



ALOHA



RIMPAC

"Navigator"



HO'OKELE

PEARL HARBOR - HICKAM NEWS

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U.S. Navy photo by MCC (AW/SW/NAC) Keith DeVinney
Ships and submarines participating in Rim of the Pacific (RIMPAC) exercise 2012 sail in formation in the waters around the Hawaiian Islands.

Destroyer Squadron 31 conducts change of command ceremony

Story and photo by
MC3 Sean Furey

Navy Public Affairs
Support Element West Det.
Hawaii

Commander, Destroyer Squadron 31 (DESRON 31) held a change of command ceremony July 31 at Joint Base Pearl Harbor-Hickam.

Capt. Wallace G. Lovely relieved Capt. David A. Welch as commanding officer.

Rear Adm. Frank Ponds, commander of Navy Region Hawaii and Naval Surface Group Middle Pacific, was guest speaker for the event and praised Welch and DESRON 31.

"The largest and most capable destroyer squadron in the Pacific Fleet, the largest destroyer squadron in our Navy's arsenal, they never missed a mission, ever," Ponds said. "They were always ready, always prepared to meet (the) mission, whether conducting



Rear Adm. Frank Ponds, (right) commander of Navy Region Hawaii and Naval Surface Group Middle Pacific, presents Capt. David A. Welch, former deputy commodore of Destroyer Squadron 31 (DESRON 31), with the Navy Legion of Merit Medal during the DESRON 31 change of command ceremony July 31.

real world operations as an independent deployer or operating as a part of a car-

rier strike group. Those missions led by Dave (Welch) at DESRON 31

were always a success," he said.

The change of command

ceremony is a time-honored tradition, which formally restates to the officers and enlisted personnel of the command the continuity of the authority of command.

"This was my dream assignment for major command as a surface warfare officer, and I've been challenged, energized and humbled by the opportunity to lead and mentor this staff and so many fantastic commanding officers and great Sailors," Welch said. "My relationship with each of the commanding officers has been a high point, and the list of naval professionals who have had command in this squadron is impressive."

Welch then relinquished command of DESRON 31 to Lovely, who spoke of his plans for the squadron.

"Today does not mark a phase shift in direction or priorities. Our fundamental charge remains, ships ready for tasking. My staff and I are ready, willing and

motivated to help you succeed. Leave no doubt you are responsible for the mission readiness of your ships and the safe keeping of our most precious national assets, your Sailors."

In May 2008, DESRON 31 assumed duties as immediate superior in command for all Pearl Harbor-based destroyers and frigates under an operational alignment to increase force presence and surge capacity in the western Pacific under Commander, Naval Surface Group Middle Pacific. DESRON 31 was also assigned as a task group commander for bilateral naval exercises in Southeast Asia.

DESRON 31 moved to Pearl Harbor from San Diego in 1991 and adopted the motto "Ke Koa O Ke Kai," which means "warriors from the sea."

Welch's next duty assignment will be at the office of the Chief of Naval Operations in Washington, D.C.

Australian minister for defence visits Hawaii during RIMPAC exercise

Story and photo by
MC2 Daniel Barker

Navy Public Affairs Support Element
West, Detachment Hawaii

HONOLULU – Australian Minister for Defence Stephen Smith participated in a wreath-laying ceremony July 25 at the National Memorial Cemetery of the Pacific (Punchbowl).

This was Smith's first official visit to Honolulu as minister for defence. The early morning ceremony involved a rifle salute, playing of Taps, live performances of the national anthem for both Australia and the United States, and a presentation of colors.

"This morning, minister for defence came here with his official party and held a very small service and laid a wreath just

to remember those people who have gone before us and paid the ultimate sacrifice for the freedom we all enjoy today in this region," said Commodore Stephen Woodall of the Royal Australian Naval Attaché based in Washington, D.C.

"Whenever distinguished personnel visit, we like to bring them here to Punchbowl National Memorial Cemetery of the Pacific to remember the fallen and remember the long and shared history Australia has with the United States, particularly here in the Pacific," Woodall said.

Smith met with officials at United States Pacific Command (PACOM), Australian Defence Force (ADF) personnel and viewed naval exercises involving Australia's participation in the 2012 Rim of the Pacific (RIMPAC) exercise.

"We had our minister for defence, the

honorable Stephen Smith, visiting Honolulu to basically look at the RIMPAC exercise but also to have some discussion with senior U.S. military personnel particularly PACOM," Woodall said.

Smith was also scheduled to visit the nuclear-powered aircraft carrier USS Nimitz (CVN 68) and the Australian guided-missile frigate HMAS Darwin (FFG 04) as they participate in RIMPAC 2012.

The Australian Minister of Defence Stephen Smith participates in a wreath-laying ceremony at National Memorial Cemetery of the Pacific (Punchbowl) in remembrance of service members who lost their lives. The visit is part of the biennial Rim of the Pacific (RIMPAC) exercise.



Region commander shows vested interest in back-to-school safety **See page A-2**



RIMPAC **See page A-4**



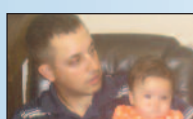
PACFLT commander highlights importance of diversity at NNOA conference **See page A-6**



Mrs. Hawaii 2012 will be guest speaker at Joint Spouses Conference Hawaii **See page A-7**



RIMPAC sports continues this weekend **See page B-1**



'Boot Camp for New Dads' helps rookie fathers-to-be **See page B-4**

RIMPAC

Beach Exercise



A U.S. Navy landing craft air cushioned (LCAC-73) beaches July 28 at the Marine Corps Training Area Bellows (MCTAB), Waimanalo, Hawaii.



A U.S. Navy landing craft air cushioned (LCAC-73) approaches Bellows Beach at the Marine Corps Training Area Bellows (MCTAB), Waimanalo, Hawaii.



Staff Sgt. Thomas Schaffer from 1st Battalion, 3rd Marines, plays a recording for a non-combatant evacuation operation after securing the beachhead at Marine Corps Training Area Bellows (MCTAB), Waimanalo, Hawaii.



A landing craft air cushion (LCAC), assigned to Assault Craft Unit (ACU) 5, departs the amphibious assault ship USS Essex (LHD 2) during the Rim of the Pacific (RIMPAC) exercise 2012.



Photos by MC2 Daniel Barker and MCpl Marc-Andre Gaudreault

Photo illustration

Region commander shows vested interest in back-to-school safety

Bill Doughty

Navy Region Hawaii Public Affairs

Rear Adm. Frank Ponds put on a safety vest, picked up a traffic sign and stepped into a busy intersection to serve as an honorary crossing guard July 30, the first day back to school in Hawaii.

Ponds, the commander of Navy Region Hawaii and Naval Surface Group Middle Pacific, visited the Halsey Terrace military housing community near Joint Base Pearl Harbor-Hickam (JBPHH) with Navy Region Hawaii Command Master Chief (SW/AW) Marc Sibal.

They were there to raise awareness of back-to-school safety issues and in support of Kelly Boyd, president of the Aliamanu Elementary Parent-Teacher Association, who is recruiting parent volunteers.

"Two other PTA board members and I brought up our concerns at a community advisory board meeting about Securitas (a private security firm) not providing crossing guards," Boyd said.

"We hoped for Navy participation and assistance," Boyd said. "Unfortunately, for a number of reasons, and we all understand why, they aren't able to provide a dedicated person as a crossing guard, so we need parent volunteers."

Resources are not available to fund crossing guards in housing areas. Ponds hopes to raise interest and awareness of the need for volunteers to step forward and help.

"We need every parent to get involved. I encourage you to answer the call for volunteers, ask how you can help, and pitch in where you can. We're counting on you," Ponds said.

"Our Navy has stated that people are the most valuable resource. As parents, I am sure we can agree that our most precious resource is our children. We at Navy Region Hawaii are committed to doing everything we can in ensuring the welfare and the safety of our children," Ponds said. "Please join us in this commitment. Get involved, please."

Boyd said parents are already contacting her because of the awareness campaign by leaders like Ponds, Sibal, JBPHH Commander Capt. Jeffrey James and JBPHH Command Master Chief CMDCM (SW) Brian Ortega, among others.

"I really appreciate their support," Boyd said. "It's been amazing. The master chiefs and senior chiefs are getting the word out to families. They did more than I could ever do at the PTA level to get the word out to parents."

At least one command has stepped up to support the effort.

"NIOC Hawaii DIRSUP (Direct Support) stepped up as partners to the school for the first two weeks while we organized parent support," Boyd said. "They have been invaluable to our success."

Commands, groups and individuals can help in other ways, too.

"Every parent can help the school or the PTA as a volunteer in their community," Sibal said. "Every person can help ensure the safety of our children who are walking to and from school or to their bus stops every day. Drivers need to be aware of speed limits and obey the rules of the road."

Boyd invites parents to collaborate on this and other issues that affect their community. Collaboration



Photo illustration

Rear Adm. Frank Ponds, commander of Navy Region Hawaii and Naval Surface Group Middle Pacific, picks up a traffic sign and steps into a busy intersection as an honorary crossing guard July 30. The admiral was hoping to raise awareness of the need for volunteers to help as crossing guards to see the children safely across streets while going to and from school. Resources are not available to fund crossing guards in housing areas.

ration is the "T" in the movement called VEST: Vigilance (be observant), Engagement (get involved), Speed (call 911 immediately) and Together (working as one community).

"If we want our community to be safer, we need to be out there," she said. "We need more personal responsibility."

"Everybody wants a neighborhood watch, but

we need volunteers to make it work," Boyd said.

Navy Region Hawaii and the Forest City housing team will work with residents and the Honolulu Police Department to

arrange for, set up, resource and train a neighborhood watch program.

To learn more or to volunteer, call your PTA, school or housing area office.

U.S. Navy photos by CMC Marc Sibal

PACAF C-17 Demonstration Team performs at Joint Base Lewis-McChord

Story and photos by
2nd Lt. Jessica Colby

15th Wing Public Affairs

The Pacific Air Forces C-17 Aerial Demonstration Team, the only active C-17 Globemaster III demonstration team, performed July 21 and 22 at the Joint Base Lewis-McChord (JBLM) Air Expo 2012 at McChord Field, Wash.

The air exposition presented 20 aerial performers and more than 40 static military and civilian aircraft from across the United States. In addition to numerous aviation centric displays, the show was the largest demonstration ever held at McChord Field with more than 170,000 attendees.

Spectators of all ages, both military and civilian, cheered during the 12-minute exhibition which highlighted the capabilities of the military transport aircraft.

