



Looking back at RIMPAC 2012 – Support from dawn to dusk, dusk to dawn

Karen S. Spangler

Managing Editor

Although the ships of the 22 nations that participated in RIMPAC 2012 have sailed away from the islands of Hawaii into the sunset, the tangible benefits of the exercise will linger in paradise for a long time to come.

From the shore to the warfighters, those involved in the exercise operated in a cohesive environment, designed to foster and sustain the cooperative relationships that are critical to ensuring the safety of sea lanes and security on the world's oceans.

Certainly there was the warfighting part of the exercise as the more than 25,000 Sailors, Airmen, Marines, Soldiers and Coast Guardsmen who participated honed their skills—together—as they conducted such activities as live-fire exercises, surface-to-air engagements, amphibious assaults, explosive ordnance disposal, and diving and salvage operations.

Another vital component of the exercise were the shore elements, such as Naval Supply Fleet Logistics Center Pearl Harbor (NAVSUP FLCPH), Pearl Harbor Naval Shipyard (PHNSY), Naval Facilities Engineering Command (NAVFAC) Hawaii, Pacific Missile Range Facility and Joint Base Pearl Harbor-Hickam, who

provided critical support in such areas as fueling, supplies and repairs.

A lot of coordination and planning are required to keep such a large fleet of ships and personnel afloat and NAVFAC Hawaii provided electricity, water, sewage, refuse disposal and transportation for the foreign ships. More than \$405,000 was charged to foreign ships and subs for utilities and transportation.

Over on the logistics side of the house, NAVSUP FLCPH supported RIMPAC with 29.5 million gallons of fuel, unloaded and offloaded 2,212 pallets, processed 41,976 pounds of mail, expedited 496 pieces of critical material, ordered more than \$4 million worth of provisions, and supported 110 helo missions, and more—all in a day's work.

"RIMPAC 2012 was an absolute success story," said Capt. Paul Verrastro, commanding officer of NAVSUP Fleet Logistics Center Pearl Harbor. "Planning across the board was extraordinary, and the model set up for logistics worked extremely well," he said.

In addition to supporting the fleet of ships homeported at Pearl Harbor-Hickam, Pearl Harbor Naval Shipyard completed 14 jobs for foreign shops.

"Our role as maintenance providers enabled RIMPAC ships and their crews to more fully take

part in various combat and other exercises," said Capt. Brian Osgood, Pearl Harbor Navy Shipyard commander.

"In a larger sense, the shipyard's contribution extended beyond repairs to pieces of equipment. We were also supporting the beginning of new partnerships and the strengthening of existing partnerships among nations, which is in keeping with this RIMPAC's theme of 'Capable, Adaptive Partners,'" Osgood said.

With the help of local medical personnel, 307 non-homeport U.S. patients were assisted with such needs as emergency treatment, lab work and dental care, and another 115 foreign patients were treated.

Morale, Welfare and Recreation (MWR) Pearl Harbor made sure that the personnel involved in RIMPAC were able to enjoy Hawaii and participate in the many leisure activities that the Aloha State has to offer.

MWR ensured that there were athletics competitions in seven sporting events that pitted athletes of the many nations against each other—all in fun, of course. From start to finish, MWR was "in the game," taking care of whatever needed to be done—providing officials and scorekeepers, equipment for all of the events, and at the end of the competitions, passing out awards. More than 3,300 RIMPAC participants

competed in the sports competitions.

It was up to the staff at MWR to make sure that the RIMPAC visitors had a good time. For example, they planned 84 recreational opportunities utilized by more than 2,000 individuals, processed more than 900 requests for vehicles, hotels and activities, and conducted 42 island tours with MWR buses.

Refreshments were never far away from reach of the visitors with the beverage and food stands located at Hotel Pier and RIMPAC Central. Some personnel could visit the Chief's Club "Oceans," and there were also special events such as a luau and a barbecue.

Revenues that were derived from the various activities translated into beverage sales of \$292,000, ITT/Travel Connections that totaled \$350,000, and an additional \$20,000 from outdoor recre-

ation and outdoor adventure, according to Frank Faria, MWR director.

The Pearl Harbor Navy Exchange reported approximately a 9 percent increase in daily sales throughout RIMPAC with additional sales of more than \$236,000 for RIMPAC merchandise.

All of that hard work and commitment from the shore support activities brought numerous kudos from the visitors from the participating nations.

"Our foreign partners were very grateful for the various services we provided throughout RIMPAC. Every supporting activity received numerous expressions of gratitude from all the ships/subs supported. No matter what the request, shore support was always able to find an answer, provide the service, or offer an alternative solution," said

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RIMPAC goes viral on social media

Fan activity on Navy Region Hawaii (CNRH) and Joint Base Pearl Harbor-Hickam (JBPHH) Facebook pages during the RIMPAC 2012 Exercise jumped sharply during the period from June 29 to Aug. 2.

Based on Facebook Insights data, fan interaction reached a total of 18,820 on CNRH FB with the most interaction of 2,162 on July 16. A total of 34,159 fan interaction was reached on JBPHH FB with the most interaction of 3,189 on July 3. Fan interaction includes the number of likes, comments and impressions on RIMPAC related posts.



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Runners turn out in full force for half-marathon
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How military families can find pet-friendly rentals
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Pearl Harbor Naval Shipyard graduates 123 apprentices

Pearl Harbor Naval Shipyard and Intermediate Maintenance Facility Public Affairs

U.S. Sen. Daniel Inouye was the keynote speaker as Pearl Harbor Naval Shipyard and Intermediate Maintenance Facility (PHNSY & IMF) graduated 123 employees from its apprentice program at a ceremony Aug. 10 at Pearl Harbor-Hickam.

Inouye described the economic, political and military importance of the Asia-Pacific region. “The role of the Pearl Harbor Naval Shipyard becomes more vital ... in maintaining the security of this nation,” he said.

The graduates, representing 24 shops and 20 trades, completed four-year, full-time, paid apprenticeships that combined academic study with on-the-job work experience. They earned associate’s degrees from Honolulu Community College as well as certification in their respective trades from



U.S. Navy photo by Marshall Fukuki

Ross Furutani, a painter/blaster graduate, is congratulated by Capt. Brian Osgood, commander of Pearl Harbor Naval Shipyard, during a graduation ceremony Aug. 10 for 123 Pearl Harbor Naval Shipyard and Intermediate Maintenance Facility trainees who completed the command’s apprentice program. U.S. Sen. Daniel Inouye (right) was the keynote speaker.

the Navy and U.S. Department of Labor. Graduates transitioned to mechanic or journeyworker status in shipyard jobs that pay an average of nearly \$30 an hour.

“Welcome to your new role as leaders,” said Capt. Brian Osgood, shipyard commander, as he congratulated the graduates. “You represent, and are, the people the Navy needs today. You have the

desire to solve complex problems with your hands, and you have the critical thinking skills needed to be the future of our Navy maintainers,” Osgood said.

Atamante Edralin Jr.,

shop 38 marine machinery mechanic, and Anastasia Kritikos, shop 67 electronics mechanic, delivered remarks on behalf of the apprentice class.

Edralin, a former pre-

school director, recalled that four years ago he and most of his apprentice classmates had little or no knowledge of the trade they were about to enter. He said his apprenticeship taught him one of the truths in life. “Every day is another opportunity to learn something new,” he said.

Kritikos shared her dream as a high schooler. “I wanted to help and save lives and make a difference,” she said. She explained that when she was in college, she was in a motorcycle accident that nearly killed her, and she almost lost her scholarship and job due to her injuries. The shipyard apprentice program gave Kritikos another opportunity to realize her dream.

