second tourney, which will be held when the ships return from exercises in early August.

"We're definitely ready," Fears promised. "Just do the same thing and continue to hoop. That's it."



Photo illustration





Photos by MC3 Sean Fureyo, Tech. Sgt. Michael R. Holzworth, MC3 (SCW/DV) Jumar T. Balacy, LS Tetsuya Sekino, MC3 Adriana J. Cantu, LAC Amanda McErlich, Cpl. Chris Dickson





*'Capable, Adaptive, Partners'*

photo: [illegible]



# Essex beats CS Lynch to win volleyball cup

Story and photo by  
Randy Dela Cruz

*Sports Editor*

Down by a set, USS Essex (LHD 2) #3 came back to dominate and defeat CS Almirante Lynch (FF 07) of Chile in three sets, 24-25, 25-12 and 15-6, to win the RIMPAC Volleyball Tournament July 6. The tournament which was held over two days at Naval Station Gym, Joint Base Pearl Harbor-Hickam.

Led by the outside hitting of twin towers Information Systems Technician Seaman Kyle Cribbs and Mass Communication Specialist 3rd Class Jacob Wiley, and the service of Quartermaster 2nd Class Jeremiah Pulu, Essex turned a close second set into a rout when the team tallied 10 straight points to take a commanding lead.

"I think our big guys started hitting the ball," said Pulu about the shift in momentum. "We played better defense overall, too, and we kept our serves in."

While Essex seemed to have their way with Lynch in the final two sets, the first match was anything but a runaway.

The lead swayed back and forth until Essex, behind the service of Air Traffic Controller 2nd Class Shanne Arthur-Douglas, scored three straight points to tie the set up at 20-20.

A kill by Ensign Ivan Burns put Lynch back out in front by one, but Essex fought back and served for match point with a 24-23 lead.

However, Essex couldn't seal the deal as Lynch went on to score the final two points of the set to take the first match.

Burns led Lynch with eight kills in the first set.

As in the first match, the second set started off with both teams trading points and leads.



Information Systems Technician Seaman Kyle Cribbs, outside hitter for USS Essex (LHD 2) #3, goes up for one of his many kills against CS Almirante Lynch (FF 07) of Chile in the championship final of the RIMPAC Volleyball Tournament.

Then with the score tied at 7-7, Pulu found his stroke and held service for 10 straight points to turn the game around.

"We needed that because the first game was too close for comfort," Pulu said. "Definitely, (I was) looking for particular weaknesses."

During the run, Pulu recorded two service aces while Wiley added two kills, and Senior Chief Aviation Ordnanceman Tee Tuismatatele put down one kill.

Essex went on to build a 24-11 lead before Cribbs ended the set on a kill at the net.

With the game even at one set apiece, Essex started off the final set right where they left off in the second.

Cribbs opened up the set with back-to-back kills, and Pulu led a five-point run at service that put Essex out ahead at 11-4, forcing Lynch to call a time out.

After a point by Lynch, Essex recorded three consecutive points behind the service of Arthur-Douglas before a miss hit by Lynch ended the game.

Wiley said after what the Essex did in the second set, he knew that the championship cup was well within his team's reach.

Although Essex stumbled a bit in the first set, Wiley said that it was just a matter of time before he and his teammates put

things together.

"It took us a while to get our bearings back," Wiley noted. "Once everything started to flow for us, we kind of locked in to what our game was and pretty much just stomped all the other teams."

Ultimately, Wiley said, Essex just had too many weapons for Lynch to overcome.

"They had one guy, where we had two," said Wiley about pairing with

Cribbs. "So that gave us a leg up. Their one guy would have to rotate out, but we always had at least one guy at the net."

Pulu said that the win was a huge accomplishment for the team and ship and added that it felt great to be at the top once again.

"It's big," Pulu acknowledged. "We had three teams, so one of us had to make it out on top. We won back in 2010, so it's good to say we won in 2012."

# Reuben James takes care of Nimitz in softball finale

Story and photo by  
Randy Dela Cruz

*Sports Editor*

The USS Reuben James (FFG 57) scored three runs in the bottom of the first and fifth innings en route to a 9-5 victory over USS Nimitz (CVN 68) to capture the RIMPAC Softball Tournament championship July 5 at Millican Field, Joint Base Pearl Harbor-Hickam.