The profile included a maximum power takeoff and climb, a high speed



Members of the Pacific Air Forces C-17 Aerial Demonstration Team make final pre-flight preparations prior to performing at the Joint Base Lewis-McChord Air Expo 2012 at McChord Field, Wash.

pass, a slow speed pass, a 360-degree turn, an assault landing and an immediate backing on the runway. The visual show was complemented by a custom soundtrack and a narration given by Capt. Angela Kimler, narrator for the PACAF C-17 Demonstration Team, and pilot with the 535th Airlift Squadron.

“It was great hearing about the aircraft while it was flying,” said Frances

Ross, Seattle resident and attendant at the JBLM Air Expo 2012. “It really helps the crowd understand what’s going on and to appreciate the recent and current missions of the C-17.”

Air Expo 2012 was historic for another reason as it marked the first air show hosted by JBLM as a joint base at full operational capability.

The successful display of

joint service operations hit home with an aircrew member of the demo team from Joint Base Pearl Harbor-Hickam.

“As a former member of JBLM and current member of JBPHH, it’s interesting to see the growth of the U.S. Army and Air Force as they

strengthen their ties,” said Capt. Adrian Martin, C-17 demonstration team pilot.

The JBLM Air Expo kicked off the 2012 demonstration season. Currently, there are six scheduled performances. The team will perform close to home at the Kaneohe Bay Airshow at

Marine Corps Base Hawaii, Kaneohe as well as international locations such as Japan and India.

The next performance for the PACAF C-17 Aerial Demonstration Team is at the Yokota Friendship Festival in Japan this August.



A C-17 Globemaster III from the 535th Airlift Squadron at Joint Base Pearl Harbor-Hickam sets up for landing July 22 as part of the Pacific Air Forces C-17 Aerial Demonstration Team at the Joint Base Lewis-McChord Air Expo 2012 at McChord Field, Wash.

USS Nimitz is back at Pearl Harbor-Hickam

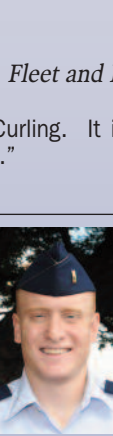
The Nimitz-class aircraft carrier USS Nimitz (CVN 68) (left) passes by the Battleship Missouri Memorial as the ship returns to Joint Base Pearl Harbor-Hickam following operations supporting the Rim of the Pacific 2012 exercise.



Diverse Views



“Athletes at the London summer Olympics are breaking records and bringing home medals. What is your favorite summer Olympic sporting event and why?”



Engineman 1st Class
Stacey Stanerson
Fleet and Family Readiness Program

“Curling. It is the greatest sport there is.”



2nd Lt Thomas Hansen
692nd Intelligence Surveillance and Reconnaissance Group

“Swimming! It is the sport I grew up with, I have been a competitive swimmer most of my life. It is awesome to see it at the highest level.”



Lt. Megan White
Transient Personnel Unit

“Table Tennis.”



Staff Sgt. Marvin Teyes
792nd Intelligence Support Squadron

“Water polo, because it is very unique and uncommon.”

Religious Program Specialist 2nd
Class Benjamin Carter
Joint Base Pearl Harbor-Hickam

“Air Pistol.”



(Provided by MC2 Heidi McCormick and David Underwood Jr.)

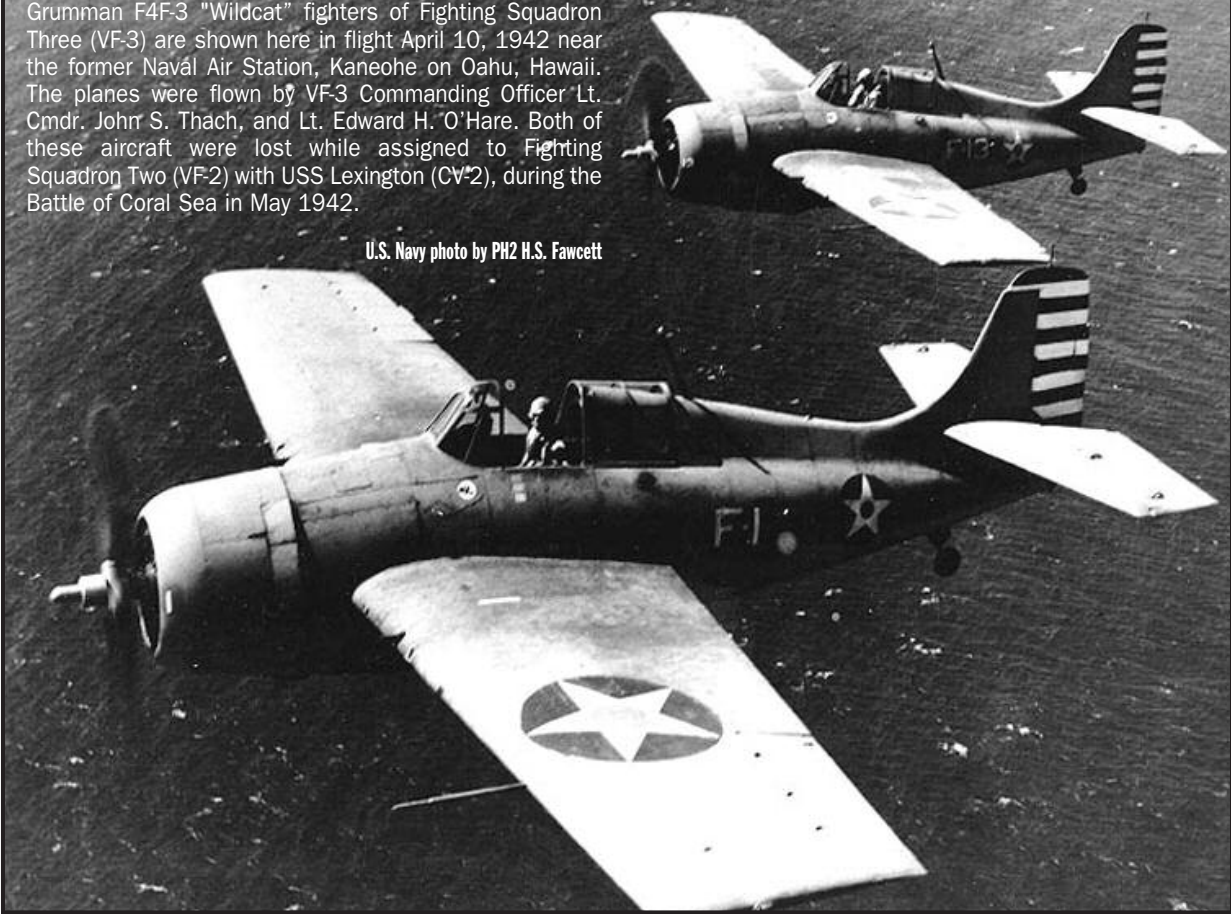
Want to see your command featured in Diverse Views?
Got opinions to share?

Drop us a line at editor@hookelenews.com or karen.spangler@navy.mil

‘Wildcat’ fighters fly through the skies

Grumman F4F-3 “Wildcat” fighters of Fighting Squadron Three (VF-3) are shown here in flight April 10, 1942 near the former Naval Air Station, Kaneohe on Oahu, Hawaii. The planes were flown by VF-3 Commanding Officer Lt. Cmdr. John S. Thach, and Lt. Edward H. O’Hare. Both of these aircraft were lost while assigned to Fighting Squadron Two (VF-2) with USS Lexington (CV#2), during the Battle of Coral Sea in May 1942.

U.S. Navy photo by PH2 H.S. Fawcett



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The aircraft carrier USS Nimitz (CVN 68) and the amphibious assault ship USS Essex (LHD 2) sail in close formation during Rim of the Pacific (RIMPAC) 2012.

U.S. Navy photo by MC3 Raul Moreno Jr

RIMPAC

RIMPAC activities wrap up during first week of August

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation has a variety of activities during the first week of August for all RIMPAC commands in Hawaii.

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

For complete and updated information on all of the

activities, visit the website www.greatlifehawaii.com

Some of the upcoming events include:

Aug. 3

- Explore Oahu’s most popular sites with an around-the-island tour. The cost is \$20 per person and a minimum of six people is required. The activity departs RIMPAC Central at 10 a.m. and

returns at 3 p.m.

Aug. 4

Take a historical tour of the Arizona Memorial and visit the Pacific Aviation Museum Pearl Harbor. The cost is \$29 and a minimum of six people is required. The tour departs RIMPAC Central at 2 p.m. and returns at 6 p.m.

Aug. 5

Take a free trip to Sea Life

Park. A maximum of 40 people may attend the event, which departs RIMPAC Central at 9 a.m. and returns at 4 p.m. This is a Single Sailor Program activity.

Aug. 6

Go horseback riding on country trails overlooking Waimea Valley. The cost is \$72 per person with a minimum of six and maximum of

nine participants. The activity departs RIMPAC Central at 10 a.m. and noon, with return times of 1 and 3 p.m.

Aug. 7

Go paddleboarding on the Haleiwa River. The cost is \$20 per person and a minimum of six people is required. The activity departs RIMPAC Central at 10 a.m. and returns at 2 p.m.



U.S. Navy photo by MCC Keith Devinney

Ships and submarines participating in Rim of the Pacific (RIMPAC) exercise 2012 sail in formation in the waters around the Hawaiian islands.



U.S. Air Force photo by Staff Sgt. Jason Robertson

U.S. Marines from 1st Battalion, 3rd Marine Regiment and South Korean marines move to an objective during Rim of the Pacific 2012 on July 31 at Kahuku Training Area, Hawaii.



U.S. Marine Corps photo by Lance Cpl. Robert Bush

Royal Canadian Army Warrant Officer Robby Fraser, a platoon warrant officer with Princess Patricia's Canadian Light Infantry, directs machine gun fire at a support-by-fire position during a platoon-size live-fire assault as part of Rim of the Pacific (RIMPAC) 2012.



Photos by MC1 Anderson C. Bomjardim, Tech. Sgt. Michael R. Holzworth, MC2 (SW/AW) Eric Crosby and LAC Amanda McErich
Photo illustration



MORE RIMPAC

HIGHLIGHTS



A U.S. Air Force F-16 Fighting Falcon receives fuel from an U.S. Air Force KC-135 Stratotanker during an aerial refueling mission.