“With every day that I come to work, I’m helping to protect and save lives and make a difference, not just for myself and my daughter, not just for those I work with, but also for our Navy and our nation,” she said.

Synthetic drugs create issues in Air Force for Airmen

Staff Sgt. Mike Meares

Joint Base Pearl Harbor-Hickam Public Affairs

Stories across America have described incidents of people doing strange and bizarre acts while high on synthetic stimulants.

Spice and bath salts, labeled “not for human consumption,” are synthetic drugs and their use is on the rise, including Airmen in the U.S. Air Force. Consumption of these chemicals is creating what many describe as real-life zombies.

Though chemists are staying one step ahead of the law to keep the products legal and readily available in “head shops,” the Air Force is in a full sprint to stop the use of these drugs by Airmen. They are now testing for them in random drug urinalysis.

“We are testing and can detect Spice now,” said Col. Dann Carlson, 647th Air Base Group commander and Joint Base Pearl Harbor-Hickam vice commander. “It’s a problem, especially here in Hawaii. It’s a very easy product to get hold of.”

In an all-call for Airmen E-6 and below, the commander, U.S. Air Force Office of Special Investigation special agents, medical Airmen and the Area Defense Council attorneys described in great detail how the synthetic drugs will affect the body and why they are illegal. Hickam law enforcement officials are currently tracking more than 30 cases involving Airmen since the beginning of the year.

“We as an Air Force can’t afford that,” Carlson said. “I, as a commander, absolutely hate when I have to deal with these kinds of



U.S Air Force photo by Airman 1st Class Douglas Ellis

Spice and bath salts are prohibited due to their risks to the health, welfare and readiness of Airmen. Airmen are now receiving Article 15s and are court-martialed for Spice nearly twice as often as marijuana.

cases. One, you know it’s off limits. Two, we made it very clear, and you know we can test for it. So, it’s really just a matter of making a poor decision.”

Spice attempts to mimic the look and enhances the effects of marijuana, while bath salts are a white crystallized powder made to imitate cocaine. However, their potency ranges from four to 100 times greater than marijuana or cocaine, and use of the drugs can be many more times dangerous than drugs like LSD and methamphetamines. Officials say the chemists, the distributors and the stores selling the products don’t know what the active ingredients are.

“Anything with the picture of Tony Montana (from the movie Scarface) on the front doesn’t belong in the bathtub,” said

Special Agent Jeff Patrick, Air Force Office of Special Investigations Det. 601. “You don’t know what you are getting when you buy this stuff. (Chemists) clearly know what this is doing to people, but they are not concerned for anyone’s safety. By marketing it as not for human consumption, (chemists are) able to avoid violating 21 U.S. Code 813 Control Substance Act and Federal Analog Act.”

Some people have been admitted to psychiatric hospitals and have experienced continued neurological and psychological effects long after they stopped using the products.

“They are sold in different brands, different synthetic compounds, all having different effects,” Patrick said.

“As a matter of fact, you

can buy two of the same packages (with the same name), have them both tested at the same lab, and they might come back with different chemical make-ups. To me, it’s like playing Russian roulette. This is some dangerous stuff.”

According to Naval Criminal Investigative Services, statistically, the demographics of Spice or bath salt users are 83 percent male and 17 percent female, average age of 21, with 75 percent of all subjects ranging from the age of 18 to 23 in the pay grade of E-3.

“We do a great job as a military in defending ourselves against all kinds of threats,” Carlson said. “Our cyber folks, our (communications) folks do an incredible job on a daily basis of defending us against a threat. We do that across

the board when it comes to an active defense in our military.”

“I see this as an active defense for us in our military because I see this as one of our potentially biggest threats to our force right now with the fact that it’s taking out our most important assets, our people. It’s taking them out now at an alarming rate,” he said.

President Barack Obama signed the Synthetic Drug Abuse Prevention Act of 2012 on July 9, adding the synthetic cannabinoid, commonly known as “Spice,” and 11 other synthetic cathinones, commonly known as “bath salts,” to schedule I of the Controlled Substances Act. Service members who are caught using, distributing or possessing these substances can be charged for a

violation of Article 112a, Uniform Code of Military Justice. The consequences of illegally using a schedule I controlled substance are very severe and can include a dishonorable discharge and confinement for five years for possession or use and a dishonorable discharge and confinement for 15 years for wrongful distribution.

“If you use this stuff, you are going to face legal consequences,” said Navy Lt. Cmdr. Elkins, Navy Region Hawaii staff judge advocate. “Whether you get caught the first time or later on down the road, you are going to get caught.”

In the last year, a more aggressive urinalysis program to test targeting compounds found in Spice and bath salts has been a priority for the Department of Defense branches. Officials anticipate the program to expand and strengthen as they continue to wage war on these illegal substances.

“If you are not caught by urinalysis, though, whoever you are using it with is probably going to tell on you,” she said. “They get caught, they’re going to talk.”

As of July 6, seven businesses have been put off limits by the AFDCB: Hawaii Natural High, The Dungeon/Flesh/Sexopolis/After Hours/The Shelter, Smokies, Hawaiian Holy Smokes, Hawaiian Holy Smokes II, South Shore Glass and Oahu Glass.

“If you see a ‘head shop,’ don’t go into it,” Elkins said. “It’s not worth it. You might not be sure if it’s off limits or not, but if you have a shop with bongs in the window, you’re a military member, you know good things are not going to come from what’s in there.”

USS Olympia leaves for western Pacific deployment

Story and photo by
MC1 Ronald Gutridge

Commander Submarine
Force U.S. Pacific Fleet
Public Affairs

Friends and families of the crew from USS Olympia (SSN 717) gathered Aug. 8 at the submarine piers at Pearl Harbor-Hickam to say goodbye as the Los Angeles-class submarine departed for a scheduled western Pacific (WEST-PAC) deployment.

“We have been preparing for this deployment for over 18 months, so the crew is eager to put the countless hours of training and hard

work into action,” said Cmdr. Michael Boone, USS Olympia commanding officer. “It will be a demanding six months, but Olympia is ready and willing to take on any challenge that is presented to us.”

Since returning from her last western Pacific deployment in 2010, Olympia finished undergoing deperming, the first submarine to complete this treatment at the new drive-in submarine magnetic silencing facility Dec. 15 at Joint Base Pearl Harbor-Hickam’s Beckoning Point. She has also undergone maintenance, and her crew has conducted training in preparation for



The Los Angeles-class submarine USS Olympia (SSN 717) departs Aug. 8 from Pearl Harbor-Hickam for a scheduled six-month western Pacific deployment.

this deployment.

“Like any deployment workups, we have encountered some unexpected things, but we remained on track and haven’t lost focus on our mission,” said Boone. “Our deployment goals are to successfully complete the assigned tasking given to us, take care of the crew to ensure morale stays high, have the opportunity to see new places and, most importantly of all, return home safely.”

With a crew size of 141, this will be the first time deploying for 39 of Olympia’s Sailors, according to Boone. This will be the first deployment for Electronics Technician Seaman Apprentice Christopher Cummings from Ada, Okla. who has been in the Navy for one year.

“I am really excited to be deploying. I have been looking forward to this day since I checked onboard Olympia,” said Cummings. “My goal is

to further my training and become submarine-qualified, and I am also excited about traveling the world and seeing new places.”

Measuring 362 feet long, weighing 6,130 tons when submerged, Olympia is one of the Navy’s most technologically sophisticated submarines.