In winning the flag, Reuben James had huge contributions from first baseman Lt. j.g. Eric Scoggins and pitcher Lt. j.g. Kyle Alwert.

Scoggins went three-for-four at the plate and drove in three runs with a double, single and triple, while Alwert tossed a four-hit shutout over five innings before holding Nimitz to two runs in the sixth and three runs in the seventh for the complete game win.

"It's awesome," said Alwert amid post-game celebrations. "We're such a small ship. To take out a carrier and other ships and subs that came out here, it's good. We're such a small percentage of our crew."

After Alwert retired the side in order in the top of the first, Reuben James put runners on first and second with one out.

Scoggins stepped up to the plate and sliced a double that, coupled with a throwing error, drove in the first two runs of the game.

Then, with Scoggins moving to third on the errant toss, Alwert came up to the plate with two outs and slapped a base hit to drive in the team's third run.

The lead stayed the same until the bottom of the fifth when Reuben James mounted another rally by placing runners on first and second with one out.

Once again, Scoggins delivered by slamming a



USS Reuben James (FFG 57) left fielder Boatswain's Mate Seaman Daniel Cardona beats out a close play at first as USS Nimitz (CVN 68) first baseman Aviation Boatswain's Mate (Fuel) 3rd Class Kyle Brown stretches to reach the ball.

clutch three-bagger to plate two more runs and raise Reuben James' lead to 5-0.

"I changed my approach a couple of games ago," said Scoggins about his clutch hitting against the Nimitz. "It worked out for me the last two games. I made some good contact and was able to get us some key runs."

Scoggins scored for the second time in the game when the next hitter Seaman Chase Gordon came through with a single for the third run of the inning.

Down by six runs, Nimitz bats finally broke through in the top of sixth inning when

Aviation Boatswain's Mate (Equipment) 1st Class Mike Ziegman hit a single to drive in the team's first run.

Later in the frame, Aviation Boatswain's Mate (Handling) Airman Robert Stevens drove in the team's second run with another single that cut Reuben James' lead down to four at 6-2.

With the momentum seemingly swinging toward the direction of Nimitz, Reuben James stepped up and regained control by scoring three times in the bottom of the sixth.

Left fielder Boatswain's Mate Seaman Daniel Cardona led off the inning with a

single before Interior Communications Electrician 2nd Class Chris White doubled to drive him in.

Then with White on second, Electrician's Mate 2nd Class Jake Alicuben, a member of the 2011 All-Navy team, lined a shot that got through the Nimitz center fielder and rolled to the fence.

White scored easily on the play and was shortly met at home plate by Alicuben, who sped around the bases for an inside-the-park home run.

"A lot of us have played together for a year and we, as a team, realize how

important it is to answer back," said Scoggins about the late rally. "We knew that was important, and we were able to accomplish it."

Facing the team's last at-bat in the top of the seventh, Nimitz gave it one last-ditch effort to catch Reuben James.

Opening with a lead-off single by Aviation Boatswain's Mate (Fuel) 3rd Class Kyle Brown, Nimitz scored one run off of an error, another on a double by Aviation Boatswain's Mate (Handling) Airman William Petersen, and a third run on a single by Aviation Boatswain's Mate

(Handling) 3rd Class Jeff Atkins.

However, the rally fell short after Alwert induced a fly ball for the final out of the game.

In wrapping up the title, Alwert praised the effort of his teammates and said that he knew the team would perform well in the tournament.

"We're a good solid team," Alwert stated. "We've been playing in the intramural league and actually won the championship (Afloat Division), so I was very confident in our abilities. We came out here, fielded well, hit well, so it was good games."



PEARL HARBOR-HICKAM

Maniawa Nanea

LEISURE

Morale Welfare & Recreation

Movie Showtimes

Community Calendar

🏈 HMYAA NFL FLAG FOOTBALL

Registration for HMYAA NFL Flag Football will be held through Aug. 3, and the season runs September through December. Registration is open to ages 7-18. The cost is \$65, and includes NFL jersey, shorts and medal. FMI: [www.greatlifehawaii.com](http://www.greatlifehawaii.com).