U.S. Air Force photo by Staff Sgt. Jason Robertson

U.S. Marines from 1st Battalion, 3rd Marine Regiment provide security during a assault exercise July 31 at Kahuku Training Area, Hawaii.

U.S. Air Force photo by Staff Sgt. Jason Robertson)



Ensign Steven McClendon climbs down the side of the guided-missile cruiser USS Chosin (CG 65) onto a rigid-hull inflatable boat (RHIB) to conduct a visit, board, search and seizure (VBSS) exercise with the Royal Australian navy Anzac-class frigate HMAS Perth (FFH 157) .

U.S. Navy photo by Raul Moreno Jr.

(Right) Boatswains on board Her Majesty's Canadian Ship (HMCS) Algonquin (DDG 283) prepare to launch an inflatable boat during a man overboard exercise July 26, in the Pacific Ocean.

Canadian Forces photo by MCpl Marc-Andre Gaudreault

(Below) Soldiers from the Non-combatant Evacuation Operation Company, 2nd Battalion Princess Patricia's Canadian Light Infantry from Shilo, Manitoba, disembark from Marine CH-53E Super Stallion helicopters at the Marine Corps Training Area Bellows (MCTAB), Waimanalo, Hawaii on July 28, 2012.

Canadian Forces photo by MCpl Marc-Andre Gaudreault



PACFLT commander highlights importance of diversity at NNOA conference

Landess Kearns

U.S. Pacific Fleet Public Affairs

NEW ORLEANS (NNS) -- The commander of the U.S. Pacific Fleet spoke about the importance of diversity in the sea services during a panel discussion July 25 at the National Naval Officers Association (NNOA) conference in New Orleans.

Adm. Cecil D. Haney praised the mission of the NNOA, underscoring the group's personal impact on his career and its importance to the Navy as a whole.

The annual NNOA conference, first held in 1973, consists of numerous educational and professional



U.S. Navy photo by MC2 Corwin Colbert

Adm. Cecil Haney, commander of U.S. Pacific Fleet, answers questions from service members assigned to Commander, Submarine Squadron 15, and the submarine tenders USS Frank Cable (AS 40) and USS Emory S. Land (AS 39), at Polaris Point in Guam. Haney visited military installations on Guam before returning back to his headquarters in Hawaii.

workshops, seminars and exhibits. Its prime focus is to support the sea services in recruiting, retaining and developing the careers of minority officers.

U.S. Coast Guard Vice Adm. Manson Brown and Marine Corps Maj. Gen. Tracy Garrett were also on the discussion panel.

"I have received a lot of mentorship at these meetings," Haney said. "I really cannot say enough about how the United States of America, the Navy, the Marine Corps and the Coast Guard count on your leadership on a day-to-day basis."

Haney stressed the importance of each individual member of the Navy and that diversity leads to cre-

ative and innovative thinking that helps military leaders make decisions.

"Diversity of opinion and diversity of ideas is absolutely essential to deal with the complex and uncertain world where we operate," Haney said.

"As leaders, it is important that you think about the legacy you leave behind. You must treat everyone with dignity and respect. No matter what rank anyone is or how long they have been in service ... each one is a volunteer. We have to appreciate that and always be their biggest cheerleaders."

While in New Orleans, Haney also paid a visit to the Avondale shipyard where two ships, PCU

Anchorage (LPD 23) and PCU Somerset (LPD 25), are nearing completion of their construction.

Following a tour of Anchorage, Haney spoke with the crews of both new ships at an all hands call, expressing his excitement for the new additions to the fleet.

"I look forward to you being commissioned and operating in the fleet," he said. "You are setting the stage for the life of these warships. Your job going forward is to become the best operators possible. Learn as much as you can from the outstanding civilian workers here, so that you can deliver the operational capability that I require in the Pacific."

USS Hopper begins major maintenance period at Pearl Harbor

Pearl Harbor Naval Shipyard Public Affairs

USS Hopper (DDG 70) entered dry dock July 18 at Pearl Harbor Naval Shipyard and Intermediate Maintenance Facility (PHNSY & IMF) for a major maintenance period.

The docking selected restricted availability (DSRA) encompasses more than \$25 million of work, making it

one of the largest work packages conducted by the command on an Arleigh Burke-class guided missile destroyer.

Most of the hands-on work will be done by the lead contractor, BAE Systems Ship Repair Hawaii, and its subcontractors while PHNSY & IMF oversees and supervises the project.

"We have a very robust, integrated schedule and test-

ing plan to de-conflict work for all of the various maintenance and modernization activities," said Lt. Cmdr. Mitch Perrett, project officer for the Hopper DSRA. "The effort put forth into getting this right will really pay off in execution."

"We're looking forward to a safe, high-quality availability to keep USS Hopper fit to fight," Perrett said.

PHNSY & IMF is a field

activity of the Naval Sea Systems Command and a full-service naval shipyard and regional maintenance center for the Navy's surface ships and submarines.

It is the largest industrial employer in the state of Hawaii with a combined civilian and military workforce of about 4,850 and an economic impact of \$925 million.

For more information on PHNSY & IMF, visit www.navsea.navy.mil/shipyards/pearl/default.aspx.

U.S. Navy photo by Danielle Jones

USS Hopper (DDG 70) enters dry dock July 18 at Pearl Harbor Naval Shipyard. The guided missile destroyer is undergoing more than \$25 million in maintenance and modernization work.



Joint and coalition partners perform RIMPAC operations



(Above) An A-10 Thunderbolt II from the 47th Fighter Squadron, Barksdale Air Force Base, La, descends from the skies to land on the 15th Wing flightline at Joint Base Pearl Harbor-Hickam, on July 23 during the Rim of the Pacific Exercise.



A-10 Thunderbolt IIs from the 47th Fighter Squadron, Barksdale Air Force Base, La, sit on the 15th Wing flightline at Joint Base Pearl Harbor-Hickam, during the Rim of the Pacific Exercise on July 23.

U.S. Air Force photos by Senior Airman Lauren Main



Online

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

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



Mrs. Hawaii 2012 will be guest speaker at Joint Spouses Conference Hawaii

Karen S. Spangler

Managing Editor

Stacey Bass Snee, who was crowned as Mrs. Hawaii 2012 at the local pageant held April 15, will be the guest speaker for the Joint Spouses’ Conference (JSC) Hawaii 2012.

The conference, themed “Anchors Away in Paradise,” will be held Oct. 20 at the Ford Island Conference Center. The on-line registration for this year’s Joint Spouses Conference Hawaii will be launched Sept. 7.

Snee, who is a Navy spouse, mother of two children, former naval officer and veteran, and registered dietician, will offer her insight on the role of military spouses in their communities.

“I have learned from these past few months of competing for and winning the title of Mrs. Hawaii that everyone has something to offer to their neighborhood, city or the broader community, and it may just take stepping a bit out of one’s comfort zone to ultimately be in a position to put your talents to work,” Snee said.

Snee, whose first-time pageant experience came with her win in this year’s Mrs. Hawaii pageant, said, “It was definitely a step out of my comfort zone to compete as the oldest contestant this year. But with challenge comes growth.”

She had some additional advice to offer other military spouses, encouraging them to share their talents and time with others.

“It also takes being present in the communities in which we live versus preoccupation with the last duty station or the next duty station or the place we will retire. As a transient group, it’s important for us to be in this moment and this place in order to really contribute to our spouses, one another



Photo courtesy of Stacy Snee

Navy spouse Stacy Snee is Mrs. Hawaii 2012.

and our community,” she said.

A registered dietician, Snee focuses much of her time and efforts on childhood obesity prevention. This is her platform as Mrs. Hawaii.

“I have worked with several organizations focused on child nutrition. Most recently, I worked with multi-ethnic families with children who are over-

weight or obese, and that experience opened my eyes to the need for more family-centered approaches in the fight against childhood obesity,” Snee explained.

At this year’s Joint Spouses Conference, spouses will be able to choose

from more than 25 workshops, held at such venues as Battleship Missouri Memorial, Pacific Aviation Museum, control tower and

hangar 79, Navy Lodge, Rainbow Bay Marina and Pearl Harbor barges.

“We’re very excited about the workshops at the upcoming conference. Our talented and enthusiastic presenters will appeal to your mind, body and soul, so we hope spouses from all over the islands will join us for a memorable day on beautiful and historic Ford Island,” said Joanne Neyland, an Army spouse and co-chair for the JSC workshops committee.

Military spouses will also have the opportunity to immerse themselves in interactive workshops, such as photography, interior decorating and art.

Attendees will be able to choose four workshops from the selection of more than 25 which are being offered. Some of the workshops will include Asian cooking as spouses learn the secrets behind preparing the perfect pad Thai, Korean barbecue beef and more.

Spouses will find out how to get the most bang for their military buck while exploring Hawaii’s diverse islands at an island-hopping workshop.

A workshop featuring a remembrance tour of Dec. 7, 1941 will provide an opportunity for conference attendees to board a VIP Navy barge and enjoy a special narrated tour of Pearl Harbor.

“There’s great satisfaction in watching nine plus months of teamwork and planning come together. With two plus months to go, the level of creativity and commitment from our team of 50 joint service spouse volunteers continues to amaze and inspire me daily.

“The hard work and attention to detail is often complex and time consuming, but we keep a sense of humor and are motivated to deliver,” said Kim Becker, a Navy

spouse and JSC director.

The annual Joint Spouses Conference provides a forum for spouses of active duty, reserve and retired military members of all services and ranks to learn, network and help each other in their challenging roles as spouses, parents, professionals and community leaders through workshops and special guest speakers.

“As an Army wife, I’m thankful to have the fantastic opportunity to share time with spouses in the sister services, with the vast majority being especially in the Navy. I’ve been particularly impressed with the collaboration among this joint service team, and I am confident that the results of our collective efforts will positively reflect on Oct. 20,” said Gretchen Escribano, an Army spouse and the deputy director for JSC.

Whether spouses have been on the island for awhile or are new to Hawaii, the conference offers a unique opportunity to meet and network with more than 350 spouses.

“I think the JSC is a great opportunity for military spouses from each of

the branches of service to come together to network and learn from each other while also having some fun. It’s a day to recognize what we have in common and draw strength from our shared experiences,” Snee said.

Register for the conference via the JSC website at <http://jschawaii.com> or Facebook at https://www.facebook.com/JointSpousesConference2012?ref=tn_tnmn.

Military spouses who are interested in attending can also obtain more information through military spouse groups island-wide and by visiting the JSC website or Facebook page.