Olympia is the United States Navy’s 104th nuclear-powered submarine and the 95th of the attack submarine fleet. She is the

29th of the Los Angeles-class nuclear-powered, fast attack submarine to be delivered to the Navy.

Los Angeles-class submarines are ideally suited for covert surveillance, intelligence gathering and special forces missions. This stealth, when combined with the submarine’s Tomahawk cruise missiles, mines and torpedoes, provides the operational commander with an unseen force multiplier.

Diverse Views



“What unsafe driving habits of other drivers bother you the most?”

**Culinary Specialist 3rd Class
Fabiana Anderson**
Fleet and Family Readiness Program



“When people don’t use their turn signal.”



Tech. Sgt. Jill Bass
15th Medical Operations Squadron

“Cutting people off. If the individual you pull out in front of has to immediately put on the brakes, then you were too close and should wait. The other individual may have children which causes them to immediately be jerked forward. Have patience and think about how you would feel if you were that driver.”

**Damage Controlman 1st Class
Pedro Caliz**
USS Crommelin (FFG-37)



“Tailgating because it puts you in danger as well as other drivers.”



Staff Sgt. Lateesha Maris
15th Medical Operations Squadron

“One unsafe driving habit of other drivers that bother me the most are people who text while driving. Not only is this against the law in Hawaii and on base, it is also a distraction to the driver. When you are not focused on the road, that can lead to decreased reaction time. We all have to be aware of the potential danger that texting and driving causes. Keeping your eyes on the road and off your phone will make driving home safer for you and the individuals around you.”

**Electrician Technician 3rd Class
Alan Kuramoto**
USS Nimitz (CVN-68)



“People who don’t pay attention while driving.”



Sgt. 1st Class Yahaira Valdez
Defense Courier Service Honolulu

“When people suddenly hit their brakes, especially on the highway, for no apparent reason.”

Daena Dempsey
Morale, Welfare and Recreation



“Not using a turn signal, texting while driving, and a lot of people tend to slow down too much when it rains.”



Tech. Sgt. Eric Simons
15th Aircraft Maintenance Squadron

“Speeding in housing. I live in Earhart Village, and I always notice people speeding through housing. I feel like it is our responsibility to ensure the safety of the children in our neighborhoods. The best way to do this is for everyone to slow down before a child gets hit.”

(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

USS Argonaut crew reads their mail at Pearl Harbor



Official U.S. Navy photograph, national archives

USS Argonaut (SS-166) crewmembers are shown here reading their mail after returning to Pearl Harbor from the Makin Island Raid on Aug. 26, 1942. The Makin Island Raid occurred from Aug. 17 to 18 and it was an attack by the United States on Japanese military forces on Makin Island in the Pacific Ocean. Later, Japanese destroyers sank Argonaut Jan. 10, 1943 off Rabaul, Papua New Guinea, taking her crew down with her.



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Ho'okele is a free unofficial paper published every Thursday by The Honolulu Star Advertiser 500 Ala Moana Boulevard Suite 7-500 Honolulu Hawaii 96813, a private firm in no way connected with DoD, the U. S. Navy or Marine Corps, under exclusive contract with Commander, Navy Region Hawaii. All editorial content is prepared, edited, provided and approved by the staff of the Commander, Navy Region Hawaii Public Affairs Office: 850 Ticonderoga, Suite 110, Pearl Harbor, Hawaii, 96860-4884. Telephone: (808) 473-2888; fax (808) 473-2876; e-mail address: editor@hookelenews.com World Wide Web address: <https://www.cnmc.navy.mil/Hawaii/> or www.hookelenews.com.

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USS Louisville completes western Pacific deployment

Story and photo by
MC1 Ronald Gutridge

Commander Submarine
Force U.S. Pacific Fleet
Public Affairs

Friends and families of the crew from USS Louisville (SSN 724) gathered at the submarine piers to welcome back the Los Angeles-class submarine Aug. 8 as she returned to Joint Base Pearl Harbor-Hickam after completing a six-month deployment to the western Pacific region.

"I am extremely proud of the crew of the Louisville.

They accomplished tasks in support of both theater and national interests with great enthusiasm and skill," said Cmdr. Lee Sisco, Louisville commanding officer. "This was the most rewarding and successful deployment out of the seven WESTPAC deployments I've conducted."

While deployed, Louisville executed a wide range of operations in support of U.S. 7th Fleet. In addition, she conducted several training exercises, contributing to the nation's strategic posture in the western Pacific region. Louisville also strengthened relationships with Japan

during an exercise with the Japan Maritime Self Defense Force.

During the deployment, 26 Sailors qualified in submarines and are now entitled to wear the submarine warfare insignia, also referred to as "dolphins," after completing a rigorous qualification process, it included in-depth understanding of submarine construction and operations and also practical assessments of the Sailor's ability to combat a wide range of casualties that could be encountered while onboard the submarine.

A majority of the crew also completed advanced qualifications, including engineering watch supervisor, diving officer of the watch and chief of the watch. These qualifications provide greater watch bill flexibility and help ensure that Louisville's performance will remain strong.

"We left on WESTPAC with a fairly junior crew but, they worked hard to keep the ship clean and stowed and rapidly became qualified for senior watch stations," said Master Chief Fire Con-

trol Technician (SS) Joseph Bransfield, Louisville chief of the boat.

Despite steaming more than 40,000 nautical miles in support of the nation's defense, the crew enjoyed several memorable port visits which included Sasebo and Yokosuka, Japan, Sepangar, Malaysia and Subic Bay, Philippines.

"Within the last six months, I have been able to experience many different cultures during each port visit which has been both exciting and humbling," said Electronics Technician 2nd Class (SS) Erick Hahn.

During their Malaysia visit, Louisville and the submarine tender USS Emory S. Land (AS 39) hosted a reception for Secretary of Defense Ray Mabus and Malaysian Chief of Naval Operations, Adm. Tan Sri Abdul Aziz Jaafar. This event directly contributed to further cooperation between the two countries' respective navies, according to Sisco.

Louisville is the fourth United States ship to bear the name in honor of the city of Louisville, Ky. She is the 35th nuclear-powered, fast-attack submarine of the Los Angeles-class design.



JBPHH hosts emergency ops incident management course

Grace Hew Len

Joint Base Pearl Harbor-Hickam Public Affairs

Twenty-six students gained valuable training in incident management during the Commander, Navy Installations Command (CNIC) Emergency Operations Center Incident Management Team (EOC-IMT) course held Aug. 6 to 9 at Joint Base Pearl Harbor-Hickam (JBPHH).

Since its inception, CNIC has been involved with anti-terrorism and emergency preparedness training in response to lessons learned from previous natural and man-made disasters and the presidential report on the federal response to Hurricane Katrina that read, "An investment in the continued training and exercises of our command and control is a top priority."

The class was composed of fire, security, safety, emergency management and various other specialists from the Air Force and Navy, assigned to the JBPHH emergency operations center. Each student learned how to properly serve as a member of the EOC-IMT so they can coordinate together and respond to a man-made or natural disaster.

"Bringing the course here to JBPHH provides us with greater training opportunities for JBPHH personnel while having them learn in an environment where they will naturally function in an emergency," said Dan DuBois, emergency management officer for JBPHH.

EOC-IMT course lessons covered EOC team member roles and responsibilities, information management, communications and the use of the C4I Suite, the Navy's current common operating picture online application. The course also included several practical application classroom exercises requiring student working groups to apply the knowledge gained during lectures.