🏊 SNORKELING SHARKS COVE

A free snorkeling trip to Sharks Cove with Liberty will be held Saturday. Depart Liberty Express at 7:45 a.m., Beeman Center at 8:15 a.m., Instant Liberty at 8:30 a.m., and Makai Rec Center at 8:45 a.m. This event is for single active-duty Sailors and Airmen only. FMI: 473-2583..

🛶 SAILING ORIENTATION

Join experienced skippers from 9 a.m. to 3 p.m. Saturday and learn the basics of sailing. The sail begins at Hickam Harbor Marina and goes to Diamond Head and back, checking out Waikiki and the south shore. The cost is \$75 per boat with a limit of four per group. FMI: 449-5215.

🏊 FLOAT DAY

Come to the Arizona and NCTAMS pools Saturday from 11 a.m. to 5:30 p.m. and escape the July heat. Floats will be provided. FMI: 472-7582 or 653-5306.

🏌️ GLOW BALL

Try nighttime golf Saturday at the Ke’alohi Par 3 Golf Course starting at 7 p.m. The cost is \$20 for adults, \$15 for juniors (ages 17 and younger). FMI: 448-2318 to register.

🏰 HICKAM FIELD HISTORICAL TOURS

Historical tours of Hickam Field will be held Wednesdays, July 18 and 25, from 9:30 a.m. to 12:30 p.m. The cost is \$45 for adults and \$35 for children ages 3-11 years old. The tour are free for children 2 years and younger. They depart from ITT-Hickam and Royal Alaka’i Lodge. Pick-up is available at Hale Koa Hotel for an additional \$10 per person. FMI: 448-2295.

🚢 OPERATION HELE ON

Makai Recreation Center will hold a mock deployment for children ages 9 to 14 on Aug 17, from 7:30 a.m. to 4 p.m. This free event includes a mobility processing line, issuing of dog tags, mobility bag drag, boarding a cargo aircraft, medical moulage, bomb squadron demo and more. Registration runs July 16 through July 27. Space is limited. It is open to dependents of active duty personnel, retirement and Department of Defense civilians. FMI: 449- 0300.

🏃 JOINT BASE PEARL HARBOR-HICKAM HALF-MARATHON EARLY REGISTRATION

Early registration for the Joint Base Pearl Harbor-Hickam Half-Marathon ends July 21. The half-marathon will be held Aug 11 starting at 6:10 a.m. at Earhart Track. Sign up online at [www.greatlife hawaii.com](http://www.greatlifehawaii.com) or at the Hickam Fitness Center. FMI: 448-2214.

For more information on events, visit [www.greatlifehawaii.com](http://www.greatlifehawaii.com).

🌴 August

🌴 18 ~Bellows Air Force Station’s second annual biathlon will take place starting at 7:30 a.m. Aug. 18. The entry fee is \$25 for individuals and \$35 for teams. There is a \$5 discount for entries received/postmarked by Aug. 4. Register for the event by Aug. 11. FMI: [www.bellowsafs.com](http://www.bellowsafs.com).

🌴 18 to 19 ~ Visitors are invited to attend the free Pacific Aviation Museum Pearl Harbor’s fifth “Biggest Little Airshow” from 10 a.m. to 4 p.m. Aug. 18 and 19. This year the airshow celebrates the Centennial of Marine Aviation and the Centennial of Women in Aviation. FMI: 441-1008 or [www.PacificAviation Museum.org](http://www.PacificAviationMuseum.org).

🌴 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. Work began July 9, and 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](mailto: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 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](mailto:SpecialEvents@PacificAviationMuseum.org).

🌴 Tickets for the 2012 Air Force Ball are now available. The event will be held Sept. 14, at Hilton Hawaiian Village in Waikiki. Tickets cost \$95 per person. FMI: Senior Master Sgt. Theodore Guillory at 233-9436.

🌴 The Department of the Interior is offering free annual passes for national parks to active duty military and their family members with ID cards. This promotion is in conjunction with the “Joining Forces” initiative. FMI: <http://store.usgs.gov/pass/military.html>.



Snow White and the Huntsman (PG-13)

Snow White is the only person in the land fairer than the evil queen, who is out to destroy her. But what the wicked ruler never imagined is that the young woman threatening her reign has been training in the art of war with a huntsman who was dispatched to kill her. Joining her is the prince, long enchanted by Snow White’s beauty and power.