“The generous support and contributions of many individuals and local businesses are enabling us to present one of the best conferences ever, and we welcome those still interested in contributing to this year’s JSC to contact us at jscdonations@gmail.com,” said Melissa Coudeyras, a Navy spouse and donations chair for JSC.

(Editor’s note: Check future issues of Ho’okele for more details about the 2012 Joint Spouses’ Conference Hawaii.)

Headed for Mrs. America Pageant

Before Mrs. Hawaii 2012, Stacey Snee, heads to Tucson, Ariz. to compete in the Mrs. America Pageant, she plans to hold a fundraiser sendoff at 4 p.m. Aug. 12 at P.F. Chang’s at Ward Center. Tickets for the event are \$10 and may be purchased by emailing her at mrshawaii2012@gmail.com or by visiting [Facebook.com/mrshawaii2012](https://www.facebook.com/mrshawaii2012).

The preliminary event to the pageant will be held Aug. 27. Fifteen semi-finalists will move on to compete in the finals on Aug. 29. According to Snee, supporters can vote for her by visiting the Mrs. America website at www.mrsamerica.com. Each vote costs \$1 and all of the proceeds go to charity. She explained that the two contestants who garner the most votes will automatically be in the top 15 semi-finalists.

Medical flight answers health care needs as top PACAF lab

**Story and photo by
Senior Airman Lauren
Main**

15th Wing Public Affairs

The Hickam Diagnostic and Therapeutic (D&T) Flight, the top lab in PACAF, has an unrivaled record when it comes to response times.

The flight is comprised of both radiology and laboratory technicians. Each functional area of the flight is subject to rigorous accountability processes.

“The minute an item comes off an instrument, within five minutes, we’ve got it in the system and have notified the provider with the results,” said Capt. Julie Kena, Hickam Diagnostic and Therapeutic Flight commander. “The national average is approximately one hour.”

In 2011, the flight underwent a rigorous inspection by the College of American Pathologists, in which a team of inspectors had a three-month window to drop in on the D&T flight for an inspection at any moment. Every drop of blood, every urine sample and culture can be inspected. The examiners pulled 2,000 items and, when the assessment was com-



Tech. Sgt. Robert Murray, 15th Medical Support Squadron Laboratory NCO-in-charge, tests lab samples July 19 at the Joint Biological Agent Identification and Diagnostic System facility at Joint Base Pearl Harbor-Hickam, Hawaii.

plete, there were zero findings and zero recommendations for improvement.

“Following that inspection, we were in the top three percent of the Air Force,” said Kena. “They couldn’t find one item that was a writeup. When you have a lab with zero findings, and zero recommendations... that’s rare.”

An excerpt from an article written by Karen Gordon, president of VA society for Clinical Laboratory Science,

is quoted, “I, or someone like me, have touched you hundreds of times, but you never saw me, never felt me. I give you hope, provide joy, and unfortunately, deliver bad news. I am never there to share in your excitement or comfort you in your times of sorrow. However, I still feel these emotions from a distance. I am a clinical laboratory scientist.”

The article was first published in “ASCLS Weekly,” a publication produced by the American Society for Clinical Laboratory Science.

“I live and die by those words,” Kena explained. “I’m so passionate about my job. I have the greatest team, and I’m so blessed to work with them all.”

It’s important to note,

Kena said, that the responsibilities of the D&T flight go beyond public perception. Specifically, they are responsible for more than testing urinalysis samples.

In the event that chemical warfare is waged on the base, Kena and her team are the first responders to determine the actions to be taken following the disaster. The Home Station Medical Response Lab Biological Detection Team moves to an alternate location where biological environmental engineers bring soil and water samples to the team for testing.

“If the base gets hit with the bio agent, we get activated,” she said. “We follow a checklist and follow it to a ‘T.’ We want to make sure

what we report out is accurate and correct. The reason the testing facility is not part of the medical group is because, if anything’s going to happen, we only want it to happen to us, and not our patients,” Kena said.

Kena said the lion’s share of the credit for the flight’s success go to the Airmen who make it up.

“This is an amazing flight when you look at the things that we’ve done. In the year and a half that I’ve been here, there hasn’t been a quarter that we haven’t won an award,” Kena said.

“My people are just amazing. It’s my team, it’s my people, it’s what we do every day, and we do it better than anyone else.”



U.S. Navy and Australian Navy divers prepare to survey a sunken tugboat off the coast of Oahu. The sailors are working together in support of the biennial Rim of the Pacific Exercise from June 29 to Aug. 3 in and around the Hawaiian Islands.

New Navy docs dive into ‘summer experience’

**Story and photo by
MC2 Heidi McCormick**

*Navy Region Hawaii Public
Affairs*

Junior officers from the Uniformed Services University of the Health Sciences experienced Navy life in the fleet during their required two-week “Summer Experience” which concluded July 28.

The Sailors were sent to Hawaii during the Rim of the Pacific exercise which provides collaborative training with 22 countries. Aboard the salvage vessel USNS Navajo, the future Navy Medical Corps officers experienced a unique diving mission.

Mobile Diving Salvage Unit One (MDSU-1) hosted the dive about two miles off the coast Oahu, while members from the U.S. Coast Guard out of San Diego and Australian navy clearance divers joined in the event.

Diving is a dangerous job and the need for medical personnel is important. Witnessing the process first hand is the first step in learning ways to prevent and treat injury that may occur during a dive operation. The officers recognized the potential dangers after witnessing the many preparations and safety steps preceding the dive.

“Observing the dive process allows us to see the inherent danger and risks associated with diving. This gives us a better understanding of the mechanisms of injury associating with diving. This will undoubtedly enhance our ability to treat our patients,” said Ensign Mary Carrington, one of the future medical officers.

The divers welded shut all hatches in a sunken tug boat to complete the mission. The boat was previously sub-

merged in a controlled sinking to serve as a training platform for MDSU-1. The possibility that civilians could potentially injure themselves while recreationally diving in the shipwreck provoked a need to patch the holes and entryways closed.

The new officers on “Summer Experience” described their first observations with a dive team at work.

“It seemed like there were many ways a diver could be injured, such as being crushed by the stage or thrown overboard,” Morgan said.

“We also were impressed how organized the dive was. Each diver played a critical role in maintaining the safety of the two divers in the water,” added Ensign Tracey Honohan.

The officers received training about how to tend to the divers and learned about the treatment of diving injuries in a recompression chamber.

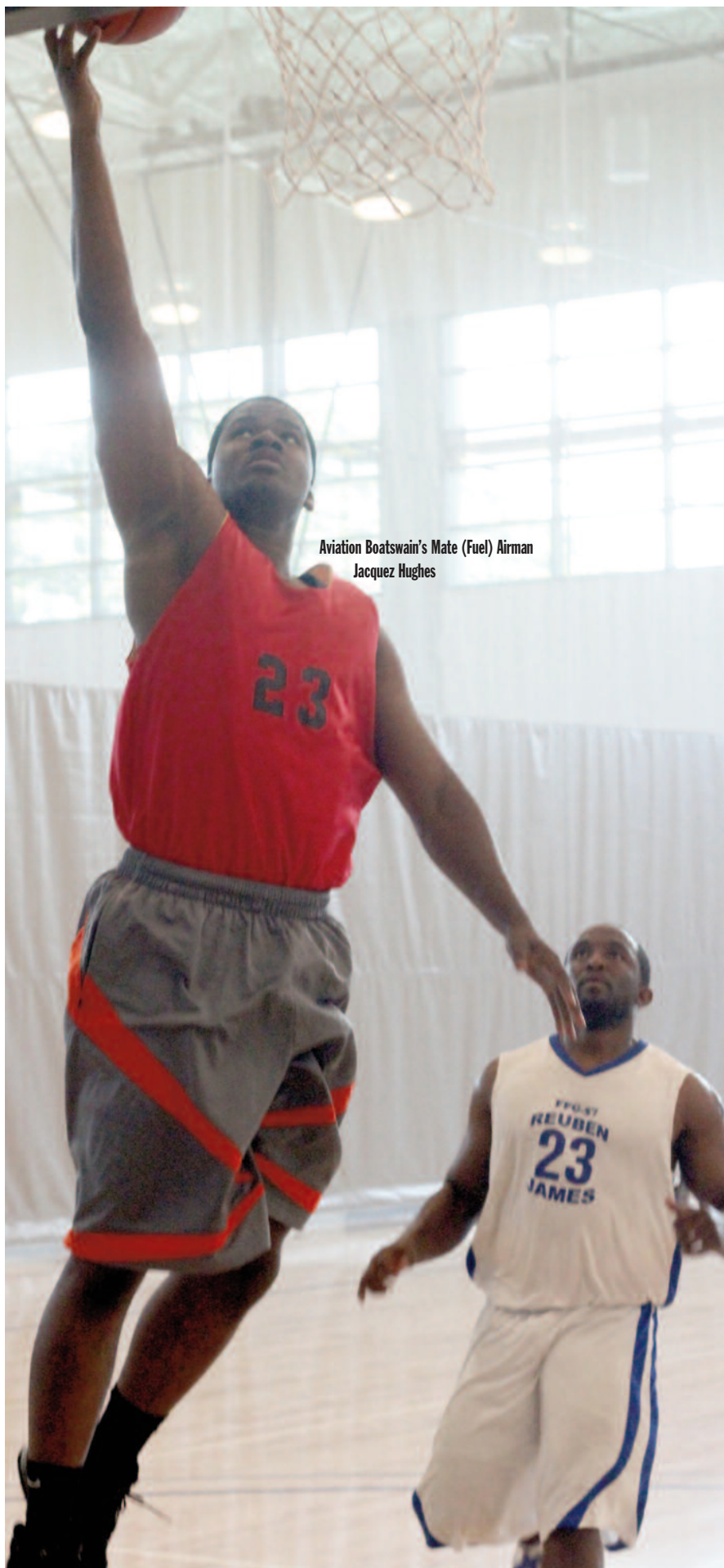
While expanding their Navy knowledge in Hawaii, the “Summer Experience” included other naval activities as well. The officers learned about submarines and special warfare and were given hands-on training opportunities such as shooting on the small arms range.

Lt. Cmdr. Anna Choe, undersea/dive medical officer for MDSU-1, said the new docs received plenty of experience during their visit.

“Some of my objectives for them were to learn about Navy divers and what they do, about MDSU-1 and its chain of command, a little bit about Pearl Harbor history, and about becoming an undersea medical officer. But really, medical students study so hard that the most important thing was that they have fun and they did,” Choe said.