For the operations center exercises, students were broken into common EOC functional groupings (operations, logistics and plans) and given a practical scenario of an on-base emergency in which they are forced to realistically lead, brief, coordinate and plan. Each day, classroom instruction was followed by an EOC exercise that became increasingly complex as the course progressed.

Lt. Gabe Caldwell, JBPHH food service officer, attended the course for the first time to get a basic

understanding of how the EOC operates. "The training conducted provided good communication techniques, situational awareness, teamwork and planning," he said. Caldwell will be involved with mass care in the EOC.

After the three-and-a-half day course, senior leaders had an opportunity to

attend a special emergency management training designed for tenant organizations commanders, deputies, executive officers and senior enlisted personnel. The robust training covered the status of the emergency management program and support requirements for tenant organizations.

Featured guest speaker

Dr. Gerard Fryer, geophysicist from the Pacific Tsunami Warning Center, presented lessons learned from the Japan tsunami and implications for Hawaii.

Rocco Forte, former emergency management officer from Minneapolis-St. Paul, Minn., presented lessons learned from the 2007 I-35 bridge collapse.



U.S. Navy photos by David Underwood Jr.

Capt. Jeffrey James, commander of Joint Base Pearl Harbor-Hickam, addresses the audience at the senior leaders, emergency management training held Aug. 9 at Hickam Memorial Theatre.

(Below) Ken Crouch (center), Naval Health Clinic Hawaii emergency management officer, consults with other team members during a classroom scenario at the emergency operations center incident management team course Aug. 6-9.



RIMPAC achievements

Continued from A-1

Lt. Cmdr. Shannon Chong, foreign ship liaison officer for Navy Region Hawaii.

"From comments heard continuously throughout the exercise, all visitors no doubt enjoyed the extended time they were able to spend in Hawaii. Many were impressed with how much JBPHH has to offer from fitness facilities (gyms/fields), beaches, food establishments, etc.," Chong added.

With the conclusion of the exercise, it was time to put RIMPAC 2012 into the history books.

"Our Navy concluded a very successful Rim of the Pacific Exercise—the biggest and most comprehensive RIMPAC ever. The Sailors, civilians and family members of region [Navy Region Hawaii] and MID-PAC [Naval Surface Group Middle Pacific] can and should be very proud of their contributions and hard work that made for a successful RIMPAC 2012," said Rear Adm. Frank Ponds, commander of Navy Region Hawaii and Naval Surface Group Middle Pacific.

"Our ships, guests and visiting dignitaries received the best possible welcome and assistance from our installations. Thank you, Pearl Harbor-Hickam and PMRF—military service members and civilians alike—for your red carpet treatment to our visitors and excellent training support that helped make the exercise so successful," Ponds said.

Not only was RIMPAC 2012 a huge success story for the U.S. Navy, Joint Base Pearl Harbor-Hickam and those who participated in the exercise, but it had a significant impact on the local economy and the state of Hawaii.

"RIMPAC 2012 is in the history books, but our optempo and change of pace here in Hawaii will continue. As CNO Adm. Greenert says, Hawaii is the gateway to all of Asia and beyond. The work you do is strategically important to our Navy and our nation. The Navy Region Hawaii and Naval Surface Group Middle Pacific team is making a global difference in protecting maritime freedom and preserving peace," Ponds said.

During a morning news spot Aug. 2 on KHON-TV, Vice Adm. Gerald R. Beaman, commander of U.S. 3rd Fleet, thanked the state of Hawaii and its citizens. "Aloha and mahalo to the great citizens and state of Hawaii. The first phase of RIMPAC was what we call the harbor phase, close to 12 days of training, socializing and networking. The theme of RIMPAC was "Capable, Adaptive Partners" which included the citizens, state and waters of Hawaii. This was something we stressed from day one of preparation," Beaman explained.

"We value our relationship with Hawaii and the ability to use the waters nearby. I can't thank the people of Hawaii enough," he said.

Pearl Harbor-Hickam*Highlights*



Yeoman 2nd Class Chris Beaver of the Los Angeles-class submarine USS Olympia's (SSN 717) administration department says goodbye to his family on the submarine pier before the submarine departs Joint Base Pearl Harbor-Hickam for its six-month deployment Aug. 8 to the western Pacific region.

U.S. Navy photo by MC1 Ronald Gutridge



Isaac "Sonny" Kalua III, a painter apprentice, sings the national anthem and state song at the Pearl Harbor Naval Shipyard and Intermediate Maintenance Facility apprentice graduation ceremony Aug. 10.

U.S. Navy photo by Marshall Fukuki

Lt. Gen. Paul J. Selva, Pacific Air Forces vice commander, accepts a check Aug. 13 from Combined Federal Campaign overseas representative Renee Acosta, Headquarters PACAF, Pearl Harbor-Hickam, Hawaii. The check for \$95,683.42 was to help family support and youth programs throughout PACAF.

U.S. Air Force photo by Tech. Sgt. Jerome S. Tayborn



(Left) David Pieper, base support vehicles and equipment product line team manager at Naval Facilities Engineering Command (NAVFAC) Hawaii, explains the standard features of the Vantage electric cargo van slow-moving vehicle (SMV) to Capt. John Coronado, commanding officer of NAVFAC Hawaii, at the command's main transportation compound. The truck is one of 36 SMVs that NAVFAC Hawaii purchased to replace the aging vehicles currently in service.

U.S. Navy photo by Thomas Obungen

(Below) The guided-missile cruiser USS Port Royal (CG 73) departs Pearl Harbor-Hickam to participate in a trilateral exercise with ships from the U.S. Coast Guard, Japan Maritime Self Defense Force and the Republic of Korea navy. The exercise is intended to increase interoperability, operational proficiency and readiness.

U.S. Navy photo by MC3 Dustin W. Sisco



Adm. Ponds kicks off blood drive at Pearl Harbor Memorial Chapel

Story and photo by
Brandon Bosworth

Contributing Writer

A blood drive was held Aug. 7 at Pearl Harbor Memorial Chapel. One of the first to show up to donate was Rear Adm. Frank Ponds, commander of Navy Region Hawaii and Naval Surface Group Middle Pacific.

“I wanted to come and show that it doesn’t hurt to donate,” Ponds said. “Giving blood is what *ohana* [family] is all about.”

The Pearl Harbor Memorial Chapel was part of a series of ongoing blood drives organized by the Tripler Army Medical Center Blood Donor Center. In any given month, there are several blood drives held at Oahu’s various military installations.

According to Michelle Lele, blood donor recruiter/coordinator for the Tripler Army Medical Center-Blood Donor Center, about 500 units of blood are collected each month. One pint of blood can potentially save up to three lives. And while much of the blood collected is used here in Hawaii, some of it is shipped to medical units in Afghanistan.

Lele emphasized that commands can take steps to help encourage donations. “Commands can encourage greater turnouts by supporting routine blood drives every 56 days and by scheduling



Spc. Christopher Goodman assists Rear Adm. Frank Ponds as he donates blood during a blood drive Aug. 7 at Pearl Harbor Memorial Chapel.

block time for staff to donate,” she said. “They can also offer incentives such as no PT for anyone that is wanting to donate.”

The need for donors remains high because the number of eligible service members who can donate is shrinking due to deployments.

Commands can also help in other ways. “We are currently searching for local commands to host mobile blood drives,” Lele said. “To host a mobile blood drive your command would only have to give us a point of contact to handle marketing, space to use at your facility, and, of course, assist us with getting people

in to donate. Our staff will set up, clean up and handle refreshments for the donors.”

To schedule a blood drive, call Lele at 433-6699.