SHARKEY MOVIE THEATER

TODAY

7:00 PM Battleship (PG-13)

SATURDAY

2:30 PM Snow White and the Huntsman (PG-13)

5:00 PM What to Expect When You’re Expecting (PG-13)

7:00 PM The Dictator (R)

SUNDAY

2:30 PM Men in Black 3 (PG-13)

4:45 PM Battleship (PG-13)

7:15 PM Chernobyl Diaries (R)

HICKAM MEMORIAL THEATER

TODAY

6:00 PM Snow White and the Huntsman (PG-13)

8:30 PM Dark Shadows (PG-13)

SATURDAY

4:00 PM Battleship (PG-13)

7:00 PM Marvel’s The Avengers (PG13)

SUNDAY

2:00 PM Snow White and the Huntsman (PG-13)





# Empathy, respect, communication create harmony in workplace

Andrea Hantman

Joint Base Pearl Harbor-Hickam  
Civilian Employee Assistance  
Program

Emma felt her body tense as John lunged over her desk red-faced and angry. “You get this to me tomorrow or else!”

She was afraid. In her family, anger meant violence. She remembered her dad coming home drunk and punching the wall. Emma had been in abusive relationships in the past.

She did not want to tangle with this man. She learned to be indirect, back down and avoid conflict.

Emma could feel herself shaking. Later she shared what occurred with her office friends. They were supportive. When John dropped by,

they looked at him anew. The office gossip spread.

John had a different perspective of course. He had asked Emma for this work weeks ago. He came from a family where communication was direct and if someone couldn't do something, they told him. They didn't avoid. He felt undermined.

Now he would look bad to his boss and ineffective to the people he supervised. He didn't know how to get through to her. Something had to be done.

Frustration, anger and feeling undermined, embarrassed or disrespected can occur in any work setting. Here are some suggestions:

- Get clear within yourself regarding the issue and approach.
- What do you want to accomplish?
- Look at the conflict through the

other person's eyes. There are always two sides.

- Check your own behavior to make sure you are not responding passive-aggressively or otherwise contributing to the problem.

- Employ healthy self-talk. Don't “build a case.”

- Make an appointment to talk with the person directly when feasible.

- Treat your co-workers with respect, “guilting” “shaming” or bullying.” Adult-adult communication works best for work matters.

- Nurture relationships.

- Be inclusive rather than exclusive.

- Be aware of and honor personal boundaries.

- Listen fully, assume positive intent, work toward mission goals in a spirit of teamwork.

## 10 ways to work exercise into your life

Shari Lopatin and  
Meghean Cook

TriWest Healthcare  
Alliance

Between your job, your kids and maybe even your deployed spouse, you often wonder how you can exercise more - or even at all.

Perhaps if the day expanded to 48 hours, regular exercise would seem more reasonable. Since that won't happen, here are some tips to work more exercise into your busy life.

- Make it a priority.

Schedule time in your calendar for the week, and keep it like any other important appointment.

- Make a plan. What days will you exercise? What will you do? How long?

There are 1,440 minutes in the day. Can you find 30 minutes to exercise?

- Get an exercise partner. When you know someone is relying on you, you are less likely to skip your workout.

- Try exercising in the morning. As the day goes on, many things can happen to derail your plans for an after-

noon or evening workout.

- Sign up for a class or a local 5k race. If you are financially invested, you will be less likely to skip the exercise session.

- Find something you enjoy. Try something new and exciting. Remember, exercise does not have to be in a gym.

- Squeeze in bursts of exercise throughout your day. Use a 15-minute work break or 15 minutes of your lunch to walk. Or use the stairs instead of the elevator ... you get the drift.

- Exercise while you watch TV. Lift weights or

use commercial breaks to complete push-ups, sit-ups or jumping jacks.

- Keep a pair of walking shoes with you (at work, in the car). This way you can take advantage of any time you have to squeeze in exercise.

- Get your family involved. Walk or ride bikes after dinner—together.

- Keep track of your exercise to see your progress.

For more tips on living a healthy life, visit TriWest's Healthy Living Portal at [www.triwest.com/en/beneficiary/healthy-living/](http://www.triwest.com/en/beneficiary/healthy-living/).