Life & Leisure

B



Aviation Boatswain's Mate (Fuel) Airman
Jacquez Hughes



Electrician's Mate 2nd Class
Jake Alicuben



Information Systems
Technician Seaman
Kyle Cribbs

RIMPAC sports continues this weekend

Story and photos by
Randy Dela Cruz

Sports Editor

The second round of RIMPAC sports events will continue Aug. 3-4 with tournaments held throughout Joint Base Pearl Harbor-Hickam (JBPHH).

Among the scheduled events that are being overseen by Morale, Welfare and Recreation are five tournaments with teams from around the world squaring off in basketball, softball, indoor and outdoor volleyball and soccer.

All scheduled times are subject to change.

The basketball tournament, which will be held at JBPHH Fitness Center gym, will feature 10 teams that includes first-round champions USS Nimitz (CVN 68) TNT.

Tip-off begins at 9 a.m. with Nimitz TNT facing HMCS Algonquin (DDG 283) from Canada on Aug. 3.

Championship game of the single-elimination tournament will be held Aug. 4 at 11:30 a.m.

In softball, USS Reuben

James (FFG 57) will be back to defend their first-round title, starting when the team takes the field at Millican to face the winner of USS Nimitz (CVN 68) Strike Fighter Squadron 147 (VFA 147) versus USS Gary (FFG 51) at 2 p.m. Aug. 3.

The nine-team, single-elimination tournament concludes with the championship game at 5:15 p.m. on Aug. 4.

With 14 teams slated to compete in the soccer tournament, the event, along with sand volleyball, has the most participating squads of

the five scheduled series.

All soccer matchups will be held at Ward Field and kicks off with a battle between Nimitz and Royal Australian Navy frigate HMAS Darwin (FFG 04) on Aug. 3 at 9 a.m.

The final two teams will go head-to-head for the soccer crown on Aug. 4 at 11:30 a.m.

Wentworth sand volleyball courts will be the site for the RIMPAC sand volleyball tournament that begins with a slate of six first-round matchups starting at 10 a.m.

Finalists will meet for the championship on the same

day at 12:15 p.m.

In indoor volleyball, USS Essex (LHD 2) #3 will be back to defend their first-round volleyball championship and is among a total of 10 teams vying for the trophy at Naval Station Gym.

The tournament starts with a showdown between Royal Canadian navy Halifax-class frigate HMCS Ottawa (FFH 341) versus USS Chung-Hoon (DDG 93) at 1:30 p.m. Aug. 3 and ends with the championship match the next day at 11:15 a.m.



Defending champs HIANG subdues SDVT-1

Story and photo by
Randy Dela Cruz

Sports Editor

After absorbing their first loss in more than two years, the Hawaii Air National Guard (HIANG) picked themselves up and rallied July 25 for a straight two-set victory, 25-17 and 25-22, over SEAL Delivery Vehicle Team-One (SDVT-1) in a Gold Division game at Joint Base Pearl Harbor-Hickam Fitness Center gym.

The HIANG, which won the first base intramural volleyball championship last season after capturing nine consecutive Hickam intramural crowns, was forced to forfeit their game on July 20.

Tech. Sgt. Stephen Lorenzo, HIANG team captain, said that even though the loss wasn't experienced on the court, it was very important to bounce back with a win.

"The forfeit was a momentum killer," he said. "We've lost matches in between, but I think it's been at least a couple years since we last lost a whole game."

The win kept HIANG in the hunt for the Gold Division crown with a 4-1 record while SDVT-1 fell to 2-2.

Last season, HIANG went undefeated in the regular season with a 10-0 mark, before completing their sweep of the playoffs with a straight-set win over 647th Logistics Readiness Squadron (647 LRS) for the championship.

In their matchup with SDVT-1, HIANG opened an early 3-1 lead behind the service of Master Sgt.



Tech. Sgt. Stephen Lorenzo, outside hitter and team captain for the Hawaii Air National Guard (HIANG), delivers a kill above the defense of military spouse Naomi Steinkamp of SEAL Delivery Vehicle Team-One (SDVT-1) during a Gold Division intramural volleyball game at Joint Base Pearl Harbor-Hickam Fitness Center gym.

Chad Thompson and Lorenzo's first kill of the night.

Continued runs of two and three points slowly increased the HIANG's lead in the first set and after three kills in a row by Lorenzo, the team found itself ahead by a score of 17-6.

"They had two shorter players on their side, and it made it easy for me to see where the advantages were," said Lorenzo, who scored on five kills and a block in the first set. "So it was easy for me to hit the ball over and try to go after the advantages."

Although down by 11 points, SDVT-1 wouldn't go down easily and mounted a strong comeback by recording the next five points to pull to within six and 17-11.

Leading the charge for SDVT-1 was Navy Diver 2nd Class Robbie Kareyenhagen, who started the run with a kill and followed up by serving three consecutive aces.

Later, a kill by Navy Diver 1st Class Ryan Kirby kept SDVT-1 barely alive at 24-17, but a service error ended the set in favor of the HIANG.

With Lorenzo taking a break in the second set, the HIANG found themselves in a battle from the start to the end.

The HIANG eventually took a 22-17 lead on a kill by Senior Airman Sean Lum, but the team struggled to put SDVT-1 away.

And when a kill by Kareyenhagen pulled SDVT-1 to within two points at 24-22, Lorenzo was forced to take a timeout.

"I felt confident in them and believed that they

could pull through," said Lorenzo about his short talk to the team. "I kept telling them that even if the set didn't go on as we expected, we still had a third set to try and attack from that point. We were up by one, so we could give up the second set if need be."

The timeout seemed to work as on the very next play, Staff Sgt. Kai Warner slammed a shot right at Kirby, who made the block, but caught the ball instead, hitting it back over the net.

"They're a very good team and well practiced," said Kirby about the HIANG. "We just need a little more experience to get over that hurdle and we'll be ready for that later."

Kirby admitted that the team needs more practice serving as service errors seemed to keep SDVT-1 from gaining momentum.

"It's definitely one of our weaker areas," he pointed out. "A few of us got it dialed in, but a few of us need some work."

After earning the tough win, Lorenzo praised the effort of SDVT-1 and noted that it probably won't be the last time that the HIANG will be challenged this season.

While Lorenzo won't guarantee that the HIANG will add another title to their burgeoning trophy case, he promised that the team wouldn't go down without a fight.

"We'll put up a good fight. That's the best that I can say," he noted. "If the other team is worthy enough to take it, then they're going to have to be worthy enough to take it from us."

Nasty Pac 'B' sneaks past NCTAMSPAC

Story and photo by
Randy Dela Cruz

Sports Editor

An eight-point run to start the second half helped Naval Submarine Training Center Pacific (Nasty Pac) "B" hold on to a one-point, 47-46, victory July 28 over Naval Computer Telecommunications Area Master Station Pacific (NCTAMSPAC) in a Summer Basketball League (SBL) game at Joint Base Pearl Harbor-Hickam Fitness Center gym.

The SBL is a pay-to-play league, which is open to active duty, dependents and Department of Defense employees, who are 18 years of age or older.

Tied at 26-26 at halftime, Nasty Pac picked up the pace in the second half and shot their way to a 34-26 lead before fighting off a stiff challenge by NCTAMSPAC to earn the one-point win.

"The second half there was a lot more hustle and we played better defense," said Fire Control Technician 1st Class Casey Pegram about Nasty Pac's fast start out of the break. "I don't think we hustled much in the first half and we didn't come out prepared."

While Pegram lamented about the team's slow start, neither team was able to pull away in a close first half that seesawed back and forth all the way until halftime.

Down by a score of 11-7, Nasty Pac tied the score at 11-11 on a basket by Seaman Morton Smith, before a hoop by teammate Yeoman 2nd Class Sammell Humphries completed a 6-0 run to give his team a 13-11 lead with 6:23 remaining in the half.

From that point on, the lead seemed to change hands on every possession.

First, a three-pointer by Ensign Gennaro Hawkins put NCTAMSPAC up by a point at 14-13. Then after an exchange of baskets by Nasty Pac's Machinist's Mate 1st (SS/DV) Class Dean Marvin and NCTAMSPAC post-player Information Systems Technician 3rd Class Marquis Perkins, Humphries completed a basket-and-one to give his team an 18-16 advantage.

However, the lead was short lived as Hawkins came back on the very next trip down the floor to spot up and swish his second trey of the half to put NCTAMSPAC up by one at 19-18.

In the second half, Nasty Pac opened up the biggest lead of the game with their 8-0 run, but NCTAMSPAC fought back and slowly chipped away at the deficit behind the strong play of Perkins, who led all scorers with 20 points.

A trey by Perkins closed the gap to three at 36-33 with 11:07 remaining on the clock, and another basket by the NCTAMSPAC big man brought the team to within a point at 38-37.

A three-pointer by Marvin gave Nasty Pac some breathing room at 41-37, but a basket by Hawkins tied the game at 43-43 with 3:51 remaining in the game.

Later, Hawkins hit one of two from the charity stripe to give NCTAMSPAC a 46-45 lead, but Marvin came back with just 27 seconds in the game to knock down the winning basket.

For the game, Marvin led a balanced attack for Nasty Pac with 14 points, while Smith added 10, Humphries scored nine, and Pegram rounded out the team's top scorers with eight points.

Meanwhile, Perkins received solid support from Hawkins, who complemented his teammate with 16 points.

"We started off slow in the second half and lost momentum," said Perkins about falling short to Nasty Pac. "We tried to pull it back close, but we lost by one."

Although Nasty Pac was able to hold on to get the win, Pegram said he felt that the team should have pulled away for an easier victory.

A little more practice, Pegram said, should make Nasty Pac even better in the future.

"I think we could have played a lot better. We should have won by more," Pegram said. "We're just learning to play together. First time we came together, it took awhile to jell. In the second half, we came back and jelled better."

Yeoman 2nd Class Sammell Humphries, forward for Naval Submarine Training Center Pacific (Nasty Pac) "B" squad, soars past Ensign Gennaro Hawkins of Naval Computer Telecommunications Area Master Station Pacific (NCTAMSPAC) for two of his nine points in a Summer Basketball League showdown at Joint Base Pearl Harbor-Hickam Fitness Center gym.