A good source of information about giving blood can be found at the Armed Sources Blood Program website at www.militaryblood.dod.

mil. For those interested in donating, call 433-6148 more information.

Blood drive schedule

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

Currently scheduled drives include:

- Aug. 20, 10 a.m. to 2 p.m., Schofield Barracks Tropics, Schofield Barracks.
- Aug. 21, 9 a.m. to 1 p.m., JIOC, building 352 (front entrance), Joint Base Pearl Harbor-Hickam.
- Aug. 24, 7:30 a.m. to 1 p.m., Pearl Harbor Naval Station Pearl Harbor Shipyard, building two.
- Aug. 28, 11 a.m. to 3 p.m., Navy Exchange, Tripler Army Medical Center.

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

NAVFAC Hawaii adds 36 electric vehicles to JBPHH inventory

Story and photo by
Thomas Obungen

Naval Facilities Engineering Command
Hawaii

Naval Facilities Engineering Command (NAVFAC) Hawaii, Joint Base Pearl Harbor-Hickam’s (JBPHH) installation transportation manager, officially added 36 electric slow-moving vehicles (SMVs) to its inventory July 30.

“These SMVs offer a safer and smarter alternative to the smaller, outdated neighborhood electric vehicles that have been in use for the past 10 years,” said Capt. John Coronado, NAVFAC Hawaii commanding officer. “A range of 40 miles and maximum speed of 25 mph make them perfect for commuting in and around JBPHH, transporting people, tools and supplies to keep our fleet ready.”

The models, manufactured by Vantage Vehicle International, Inc., include two- and four-passenger trucks and cargo vans

and have virtually the same capability as full-size automobiles. They also have hard doors, windshield wipers, air conditioning/heat, radio and instrument gauges, which other SMVs do not. Vantage SMVs use conventional 110-volt charging cables; however, each one is also equipped with a roof-mounted solar panel to reduce time and resources at the charging station while extending battery life and usage.

Distribution of the new vehicles will first be to commands that already have SMVs and power stations in place. NAVFAC Hawaii plans to purchase more vehicles in the future to keep up with the president’s fossil fuel reduction mandate.

In addition, new charging stations, supplemented by photovoltaic systems on their roofs, are on track for installation at NAVFAC Hawaii’s main transportation compound off USS Russell Avenue within the next year.



Capt. John Coronado, commanding officer of Naval Facilities Engineering Command (NAVFAC) Hawaii, takes a two-passenger Vantage truck for a spin around the command’s main transportation compound. It is one of 36 slow-moving vehicles equipped with photovoltaic panels. NAVFAC Hawaii purchased them to replace the aging electrical vehicles in its inventory.

Pearl Harbor Naval Shipyard completes USS Santa Fe availability

Pearl Harbor Naval Shipyard and Intermediate Maintenance Facility Public Affairs

Pearl Harbor Naval Shipyard and Intermediate Maintenance Facility (PHNSY & IMF) completed a six-month maintenance period Aug. 5 on USS Santa Fe (SSN 763). The project was on schedule and within budget.

About 63,500 man-days of work were accomplished during the drydocking selected restricted availability (DSRA) of the Pearl

Harbor-homeported submarine.

“The entire Santa Fe project team, including all the workers, really put forth a great effort to complete this availability on time,” said Scott Sandin, project superintendent.

“I would like to thank all of the Santa Fe team for working so hard to get this victory for the shipyard. There were times we asked for more than 100 percent of our people, but they came through in order to meet the mission,” he said.

Sandin acknowledged the

excellent teamwork and support by the ship’s force. “Completing Santa Fe on time required a fantastic collaboration between the shipyard and the ship,” he said. “Santa Fe’s officers and crew, in particular, commanding officer Cmdr. David Adams and DSRA coordinator Lt. Andres “A.J.” Aviles, were focused and driven to complete their workload and to support the shipyard executing our heavy workload,” he said.

Santa Fe is the Navy’s 52nd Los Angeles-class, fast attack, nuclear-powered submarine and was com-

missioned Jan. 8, 1994 at Naval Submarine Base, Groton, Conn.

After completing builder’s trials and follow-on outfitting, Santa Fe transited to the Pacific Ocean in March 1995 to be based at Pearl Harbor, Hawaii.

Santa Fe is the second ship to be named in honor of the capital city of New Mexico. An improved Los Angeles-class (or 688I) submarine, she features the BSY-1 combat system, retractable bow planes and 12 vertical launch tubes for cruise missile strikes.

The shipyard is a field activity of

the Naval Sea Systems Command and a one-stop 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. The Navy’s largest ship repair facility between the west coast and the Far East, the shipyard is strategically located in the mid-Pacific about a week of steam time closer to potential major regional contingencies in East Asia than sites on the west coast.

Vice Adm. Beaman recognizes FACSFAC Pearl Harbor Sailors for job well done

Fleet Area Control and Surveillance Facility Pearl Harbor

Vice Adm. Gerald R. Beaman, commander of U.S. 3rd Fleet, recently visited Sailors at Fleet Area Control and Surveillance Facility (FACSFAC) Pearl Harbor to thank them for a job well done.

He gave them thanks in recognition of their dedication in providing a safe joint operating area during RIMPAC 2012.

Beaman specifically recognized Air Traffic Controller 2nd Class David W. Thomas for his personal devotion to excellence. The admiral noted that on more than one occasion during the largest naval exercise in the world, Thomas single-handedly provided crucial and timely guidance to his chain-of-command which was relayed to the RIMPAC leadership for immediate implementation of air safety procedures.

Also worthy of mention, Beaman said, was that Thomas turned down his option to take terminal leave to provide experience and leadership supporting the exercise and despite his days of remaining active duty in single digits, his personal actions were instrumental to the overall success of RIMPAC 2012.

FACSFAC Pearl Harbor is a

detachment of FACSFAC San Diego. Manned with 54 enlisted, two officers and five civilians, the detachment is responsible for the operations and airspace management of more than 244,000 square miles of sea and airspace surrounding the Hawaiian Islands.



U.S. Navy photo

Vice Adm. Gerald R. Beaman, commander of U.S. 3rd Fleet, recently visited Sailors at Fleet Area Control and Surveillance Facility (FACSFAC) Pearl Harbor to thank them for a job well done. He gave them thanks in recognition of their dedication in providing a safe joint operating area during RIMPAC 2012.

NAVFAC Hawaii awards contract for new ground control tower at Pearl Harbor-Hickam

Denise Emsley

Naval Facilities Engineering Command Hawaii

Naval Facilities Engineering Command (NAVFAC) Hawaii awarded a contract Aug. 8 to build a new ground control tower at Joint Base Pearl Harbor-Hickam (JBPHH) to RORE-ITSI, JV LLC (small business) from San Diego, Calif.

“The replacement of this facility has been in the works for some time and is badly needed to support Air Force and Hawaii Air National Guard flight operations at

JBPHH,” said Lt. Col. Randy Whitecotton, deputy JBPHH public works officer (mil) at NAVFAC Hawaii and commander of 647th Civil Engineer Squadron.

“It was built in 1952 and does not provide clear line-of-sight for current aircraft movement. In addition, its open-type construction and exterior metal stairs from the ground to the tower cab has allowed exposure to the elements over the years, causing corrosion of steel reinforcement within concrete columns. And the outside stairs makes entering and exiting the structure difficult during inclement

weather,” Whitecotton said.

The award is a firm fixed-price task order for \$7.4 million under an indefinite-delivery, indefinite-quantity, multiple award construction contract. Three proposals were received. The project is scheduled for completion in March 2014.