## Junior enlisted, families can receive free goods at Sailor's Attic

Navy Region Hawaii

Plan of the Week

The Sailor's Attic is a facility where junior enlisted (E-5 and below) and their families can go to receive donated goods for free. It is located inside the Makalapa Gate in building 1514 (across the parking lot from the Makalapa Medical Clinic).

If you are in need of any items, stop by during their hours of operation (Fridays and Saturdays 10 a.m. to noon). Donations can only be dropped off during the hours of operation. Volunteers are also needed.

The Sailor's Attic will accept the following items in good condition:

- Clothing (men, women, children)
- Baby items (walkers, high chairs, cribs, etc.)
- Furniture
- DVDs
- Games, toys, books
- Kitchenware (plates, cups, glasses, silverware, pots and pans, etc.)
- Small appliances (toasters, microwaves, coffee makers, blenders, etc.)
- Linens (towels, blankets, sheets, curtains, etc.)
- Bathroom items/decor (shower curtains, rugs, etc.)
- Home decor (pictures, frames, knick knacks, etc.)
- Electronics (TVs, DVD players, computers, monitors, printers, etc.)

For more information, contact CS1 Davidson at [lakia.davidson@navy.mil](mailto:lakia.davidson@navy.mil) or call 473-5995.

## WHO SAID IT?

“Always desire to learn something useful.”



Last Week's  
**WHO SAID IT?**

“Innovation distinguishes between a leader and a follower.”

Steve Jobs

## This Week's Trivia

Why is a ship's sick-list called a “binnacle list?”

**Last Issue's Question:** When did Dr. Robert H. Goddard receive a U.S. patent for a two-stage solid-fuel rocket?

**Answer:** On July 7, 1914, Goddard received the patent. On July 14, the government issued another patent to Goddard for a liquid-fueled rocket design.

## My Favorite Photo...

Photo courtesy of Kathryn Cmehil

Kathryn M. Cmehil recently took this photo in her grandparents' yard in Mililani at about 6:45 p.m. and she named the picture “The Last Rays of Light.” She is a 13-year-old who recently completed the seventh grade. She is the daughter of a retired U.S. Navy chief petty officer and the granddaughter of a retired U.S. Air Force colonel. She recently visited her grandparents in Mililani.

### 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](mailto:editor@hookelenews.com) and “cc” Karen Spangler, managing editor, at [karen.spangler@navy.mil](mailto:karen.spangler@navy.mil) and Don Robbins, assistant editor, at [d Robbins@hookelenews.com](mailto:d Robbins@hookelenews.com).

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



Online

<http://www.hookelenews.com/> or visit

<https://www.cnic.navy.mil/Hawaii/index.htm>





# This Week in USAF and PACAF History

Charles Nicholls

PACAF historian

- Between July 13 and 21, 1921, Brig. Gen. William “Billy” Mitchell’s bombers sank several ships off the Virginia Capes. The tests studied the use of bombs on ships to suggest how ship design could counter an air attack. The bombers sank a German submarine, the destroyer G-102, the light cruiser Frankfurt and the battleship Ostfriesland, proving that aircraft could sink capital ships.

- On July 11, 1955, the Air Force Academy admitted its first class of 306 cadets. Classes were held at Lowry Air Force Base in Colorado while the academy campus was built north of Colorado Springs.

- The Air Corps Tactical School moved from Langley Field, Va to Maxwell Field, Ala on July 15, 1931. It produced most of the Air Corps’ doctrine during the 1930s, including the concept of long-range, high-altitude daylight precision bombing of selected military and industrial targets—the fundamental strategy of the Army Air Forces in World War II.

- Operation Blue Bat, the first U.S. military operation in the Middle East since WWII, began on July 15, 1958. After the fall of the Iraqi government brought civil unrest to the region, Lebanon’s president asked for U.S. assistance. President Eisenhower authorized Operation Blue Bat in which U.S. forces secured Beirut’s air and seaports. TAC’s Composite Air Strike Force BRAVO deployed to the Middle East in 12 hours. By September, MATS had airlifted 5,500 passengers and 5,500 tons of cargo in 314 missions to support the strike force. The intervention resulted in political negotiations that produced years of peace.