Blue Penguins slide past shorthanded 747th CS

Story and photo by
Randy Dela Cruz

Sports Editor

Goalkeeper Ensign Jamie Gaines blocked a penalty kick and later scored a goal as a striker in leading the Blue Penguins to a 3-1 victory July 28 over the 747th Communication Squadron (747 CS) in a Summer Soccer League game at Quick Field, Joint Base Pearl Harbor-Hickam.

The win raised the Blue Penguins' record to 2-1, while the 747 CS dropped their first game of the season and fell to 1-1.

"We were knocking around better on offense," said Blue Penguins team captain 1st Lt. Daniel Montilla. "Defense, we were having troubles keeping it solid, but our offense did a good job. And being aggressive, taking shots, I think, helped."

In the first half, the Blue Penguins, a team that is mostly comprised of personnel from the 15th Operations Group, got on the scoreboard when Maj. Tim Flowers broke down the right side of the field and put the ball to the back of the net for a 1-0 lead.

The 747 CS got a golden opportunity to tie the score immediately after receiving a penalty kick, but couldn't convert due to the quick response of Gaines, who stretched out and corralled the shot for a stop.

"That was awesome," said Montilla about the block by Gaines, who was



Ensign Jamie Gaines of the Blue Penguins soccer team is about to boot in the team's third goal of the game against the 747th Communication Squadron (747 CS) in a Soccer Summer League showdown at Quick Field.

filling in for the team's starting goalkeeper. "Whenever there is a PK, you always expect that it's going to go in. But there's always that hope that you might get a stop. He (Gaines) just got straight and got it."

Later in the first half, the 747 CS managed to tie the score, when Marine Pfc. Rodolfo Medina scored in traffic on a kick near the goal, but the Blue Penguins went back out in front with a corner kick from Staff Sgt. Jacob

Besze to Capt. Brian Larran, who took the ball off of a bounce before shooting it to the net.

Up by 2-1 at halftime, the Blue Penguins, with Gaines now playing on top, sealed the game early when Gaines broke away down the right side of the field and shot the ball past a leaping 747 CS goalkeeper for a goal.

"That was great," Montilla stated. "Jamie had to leave early because his daughter had a soccer game later on, so he

played extra hard and got that goal."

From that point on, the Blue Penguins' defense was able to put the clamps on the 747 CS, which began to feel the heat after barely fielding enough players to avoid a forfeit.

To make matters even worse, the 747 CS, which started the game without reserves, lost one of their players in the second half on an ejection by game officials.

Medina said that

although the shortage of players didn't affect his play, he did notice that some of his teammates were running out of gas.

"I didn't mind personally because I like playing the whole game," he said. "But I know some other players aren't used to playing soccer and they need subs. We have a lot of players on leave right now, and we're not playing the way we usually play. Next game, hopefully, we'll try harder."

Montilla said that

while it's always good to walk off the field with a win, the team's main focus is to just play and have fun.

Many of the team's players were members of the 15th OG's intramural squad and just wanted to continue playing in the summer.

"We're just a group of guys that love to play soccer," he said. "We all want to win, but we don't really care about our record. It's just whoever can play, comes out."

Toddlers Tango to celebrate its one-year anniversary at JBPHH

Don Robbins

Assistant Editor

This September, Toddlers Tango Movement and Music will celebrate its one-year anniversary at Ka Makani Community Center on the Hickam side of Joint Base Pearl Harbor-Hickam. Classes for children ages 6 months to 5 years are held Wednesdays at 9:30 and 10:30 a.m. and Thursdays at 10 a.m.

"We are one of very few programs on base that offer classes to the infant/toddler/preschooler age groups," said instructor Christine Moore.

Most of the current families have been with the program since the first class in 2011, she said.

Toddlers Tango offers specially designed music and movement activities for infants, toddlers, preschoolers and their parents.

The parent/child format combines movement and dance with learning about music, numbers and colors and is designed to create an environment for young children to develop motor skills, new vocabulary and social skills.

Toddlers Tango provides an opportunity for parents to spend quality time with their children, Moore said. The program includes dancing, singing, instruments, costumes, props and finger plays.

"Through my own daughter's struggles with a speech delay, I understand the importance of a language-rich environment in a toddler's development. Learning through singing and creative movement helps toddlers grow, explore and socialize in a fun and comfortable setting," Moore



Photo by Harmony Sparks

Children and their parents groove to the music at Toddlers Tango Movement and Music at Ka Makani Community Center.

Said

She explained that using her masters degree in education, her top priority is to provide a class comparable to the vocabulary and activities found in early-learning settings.

"There is just enough repetition to build comfort and confidence in the children, but plenty of variety and fun to keep parents entertained as well," Moore said.

Parent Ashley DeWitt and her 4-year-old daughter Kelly are participants in the class.

"As a mother, I get to

spend one-on-one time with my daughter and watch her flourish as she expands her mind. I love that she gets to be social with a group of kids her age and she's learning to count, sing and be active without really knowing it," Dewitt said. "It's a fun setting to play and learn all in one. Such a creative class!"

The cost of the program is \$40 per session of four classes. Discounts are available for siblings and homeschoolers are welcome, Moore said. The first class is a free trial.

For more information, call Moore at 585-747-6345.

Manage medical referrals

Brian P. Smith

TriWest Healthcare Alliance

You went to your primary care manager and she suggested you go see a specialist. Maybe it's for an evaluation; maybe it's for a specific treatment. You just know you need to make another appointment and you want to make it quickly.

Whether this is your first referral or your 50th, having all your information before making the appointment can save you time and money. Quickly start managing your referral information when you register on TriWest.com.

What's a referral?

When you need care that your primary doctor can't provide, you will get a referral to see someone else. The request for a referral goes to TriWest Healthcare Alliance, and TriWest processes the referral and matches your needed care with a local network specialist (when available). If you live near a military installation with a medical clinic, and that medical clinic offers the specialty care, you may be assigned to the military clinic for care.

When your referral request is authorized, TriWest will let you know:

- The name and contact information of your network specialist
- The expiration date of your referral (if you don't make your appointment within the time allowed, you may have to go back to your primary doctor for a new referral).

You contact the network specialist

and make your appointment. Network providers will submit claims to TriWest and send any results back to your primary doctor.

TRICARE Standard and TRICARE Extra plans don't require referrals or primary care managers. There are, however, higher out-of-pocket costs for care under those plans.

How do I get my specialist's information?

Register for a TriWest.com account, and you will receive an email when your referral is processed – usually within a day or two of your primary doctor submitting the request. Then, you can log into your TriWest.com account to view your specialist. Go to TriWest.com/Register.

You can also choose to get a letter with your specialist information, but that could arrive 10 days after the request is made.

Why is it important to know my assigned specialist?

If you don't go to a TRICARE network specialist (or the military clinic if you're assigned to go there), you could end up paying out-of-pocket for your care.

If you're wondering if there are network specialists near you, you can use TriWest's provider directory. Find providers by specialty, location or name. When you're at your desktop or laptop, go to TriWest.com/ProviderDirectory. When you're on the go, bookmark m.TriWest.com in your mobile device to use the interactive provider directory.

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.

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‘Boot Camp for New Dads’ helps rookie fathers-to-be

Don Robbins

Assistant Editor

Joint Base Pearl Harbor-Hickam (JBPHH) and Navy Region Hawaii are celebrating the 10th anniversary of the “Boot Camp for New Dads” program this year.

The program takes place monthly at Naval Health Clinic Hawaii’s Makalapa Clinic and Schofield Barracks, and it is facilitated/coached by staff and volunteers. The next session will be held from 9 a.m. to 12:30 p.m. Aug. 11 at Makalapa Clinic.

The three-and-a-half-hour workshop brings “rookie fathers-to-be” together with recent “veteran” dads and their 2-to-5-month-old newborns to provide the participants an idea of what it means to have a new baby in the house.

The Pearl Harbor Boot Camp for New Dads (BCND) program began at Navy Region Hawaii in August 2002 with combined funds from Tripler Army Medical Center and the former Naval Base Pearl Harbor, explained Chet Adessa, family advocacy prevention specialist for the Military and Family Support Center.

“What’s unique is that the (veteran) dads teach it. They bring real babies. They show the rookies how to hold, change and feed the babies. The rookie dads will listen to the veteran dads because they’ve been through this before,” Adessa said.

BCND topics range from what kind of father will you be, diapering, feeding, dealing with crying, preventing shaken baby syndrome, and the proper way to hold a new-



Photos courtesy of Chet Adessa

Rookie dads-to-be participate in the “Boot Camp for New Dads” program with help from veteran dads.

born. Coping with changes in lifestyle, attitudes of new parents and well-meaning in-laws and friends are also discussed. The BCND motto is “Men only, real babies, no fear.”

Adessa said another part of the class includes asking the rookies to wear the pregnancy “empathy belly,” which simulates some of the physical symptoms of the last trimester of pregnancy.

“The rookies all love this and are always taking pictures to prove to their wives that they wore it,” he added.

Adessa said the JBPHH Military and Family

Support Center and the Army Community Service program have “graduated” an estimated 1,200 Army, Navy, Marine Corps, and Coast Guard rookies in the past 10 years. The Navy and Army in Hawaii are the only agency (military or civilian) in the state conducting this program.

BCND originated in Irvine, Calif. in the early 1990s, based on an identified need for dads to be more involved in their families from their children’s birth.

Army Maj. Brook Hess of U.S. Army Pacific headquarters said he and his wife are expecting the birth of their first child

in December.

Hess recently attended and graduated from the BCND program at Makalapa Clinic. “I attended to learn a couple of things and I had a great time. It was excellent the way we could spend a couple of hours

sharing our concerns with other new parents-to-be. We learned from veteran dads who brought their children in. It was a great way to have fathers share quick tips,” Hess said.

He said that the bottom line for the program

is that participants will leave with valuable new knowledge. “Everyone who attended was glad they did and got something out of it. I highly encourage every new parent to attend this program. It’s time well-spent,” Hess added.

Graduation, education fair to be held Aug. 24

Navy College Program

Navy College at Joint Base Pearl Harbor-Hickam will host a military graduation ceremony and education fair Aug. 24.

The graduation ceremony will take place at 11:30 a.m. in Sharkey Theater. The education fair will be held from 12:30 to 2:30 p.m. at Lockwood Hall lanai.

Military service members who earned or will



earn a degree or certificate between July 2011 and September 2012 will be honored for receiving their high school GED, college degrees or USMAP (United Services Military Apprenticeship Program) certificates.