The project provides for a new 1,194 square feet ground control tower. This 122-foot high tower will consist of a control tower cab, office, break area/room, electrical/communications equipment room, elevator and restroom.

It will include all site utilities, electrical service and

communication distribution from/to nearest available water, sewer, electrical and communication services as well as mechanical systems including air conditioning, fire protection/suppression, and ventilation systems.

Exterior elements include paving and site improvements such as

building lighting, paving for exterior equipment pads, circulation, landscaping, and perimeter chain-link security fencing. A security monitoring camera and a remote entry system controlled from the tower cab will be installed at the entry gate.

“We look forward to the

new ground control tower that will be properly configured for today’s airfield use with increased safety measures to meet all mission requirements, operational considerations required for ground control tower personnel to direct aircraft and flightline vehicle traffic,” Whitecotton said.

KHON (FOX) TV 2 Hawaii Navy News upcoming segments

Aug. 23: Pearl Harbor Naval Shipyard/Apprentice Program
Aug. 30: STEM
Sept. 6: Back to school/Job Fairs JEMS
Sept. 13: National Preparedness Month
Sept. 20: War of 1812/USS Lake Erie
Sept. 27: Marine Corps Base Hawaii, Kaneohe Air Show “Navy Leap Frogs”
Oct. 4: Makahiki festival
Oct. 11: Navy birthday

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

Got a story for KHON Hawaii Navy News?
Email editor@hookelenews.com or call Navy Region Hawaii Public Affairs at 473-2877. Stories must have a Navy tie and be of interest to the general public.

STORY IDEAS?

Contact the Ho’okele editor for guidelines and story/photo submission requirements
Phone: (808) 473-2888
Email: editor@hookelenews.com

HO’OKELE
HOLOKAI HAWAII



Runners turn out in full force for half-marathon

Story and photos by MC2 Daniel Barker

Navy Public Affairs Support Element West
Det. Hawaii

Military service members, spouses, family members and civilian employees participated in the sixth annual Hickam Half-Marathon held Aug. 11 at Joint Base Pearl Harbor-Hickam.

Starting at 5 a.m., the participants gathered in the dark at Earhart Track, starting the half-marathon with a parade of colors and singing of the national anthem just after 6 a.m.

"Each year the numbers grow. We had 437 people register, and 386 showed up to run that morning," said B.J. Bentley, Hickam fitness manager and organizer for the event. "Compared to two years before, it was in the low 300s. We definitely gained numbers."

"We changed the route up a little bit this year so they didn't have to run out and back the exact same course," Bentley said. "It was a little different, but it was still fast, a very flat track, open. The weather was perfect. We had a little bit of rain, but that just blessed the event."

A half-marathon is 13.1 miles, so it does take a little bit of preparation unless the participant is an avid runner, and they're used to running six-plus miles in a daily routine. They have to take in factors like the heat here in Hawaii, being prepared for rain, and proper hydration.

"It was a great event. We had people with their dogs, we had people with their strollers, we had one lady who did a jump rope all the way through, so it was a really good event and we try to host things like that on the base for individuals just for squadrons to do things together, team building. For the most part the runners were prepared and it was a lot of fun," Bentley said.

There were a wide range of ages of runners, ranging all the way from age 12 to 74. This year's top male finishers, along with their times, were Arch Robertson (1:20:35), Matthew Lidstorff (1:25:57) and Melvin Kirchner (1:26:21). The top female finishers were Shannon Bueker (1:27:33), Megan Clark (1:38:36) and Alicia Heil (1:39:03).

"We look forward to next year and hopefully it will grow a lot more, a lot bigger, and we need more volunteers. Volunteers are a big key factor in keeping the route safe and marked," Bentley said.

For more information on future events and volunteering opportunities, visit the Morale, Welfare and Recreation center near you and the website www.greatlifehawaii.com.



Dream Chasers give 747th CS nightmares

Story and photo by
Randy Dela Cruz

Sports Editor

For three years, the old Naval Station Pearl Harbor (NAVSTA) basketball squad dominated the base's intramural league with an athletic core of players who shot, rebounded and ran their way to three consecutive championships from 2009-11.

While the team wasn't able to defend its title in the 2012 intramural season, the squad renamed Dream Chasers is back in full force and has resumed its winning ways in the Summer Basketball League.

On Aug. 11, the Dream Chasers squared off against the 747th Communication Squadron (747 CS) in a battle of unbeaten teams.

Although the 747 CS entered the showdown with some heavy artillery of their own, the team proved to be no match for the Dream Chasers, which took early control of the game and rolled on to an easy 51-35 win at Joint Base Pearl Harbor-Hickam Fitness Center gym.

The win raised the Dream Chasers' record to 4-0, while the 747 CS fell to their first defeat of the season and dropped to 3-1.

"It's just like old times," said Dream Chasers point guard Intelligence Specialist 2nd Class Aaron Jackson. "We talked about it earlier that we were going to name the team Dynasty because we been together for awhile. It feels good with your old teammates."

Even though Jackson was making his first appearance with his old team, it didn't take long before he and his team-



Staff Sgt. Travis Lewis of the 747th Communication Squadron (747 CS) fouls Engineman 2nd Class Brandon Thomason of the Dream Chasers in a Summer Basketball League game at Pearl Harbor-Hickam Fitness Center gym.

mates were up and running at full speed.

Up by a score of 3-2, the Dream Chasers completed a 9-0 run on two free throws from forward Logistics Specialist 2nd Class Trae Caple to take a 12-2 lead with 9:28 remaining in the first half.

A coast-to-coast lay-up by post-player Logistics Specialist 2nd Class Eric Cotton put the Dream Chasers up at 16-4, and as time ran down in the half, Cotton completed a basket-and-one to give his team a 21-7 advantage.

As the teams broke for halftime, the Dream Chasers held a 14-point lead at 27-13.

Things didn't get much better for the 747 CS in the second half, as the Dream Chasers fast-break attack kept pushing the ball upcourt.

A basket by Marines Staff Sgt. Julius Johnson gave the Dream Chasers a 20-point lead at 40-20 with 10:04 remaining on the clock.

Despite facing double-digit deficits for most of the game, the 747 CS refused to give up and even put together a run of their own to cut into the lead.

Down by a score of 44-24, the 747 CS fought back and rallied for a nine-point run on the strength of a basket-and-one by center Staff Sgt. Travis Lewis and a three-point bomb from shooting guard Senior Airman Ronnie Turner.

However, a free throw from Dream Chasers Department of Defense civilian Troy McCloud snapped the 747 CS streak and ended the threat.

Lewis, who led the 747 CS with 15 points, said that a lack of patience on the part of his team contributed to its early deficit.

Once the 747 CS fell behind, Lewis said they

had a difficult time battling against the Dream Chasers' tall and athletic frontcourt.

"We weren't taking our time. We were coming down and rushing our shots," he said. "We weren't moving the ball around, and then we started playing to their pace. They (Dream Chasers) do a good job of sending all their guys to the board. We just got to do a better job of boxing out."

Not only did the Dream Chasers' height advantage help on the boards, Jackson said that the team's frontcourt also created numerous opportunities on offense.

"It kind of makes my job a lot easier," Jackson admitted. "I can just hand it to them, and they're already there to make a lay-up. We had a team huddle and my daughter said, 'Wow, you so small daddy.' I'm the little guy, but it feels good, kind of like having big brothers."

Although the 15-point defeat was tough for the 747 CS to swallow, Lewis said that he was encouraged by the team's comeback in the second half.

The next time the teams meet, Lewis noted the 747 CS will be ready.