Brig. Gen. William “Billy” Mitchell’s bombers sank the German battleship Ostfriesland in July, 1921

- An A-7D from the 354th Tactical Fighter Wing flew the last aerial combat mission of the Vietnam War on July 15, 1973. Altogether, the USAF flew 5.25 million sorties over South Vietnam, North Vietnam, Laos and Cambodia. The USAF lost 2,251 planes—1,737 to hostile action and 514 for operational reasons—at a cost of \$3,129,948,000. During the Vietnam War, tactical or intratheater airlift carried seven million tons of passengers and cargo from 1962 to 1973. Between 1964 and mid-August 1973, air rescue operations in Southeast Asia saved 3,883 lives. And from June 9, 1964 through August 15, 1973, KC-135s flew 194,687 sorties to supply 8,964 million pounds of fuel during 813,878 refuelings. They also routinely airlifted people, equipment and aircraft parts between the U.S. and bases in the Far East and Southeast Asia.

- Cope Thunder I, the first of a series of realistic air combat exercises, began at the Clark/Crow Valley range complex in the Philippines on July 12, 1976. Cope Thunder was a way to give

aircrews their first taste of warfare and quickly grew into PACAF’s “premier simulated combat airpower employment exercise.”

Since most combat losses had historically occurred during an aircrew’s first eight to 10 missions, the goal of both Red Flag in Nevada and Cope Thunder was to simulate those first missions, increasing aircrew survival rates in real combat.

Cope Thunder moved to Alaska in 1992 after the Mt. Pinatubo volcanic eruption and the closure of Clark AB. Cope Thunder was redesignated Red Flag – Alaska in 2006.

After its long, successful island campaign across the Pacific, 7th Air Force moved to Okinawa and was assigned to the Far East Air Forces for missions against Japan on July 14, 1945.

- On July 13, 1950, an Air Weather Service RB-29 led the first strategic bombing strike from Japan against North Korea. Fifty B-29s attacked the port of Wonsan.

- A prototype Minuteman ICBM interceptor successfully targeted and destroyed

an unarmed Minuteman II ICBM over the central Pacific on July 14, 2001. Ten minutes after launch, the interceptor, traveling at 15,000 mph and more than 140 miles in altitude, destroyed the warhead.

- On July 14, 2011, the Department of Defense’s first F-35 Lightning II Joint Strike Fighter (JSF) touched down at its new home at Eglin AFB in Florida, marking a major milestone in the nation’s military history. The pilot, Lt. Col. Eric Smith of the 58th Fighter Squadron, became the first qualified F-35 pilot in the USAF.

Upon arrival, the jet became part of the Air Force inventory and the 33rd Fighter Wing, the JSF training unit. The aircraft was to be used for training F-35 pilots and maintainers at Eglin’s F-35 Integrated Training Center.

This center had training equipment, support, systems and facilities for all three F-35 variants, with plans for a full spectrum of the latest courseware, electronic classrooms, simulators and flight events for F-35 pilots and maintainers.

Earth tip:

## Picking up litter makes a difference, sets example

Rebecca Hommon

Navy Region Hawaii Environmental Counsel

Picking up litter really does matter. We all get tired of picking up other people’s litter, from cigarette butts to plastic bags to fast food wrappers and cups. It’s especially troubling when found on the beach.

Pallets burned for a night campfire leave hundreds of nails that may hurt children digging in the sand. Dirty diapers are just about the ugliest thing to encounter.

Photos on the Web show bird carcasses filled with bits of consumed plastic. Small plastic bags blowing around often attract pecking birds, entangling their feet or beaks.

Picking up litter is not a direct way of changing others’ behavior, but every effort communicates a positive action that others can choose to follow. Thanks for being part of the positive demonstration.

## 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 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 16, 9 a.m. to 1 p.m., Marine Corps Base Kaneohe Hawaii, base chapel.
- July 17, 11 a.m. to 3 p.m., Schofield Barracks Exchange.
- July 18 and 19, 7 a.m. to noon, 84th Engineer Battalion, building 175, Schofield Barracks.
- July 24, 9 a.m. to 1 p.m., 647th Logistics Readiness Squadron, Joint Base Pearl Harbor-Hickam.
- 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](mailto:michelle.lele@amedd.army.mil).

## STORY IDEAS?

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

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