Anyone who wishes to participate should provide a copy of their diploma, official college transcript or contact their school repre-

sentative to obtain an official confirmation letter with the following information:

- Full name, rate and warfare qualification.
- Contact number and email address.
- Name of school awarding degree/certificate.
- Complete title of degree/certificate.
- Current command.
- Proof of completion.

Provide the documents to nco.hawaii@navy.mil, visit NCO Hawaii or call 473-4586 no later than Aug. 6.

Test prep class planned for Aug. 20-31

Navy College is hosting a basic skills/ASVAB test prep class from 8:30 a.m. to 3:30 p.m. Aug. 20-31 at the Navy College Office, Bldg. 679, Joint Base Pearl Harbor-Hickam.

Enrollment is open to all active duty, reserves, family members, National Guard, Department of Defense personnel and approved civilians.

Priority will be given to active-duty personnel. All others will be admitted on a space-available basis. Temporary alternate duty/temporary duty orders are required for active-duty to enroll in this two-week long class.

Base pass requests must be submitted to Navy College at least two weeks prior to the class start date.

The fee is \$20 per student with cash, check or money order payable to the “Department of Education.”

Registration point of contact is Lance_Jyo@notes.k12.hi.us or call 837-8466 at McKinley Community School For Adults.

For more information, call the Navy College Office at 473-4766.

Military mourns loss of Aurora tragedy victims



U.S. Navy photo by Don Robbins

(Above) The U.S. flag flew at half-staff July 24 in front of the quarterdeck of building 150 at Joint Base Pearl Harbor-Hickam in honor of the victims of the tragic mass shooting July 20 in Aurora, Colo. Flags at Department of Defense installations across the world were flown last week at half-staff. Four of the victims served in the military — including Air Force Staff Sgt. Jesse Childress, Navy Petty Officer 3rd Class John Larimer, Jonathan Blunk, a former Sailor, and Rebecca Wingo, a former Airman. Other Department of Defense personnel and family members were also injured in the attack.

PEARL HARBOR-HICKAM **Maniawa Nanea** LEISURE

Morale Welfare & Recreation

JOINT BASE PEARL HARBOR-HICKAM HALF-MARATHON
Saturday is the last day to register for the sixth annual Joint Base Pearl Harbor-Hickam Half-Marathon. The race will begin at 6:10 a.m., Aug. 11 at Earhart Track. Check-in is at 5 a.m. Runners, walkers, people with strollers and pets can participate in the 13.1-mile race. The registration fee is \$20. Sign up online at www.greatlifehawaii.com or at the Hickam Fitness Center. FMI: 448-2214.

2 FOR 1 COSMIC BOWLING
Purchase one game and get the second game free from 7-10 p.m. Friday at the Escape Bowling Center. FMI: 473-2651

INTRODUCTION TO GLASS FUSION
This class will introduce students to the art of fusing glass. Each student will make a single-layer small plate and use a mold to make a pendant. Classes will be held from 2 to 4 p.m. Aug. 7 and 9, at the Hickam Arts and Crafts Center. Cost is \$25 per person plus the cost of supplies. FMI: 448-9907.

PRESCHOOL STORY TIME
Preschool story time is held from 9 to 10 a.m. Wednesday at the Hickam Library. The theme for the next session is the circus. FMI: 449-8299.

LIBERTY SHUFFLEBOARD TOURNAMENT
The Liberty Shuffleboard Tournament will be held at 6 p.m. Aug. 8 Beeman Center. This free event is for single active-duty Sailors and Airmen only. FMI: 473-2583.

EMERGENCY FIRST RESPONSE (EFR) COURSE
EFR is a CPR/first aid program. Primary care (CPR) prepares you to render aid to those with life-threatening emergencies, while secondary care (first aid) builds upon the lessons of primary care and helps you assist those in need when emergency medical services are either delayed or unavailable. The class will be held on Thursday and cost is \$130.89 per person. Call for times and location. FMI: 423-8222 or 478-321-7596.

LEARN TO STAND-UP PADDLEBOARD
Learn the basics of paddleboarding from 9 to 10 a.m. or 10 to 11 a.m. Aug. 11 at Outdoor Recreation-Hickam Harbor. The cost is \$20 per person, and registration closes Aug. 6. FMI: 449-5215.

SURFING AND BEACH BBQ AT WHITE PLAINS BEACH
Professional instructors will teach you the basics from standing and paddling to catching waves from 10 a.m. to 4 p.m., Aug. 11 at White Plains Beach. Participants must be able to swim without a lifejacket. The cost is \$25 per person, and registration closes Aug. 8. FMI: 473-1198.

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

Community Calendar

August

4 ~ Protestant Women of Chapel Pacific Region will host a kickoff rally from 9 to 11 a.m. at Ka Makani Community Center at Joint Base Pearl Harbor-Hickam. The organization is a women's Bible study group that meets in the fall and spring of each year. FMI: Laura Williams at lauraservinghim2012@gmail.com.

6, 7, 20 ~ A two-part class taught by Dr. Melissa Belanger called "Sleep Better Now" will be held from 11:30 a.m. to 12:30 p.m. Aug. 6 and 20 at Naval Health Clinic Hawaii, Makalapa Clinic, classroom B. A class called "Take 20 Seconds to Relax" will be held from 11:30 a.m. to noon Aug. 7 in classroom B. Service members, their families and retirees are welcome to attend either class. FMI: 473-1880, ext. 2276.

6 and 7 ~ The first motorcycle safety representative/mentor symposiums will be held including Joint Base Pearl Harbor-Hickam. The first symposium will be held from 8:30 to 10 a.m. Aug. 6 at the Ford Island Conference Center with a discussion to follow from 10:30 to 11 a.m. A second symposium is planned at Marine Corps Base Hawaii from 8:30 to 10 a.m. Aug. 7 with a discussion to follow from 10:30 to 11 a.m.

11 ~ The Marine Corps Base Hawaii (MCBH) will hold its second annual Keiki Tradewind Triathlon. This event just for children is broken up into two different groups; ages 7-10 and 11-14. Online registration for the Keiki Tradewind Triathlon closes Aug. 8. The fee is \$20 for each child with a \$10 late fee for those registering after Aug. 3. FMI

14 ~ The next monthly luncheon meeting of AFCEA Hawaii (Armed Services Communications and Electronics Association) Hawaii chapter, will be held from 11 a.m. to 1 p.m. at Fort Shafter's Hale Ikena. Guest speaker will be Rear Adm. Paul Becker, director for Intelligence, U.S. Pacific Command. FMI: <http://bit.ly/MBDvJM>.

18 ~ Bellows Air Force Station's second annual biathlon will take place starting at 7:30 a.m. 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.bellowsaafs.com.

Movie Showtimes



Brave (PG)

"Brave" follows the heroic journey of Merida, a skilled archer and headstrong daughter of King Fergus and Queen Elinor. Determined to carve her own path in life, Merida defies an age-old custom sacred to the unruly and uproarious lords of the land. Merida's actions inadvertently unleash chaos and fury in the kingdom, and when she turns to an eccentric witch for help, she is granted an ill-fated wish. The ensuing peril forces Merida to harness all of her skills and resources - including her clever and mischievous triplet brothers - to undo a beastly curse before it's too late.

SHARKEY MOVIE THEATER

TODAY
7:00 PM Madagascar 3:
Europe's Most Wanted (PG)

SATURDAY
2:30 PM Brave (PG)
4:45 PM That's My Boy (R)
7:15 PM Ted (R)

SUNDAY
2:30 PM Madagascar 3:
Europe's Most Wanted (PG)
4:45 PM That's My Boy (R)
7:00 PM Ted (R)

HICKAM MEMORIAL THEATER

TODAY
6:00 PM Brave (PG)
8:30 PM Ted (R)

SATURDAY
4:00 PM Brave (PG)
7:00 PM Ted (R)

SUNDAY
2:00 PM Brave (PG)



HIGHLIGHTS FROM THIS WEEK IN USAF AND PACAF HISTORY

Charles Nicholls

PACAF historian

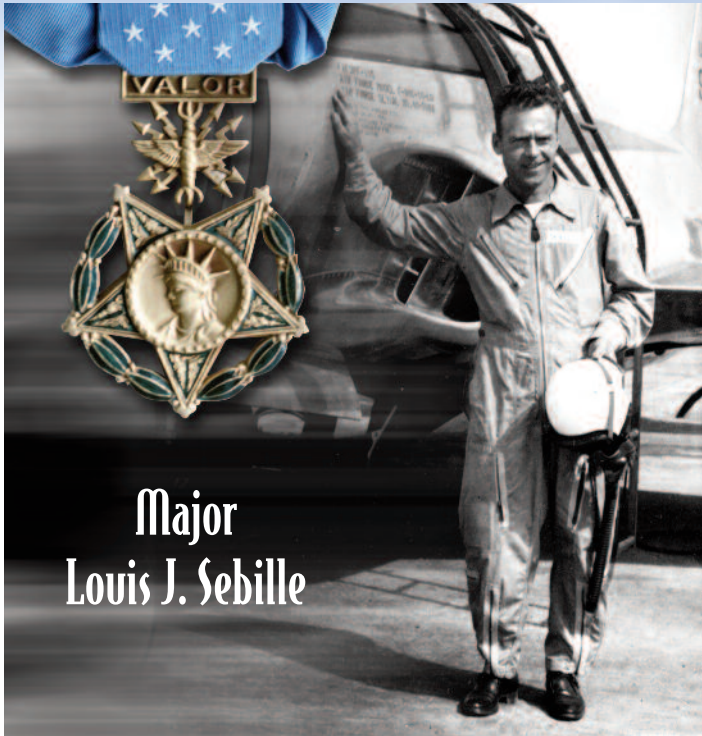
•On Aug. 4, 1941, the Air War Planning Document 1 (AWPD-1) outlined the Army Air Forces strategy for the imminent war with the Axis powers. In July, President Roosevelt had asked the Army and Navy to estimate the production that would be required to defeat the Axis.

Gen. Hap Arnold, chief of the Army Air Forces, had the new Air War Plans Division prepare the air portion. Lt. Col. Harold L. George, Lt. Col. Kenneth N. Walker, Maj. Haywood S. Hansell Jr., and Maj. Laurence S. Kuter forecast the aircraft necessary to defeat Germany.

Based on seven years of tactical school theories, AWPD-1 said the Army Air Forces would need 251 combat groups, 105,467 aircraft and 2,164,916 Airmen. With most of Europe under Nazi control and tensions high in the Pacific, this estimate was accepted, almost without question, as the basis for planning the wartime air campaign.