"I can't wait to play them again," he said. "We know each other now, and we can use our strengths against them in a better way."

Jackson said that with the Dream Chasers' long pedigree of success, if the team just plays its game it should continue to win.

"We've been playing together for awhile, so we know our strengths and weaknesses," Jackson said. "As long as we play our game and do what we do, we usually win. So we're not really worried about what the competition brings."

General election is only 80 days away

Navy Region
Legal Service
Office Hawaii

Military service members should note that the general election is 80 days away.

To register, request a ballot and vote absentee. Go to www.FVAP.gov to complete your Federal Post Card Application (FPCA). It takes less than 10 minutes to complete using the online registration and absentee ballot assistance.

Pass this on to other military or overseas voters, including spouses and voting age dependents.

For more information on the Federal Voting Assistance Program or help with the



absentee voting process, contact FVAP at 1-800-438-8683, DSN 425-1584 (CONUS)/312-425-1584 (OCONUS), or at vote@fvap.gov. And don't forget your unit or installation voting assistance officers.

More information is available at FVAP.gov. "Like" us on Facebook at www.facebook.com/DoDFVAP and follow us on Twitter @FVAP.

Call 473-1384 for the Joint Base Pearl Harbor-Hickam installation voting officer, Lt. Morris, located at the Navy Region Legal Service Office Hawaii. Call 473-1793 for the region voting officer, Lt. Cmdr. Kathleen Elkins.

Volunteers needed for Pouhala Marsh work day Sept. 15

Volunteers are being recruited to remove invasive weeds at Pouhala Marsh Sept. 15. The work is for the benefit of endangered birds and floating ducks (Hawaiian stilt, coot, moorhen) on Pouhala Marsh adjacent to Pearl Harbor by the Waipahu Police Academy.

This area is a recovering wetland and part of the Pearl Harbor estuary system.

Volunteers are needed to pull pickleweed and mangrove from 8:30 to 11:30 a.m.. Bring work gloves, hat, sunscreen, towel and change of clothes. Covered footwear and

long pants are required.

Pouhala Marsh is the largest of the remaining wetland habitats in Pearl Harbor. The marsh is of vital importance for the endangered Hawaiian stilt.

During non-breeding season, Hawaiian stilt numbers on the marsh can exceed 150 birds (10 percent of the remaining world population). The Hawaii Nature Center uses Pouhala as a teaching site for educational programs.

JBPHH volunteers should sign up with CSC Daniel Schaeffer, TPU, daniel.schaeffer@navy.mil, or 473-0686.

Visit 'Biggest Little Airshow' at Pacific Aviation Museum this weekend

Pacific Aviation Museum
Pearl Harbor

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. this Saturday and Sunday.

This year, the airshow celebrates the centennial of Marine aviation and the centennial of women in aviation.

Guests will be able to see 100 aircraft on the tarmac,

both real and remote control models, hangar 79 tours for the new MiG Alley Korean War exhibit, the restoration shop, the P-40 Kittyhawk and Flying Tigers exhibit, helicopters, jets and aircraft displays

in the 85,000-square-foot battle scarred hangar.

Free entertainment includes concerts each day at 1 p.m. with the band Loaded Dice; candy bombings for the children each day at 12:30 and 3:30 p.m.;



and antique flyovers of antique aircraft at noon.

For two days, the local organization the Birds of Paradise and mainland pilots from the Academy of Model Aeronautics will pilot their remote-controlled 1:5 scale planes in the skies above the museum. Specialty acts to be performed by the Birds of Paradise include pattern, 3-D fixed wing and helicopter aerobatic flights, South Pacific battles and a skycam helicopter.

Call 441-1008 for more information or visit www.pacificaviationmuseum.org.

Photo courtesy of Pacific Aviation Museum



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

Kunia Gallos keep on winning tradition

Story and photo by
Randy Dela Cruz

Sports Editor

After winning their second consecutive base intramural championship earlier this year, the members of the Kunia Gallos soccer team thought that they would never play as a team again.

However, when the opportunity came up to compete one final time in the Summer Soccer League, the players got together and decided it was a chance they couldn't pass up.

Despite joining the league as a late entry, the Gallos still has what it takes to win, and that can't be good news for their opponents.

On Aug. 11, the 747th Communication Squadron (747 CS) became the latest victim of the Gallos as Kunia scored two goals in the first half and two more in the second to win by a score of 4-1 at Quick Field, Joint Base Pearl Harbor-Hickam.

"This is really nice," said Gallos forward Senior Airman Justin Cameron who chipped in with two goals. "We were thinking that it was the end of the Gallos. To get in this league at the last minute is pretty nice. We always love to play."

Against the 747 CS, it was obvious that right from the start that the Gallos came to play as the team immediately attacked the goal with zeal.

Even with starting striker Staff Sgt. Winston Jackson playing goal-keeper, the Gallos led by a fast front that included Cameron, Senior Airman Akira Hose and Staff Sgt. Matt Frengs, assaulted the 747 CS goal with 10 shots on goal before Frengs broke the ice with a shot down the middle for a score.

"It was just persistence," said Frengs about the first goal. "We were getting good opportunities from the get go. We just had to learn how to finish. We were playing good from the start. It was just a matter of time before the ball was going to go in."

A short time after Frengs got on



Senior Airman Justin Cameron, forward for the Kunia Gallos, boots in his first of two goals against the 747th Communication Squadron (747 CS) in a Summer Soccer League game that was won by the Gallos, 4-1.

the scoreboard, he assisted Cameron on the team's second goal of the game.

Frengs received a bounce pass on the right side of the field and headed a perfect pass to Cameron who booted in his first goal of the game.

"As soon the ball came across, the two defenders overcommitted and he (Cameron) was all by himself," Frengs said. "All I had to do was flick it however I could and he was wide open. He made it look real easy once I got the ball over to him."

Cameron explained that after years of playing with the same

teammates, he instinctively knew what Frengs was going to do.

"Honestly, it's just natural chemistry," Cameron explained. "We've been playing together for awhile, so we know at least someone is going to be making that run. So you just pick your head up and someone should be there."

Up 2-0 at the break, Frengs extended the team's lead to 3-0 on a goal shortly after halftime.

In booting in his second goal, Frengs explained that he was just taking advantage of what the defense allowed.

"We seemed to have a real consistent wide-open play on the right side all day," he pointed out. "I don't know if it was indecision, but it just felt like we had a lot of space today."

Later, the combination of Frengs to Cameron worked again as the duo joined forces to produce the team's fourth and final goal of the game.

"I saw him (Frengs) making the same run, and I kind of broke on the same path," Cameron said. "Again, just chemistry. I knew he would flick it on to me and just one touch."

The 747 CS added their lone goal on a penalty kick that was converted by Marine Sgt. Chidi Ozurumba.

With the win, the Gallos improved their summer league record to 2-0-1 and kept them in the hunt for another soccer title.

Regardless of what the final standings bring, Cameron said that as long as the players get to enjoy one last season together, he'd consider the season a success.

"There's no pressure," he admitted. "We're just out here to have fun, but winning is always nice."

How military families can find pet-friendly rentals

Story and photo by
Lt. Theresa Donnelly

As our military family prepares to PCS to San Diego after almost seven years of Hawaii duty, we're dealing with what many military families endure: how to find a rental that allows our big, goofy well-behaved Boxer dogs.

Our society loves pets, with the majority of Americans owning companion animals. According to the American Pet Products Association, 62 percent of all households have pets, but owners struggle to find affordable and safe rental properties. The National Council on Pet Population and Research found that moving was the most common reason owners gave up their dogs and the third most common reason they gave up their cats.