Completed on Aug. 12, AWPD-1 outlined a strategic bombing campaign against key enemy target sets.

•On Aug. 1, 1943, 177 B-24 Liberators flew out of Libya to bomb the oil refineries in Ploesti, Romania as part of Operation



Major
Louis J. Seville

Photo illustration | U.S. Air Force photo

Maj. Louis J. Seville was the first member of the Air Force to receive the Medal of Honor.

Tidal Wave. The oil refinery complex was Nazi Germany’s most important source of petroleum products.

This was the first large-scale, minimum-altitude attack against a strongly defended target and the longest major bombing mission undertaken to date. Fifty-four of the 177 B-24s were lost,

and five Medals of Honor were awarded to aircrew members.

•The Far East Air Forces (FEAF), predecessor of PACAF, was officially activated on Aug. 3, 1944 in Brisbane, Australia with Lt. Gen. George C. Kenney commanding.

•North American Aviation delivered the USAF’s first opera-

tional jet bomber—the B-45A Tornado—on July 30, 1948. Later, it became the first USAF aircraft to carry a tactical nuclear bomb.

•On Aug. 5, 1950, Maj. Louis J. Seville, flying on a combat mission in the Korean War, earned the first Medal of Honor awarded to a member of the Air Force. Seville had flown 68 combat missions in World War II as a B-26 bomber pilot.

In the fall of 1948, he took command of the 67th Squadron, 18th Fighter-Bomber Group. When the Korean War began, his squadron was one of the first sent to Japan. Seville’s Medal of Honor citation includes this excerpt:

“During an attack on a camouflaged area containing a concentration of enemy troops, artillery, and armored vehicles, Major Seville’s F-51 aircraft was severely damaged by anti-aircraft fire. Although fully cognizant of the short period he could remain airborne, he deliberately ignored the possibility of survival by abandoning the aircraft or by crash landing and continued his attack against the enemy forces threatening the security of friendly ground troops. In his determination to inflict maximum damage upon the enemy, Major Seville again exposed himself to the intense fire of enemy gun batteries and dived on the target to his death.”

•Captured on Jan. 13, 1953,

crew members of a special operations RB-29 called Stardust 40 were released by China on Aug. 4, 1955. Shot down during a night leaflet drop mission, they were held longer than any other prisoners of war in the Korean conflict.

•On July 31, 1957, the Distant Early Warning (DEW) Line was declared fully operational. This string of radar installations across the Canadian Arctic was to warn of enemy bomber attacks.

•The Air Force accepted the first operational B-58 Hustler medium bomber on Aug. 1, 1960. The first U.S. supersonic bomber, the delta-wing aircraft could fly at twice the speed of sound and could be refueled in flight.

However, the B-58 was expensive, difficult to fly and had limited range and payload. Advanced surface-to-air missiles forced SAC planners to adopt low altitude tactics, where the Hustler lost its supersonic speed and its range was further reduced. By the 1970s, the B-58 was replaced by the FB-111.

•On Aug. 2, 1994, two B-52 Stratofortresses of the 2nd Bombardment Wing set a world record circumnavigating the earth during a show-of-force mission to Kuwait. The 47-hour flight took five aerial refuelings and delivered 54 bombs to a range near the Iraqi border on the fourth anniversary of Iraq’s invasion of Kuwait.

FEW awards luncheon set for Aug. 25

Caroline Michael

Aloha Chapter, FEW

Federally Employed Women (FEW) Aloha Chapter will hold its awards luncheon from 10:45 a.m. to 1:45 p.m. Aug. 25 at Mandalay Restaurant, 1055 Alakea St., Honolulu.

The speaker is former Hawaii First Lady Vicky Cayetano who is past chairperson of the Chamber of Commerce of Hawaii, and Hawaii’s Sales and

Marketing Executives International’s Salesperson of the Year 2011.

She spearheaded programs to improve health care, including an effort in 2002 to provide universal long-term care for all of Hawaii’s citizens.

Aloha Chapter won the 2012 National Best Programs and Best Special Emphasis awards.

The meal price for the luncheon is \$22.

Free parking is located across the street. RSVP through the Aloha Chapter website www.FEW.org

Take note of the ‘environmental scoop’ on endangered plant species

NAVFAC Hawaii
Environmental
Program

Marsilea villosa or ‘ihi’ihi, ihi la’au, is a member of the water-clover family whose leaves resemble a four-leaf clover.

Please don’t pick it though, because it is an endangered and endemic, federally-listed plant



Photo courtesy of Hui ku maoli ola Nursery

species, found only on Oahu, Molokai and Niihau.

M. villosa thrives at the Joint Base Pearl Harbor-Hickam Lualualei Annex and Naval Radio Transfer Facility (NRTF) also located on Lualualei Annex.

It is found in dry areas, usually in depressions that flood during heavy winter rains and dry out completely during the summer and is an aquatic fern with creeping rhizomes.

Lanes will be closed on Valkenburgh Boulevard

Through Sept. 18, between the hours of 6 p.m. and 4 a.m., roadway reconstruction including repaving of asphalt surfaces will take place on Valkenburgh Boulevard from Nimitz Highway to the Navy-Marine Golf Course and driving range. The road work began July 22.

Unless otherwise posted, reconstruction will take place during those hours on

Sunday through Thursday.

Vehicles will have limited turn movements during the construction operation. Contraflow will be provided at all times.

A police officer will be onsite directing vehicle and pedestrian traffic.

All personnel should seek alternate routes during this time or plan accordingly for delays.

Construction planned at Paul Hamilton Ave.

Beginning today, the (Naval Facilities Engineering Command (NAVFAC) Hawaii wastewater branch will replace approximately 50 linear feet of six-inch cast iron pipe across Paul Hamilton Avenue.

Excavation will begin Aug. 4 and will be between the hours of 6:30 a.m. and 5 p.m.

Replacement of pipe and asphalt will be completed no later than Aug. 10. One lane will be closed at all times until piping has been replaced.

Motorists should obey caution and warning signs and avoid traveling on Paul Hamilton Avenue.

Vehicles are asked to use alternate routes during these times. Vehicles obstructing the worksite will be towed at the owner’s expense.

Women’s equality day event to take place Aug. 14

A women’s equality day “brown bag” event will be held from 11 a.m. to 1 p.m. Aug. 14 at the 15th Wing conference room, building 1110, second floor.

The event will feature the history of voting rights and the voter registration process.

Col. Eva Jenkins and Robert Lauderdale

will be guest speakers.

The event is sponsored by the Federal Women’s Program.

RSVP by Aug. 10. For more information, email Jenny Crippen at jen-nifer.crippen@us.af.mil or Serena Thomas at serena.thomas@us.af.mil

Tripler Fisher House seeks boots for memorial

Pacific Regional
Medical Command
News Release

In memory of fallen service members, the Tripler Fisher House is collecting more than 6,500 pairs of boots for the 2012 Fisher House Hero & Remembrance Run, Walk or Roll, scheduled for Aug. 18.

Each pair of boots will represent a service member who has died since Sept. 11, 2011, and will be displayed with a photo of the service member.

The Fisher House Hero & Remembrance Run, Walk or Roll, scheduled for 7 a.m.,

Aug. 18, at the Pacific Aviation Museum on Ford Island, will include a Keiki Fun Run.

Boots need to be collected no later than Aug. 4 and can be dropped off at either Fisher House at Tripler Army Medical Center, or mailed to 317 Krukowski Rd., Honolulu, HI 96819. Fisher House is a comfort

home for families of patients receiving medical care at major military and Veterans Affairs medical centers.

Units are encouraged to start their own collection sites and can do so by coordinating with Theresa Johnson, Fisher House manager, at 808-561-7423, or theresa.m.johnson2@us.army.mil.

ASBP blood drive schedule updated

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:

- Aug. 20, 10 a.m. to 2 p.m., Schofield Barracks Tropics.
- Aug. 28, 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.

My Favorite Photo...

MC2 Heidi McCormick took this picture of the sunset at Paradise Cove around 7:45 p.m. on a recent Saturday.

Photo courtesy of MC2 Heidi McCormick



How to submit photos

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.

Send your (non-family) photo to editor@hookelenews.com.

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

Hickam Enlisted Spouses Club to hold annual social event Aug. 21

The Hickam Enlisted Spouses Club will hold its annual "aloha social" at 6:30 p.m. Aug. 21 at Earhart Community Center.

The event will include luau-style pupus, the company of other spouses and vendors.

The social is open to spouses of enlisted or

retired members of all branches of the services. For more information or to join the club, visit the website www.hickamesc.com.

WHO SAID IT?

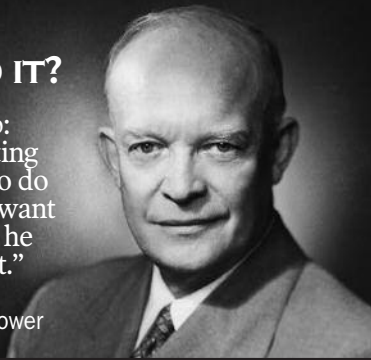
"Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence."

Last Week's

WHO SAID IT?

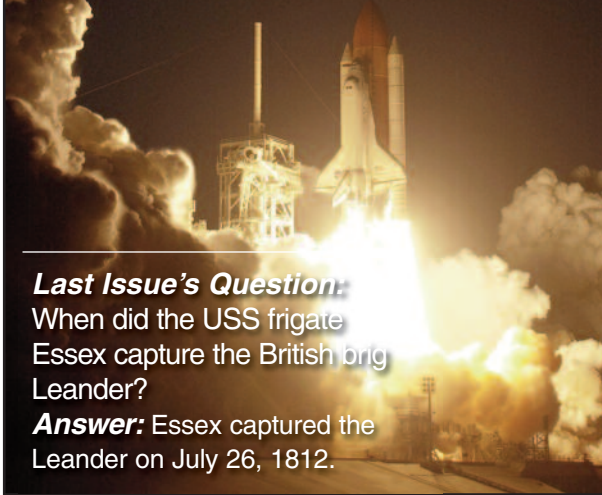
"Leadership: The art of getting someone else to do something you want done because he wants to do it."

Dwight D. Eisenhower



This Week's Trivia

Who was the first American woman to fly in space as an astronaut?



Last Issue's Question:

When did the USS frigate Essex capture the British brig Leander?

Answer: Essex captured the Leander on July 26, 1812.

STORY IDEAS?

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

Phone: (808) 473-2888

Email: editor@hookelenews.com