Some of the hardships faced by families with animals are restrictive pet policies, which occur in privatized military housing, off-base rentals, and city and state housing. These policies also ban some pet owners from obtaining insurance coverage when purchasing a

home.

While it's unfortunate that irresponsible pet owners have caused property owners, rental companies and even city and state governments from giving excellent pet owners a chance, thankfully there are resources to help military families overcome this difficult challenge.

If you're not ready to buy a home, but determined to find a rental and not leave a forever family member behind, here are some tips to help ensure all members of the family can stay under one roof.

A great place to start is by checking with other military families and find out what's worked for them.

"I have two large dogs, and I started looking early, not because I want to choose a place early, but because sometimes you notice patterns in which rental management companies are more pet friendly. I'll contact people that say, 'no pets' but then offer a larger pet deposit if it's a house I really like," said Kristen McDeeLite, a military spouse stationed in Hawaii.

As soon as you know the



Navy Lt. Theresa Donnelly spends time with her 12-year-old boxer, Fiona. Donnelly helps other military families find pet-friendly housing.

location of your next duty station, start looking online. A great resource is the Automatic Housing Referral Network. The website is sponsored by the Department of Defense and is designed to assist military members and their families in locating available housing at their duty station.

This free service lists off-base rentals, privatized military housing, temporary lodging, military-shared rentals and allows property owners to list their homes for rental. On the listing, there is a paw-

print next to each rental and information on banned breeds as well as weight, size and numeric limits.

The site is easy to navigate and has a Facebook page. A number of other online private housing referral services cater to military families, and you can use classified websites to see additional listings.

Contact your sponsor, the base family service center and a local animal shelter. Your sponsor may have a newcomer's packet with housing information. Talk to families already living there

and ask them for recommendations. See if local shelters have a housing pet program or other referral services.

Call properties that state "no pets" and find out why. Perhaps you can build a rapport with the property owner and better understand their negative experiences. Maybe your family can help them overcome the negative stereotypes caused by irresponsible pet owners.

Demonstrate to your landlord that you consider your pet a cherished, lifetime, indoor family member. Offer to bring your freshly groomed, well-behaved pet to an "interview" with the property owner, and have letters of reference from previous landlords, neighbors, obedience instructors and your veterinarian attesting to the good behavior of your pet(s).

Have all veterinarian records handy and offer to sign a pet addendum making you personally liable for damage to property and injury to others. After demonstrating what a responsible pet owner you are and your property owner agrees to rent to you, make sure you have in writing that

you have permission to have pets.

Read all the pet policies, and make sure everyone in your family abides by them. This will prevent future heartache and misunderstanding. Searching rentals often as early as possible allows me to learn a lot, so I'm better prepared when it's time to truly find a home.

Moving is rarely a smooth, stress-free process. But preparing early, putting aside savings, and planning smartly will help alleviate some of the hassle and help ensure your furry family member arrives at your next duty station happy and healthy.

(Navy Lt. Theresa Donnelly is the owner of *Hawaii Military Pets*, a volunteer online resource for military families in Hawaii. The blog and Facebook page provide information on moving with pets in the military, boarding information, and pet policies in state and federal governments. She partners with non-profits that specialize in service members and their companion animals, such as *Dogs on Deployment* and *Pets for Patriots*.)

Special rules apply to military and civilian employees for political activities

Lt. j.g. Nicholas Joy

Navy Region Legal Service
Office Hawaii

With election season heating up, Department of Navy and Department of Defense (DoD) civilians and active duty members might be inspired to get involved. Before you make your voice heard, though, you should know that there are special rules that apply to military members and civilian employees when it comes to political activities.

Active duty members and civilian employees are encouraged to carry out their obligations as citizens, including registering to vote and voting. They may also sign nominating petitions for candidates and express their personal opinions about candidates and issues in a non-official capacity.

However, the DoD is careful not to engage in partisan political activities or actions that imply or appear to imply sponsorship, approval or endorsement of any candidates or political views. Ethics rules are designed to prevent actual or perceived partisanship that could undermine the legitimacy of the military.

An active duty member may join a partisan or non-partisan political club; make monetary contributions to a political organization, party, or committee; display a political bumper sticker on their private vehicle; and attend partisan and nonpartisan political fundraising activities, meetings, rallies, debates, conventions or activities as a spectator when not in uniform and no inference or appearance of official sponsorship, approval, or endorsement

can reasonably be drawn.

Active duty members may also write a letter to the editor of a newspaper expressing personal views, but they must include a disclaimer that their views do not reflect the position of the DoD if the letter identifies the person as a member of the armed forces, and they may not use the article to solicit votes for or against a partisan candidate.

Active duty members cannot participate in partisan political fundraising activities, rallies, conventions, management of campaigns or debates. Participation is anything more than mere attendance as a spectator.

This means that, if you are a service member, you cannot serve in any official capacity with a partisan political club; speak before a partisan political gathering or gathering that promotes a

partisan political party or cause; distribute partisan political literature or conduct a political opinion survey; perform any duties for a partisan political committee or candidate; march in a partisan political parade; help voters get to the polls if it's an organized effort by a partisan political party or candidate; promote partisan political dinners and fundraising events; or attend partisan political events as an official representative of the armed forces.

Active duty members are also not allowed to use official authority or influence to interfere with an election, solicit votes, or solicit contributions; participate in any radio, television, or other program as an advocate for or against a partisan political party, candidate, or cause; display large political signs (more than a bumper sticker)

on a private vehicle; or display partisan political signs at residence on a military installation.

Rules for civilian DoD employees are less restrictive. Civilian employees are permitted to be active in and speak before political gatherings and serve as officers of political parties or partisan groups.

They may also manage campaigns, distribute literature, write political articles or serve as a spokesperson for a party or candidate. These activities, however, cannot involve fundraising. Civilians also cannot engage in political activity in federal workplaces.

For both civilians and active duty members, activities not expressly prohibited by the rules may still be contrary to the spirit and intent of the regulations and should be avoided. Military mem-

bers and civilians must also avoid any activity that may be reasonably viewed as associating the DoD with a partisan political activity.

The Hatch Act regulates acceptable political activity for federal civilian employees. Military members are subject to the requirements of DoD Directive 1344.10. See also Deputy Secretary of Defense memo June 19, 2012, concerning civilian and military personnel participation in political activities.

If you have any questions about what you can or cannot do during this election season, contact your command's staff judge advocate prior to engaging in the activity. For more information concerning DOD policy on political campaigns and elections, visit the Ethics Resource Library at http://www.dod.mil/dodge/defense_ethics/.

Civil Engineer Squadron surprises 324 Intelligence Squadron

Story and photo by
Randy Dela Cruz

Sports Editor

The 647th Civil Engineer Squadron (647 CES) Bulls snatched victory out of sure defeat by leading a miraculous volleyball comeback Aug. 10 to beat the 324th Intelligence Squadron (324 IS) Tigers in three sets, 20-25, 25-23 and 16-14 at Joint Base Pearl Harbor-Hickam Fitness Center gym.

After dropping the first set, the Bulls found themselves on the verge of losing in straight sets when they fell behind 23-15 in game number two.

Instead, the Bulls rallied behind the spikes of outside hitters Marine Sgt. Drew Leituala and Gas Turbine Systems Technician (Electrical) 2nd Class Jefferson Raposas to close the gap before tying the score at 23-23 on a kill by Raposas.

The game-tying kill forced the 324 to call a timeout in an effort to regroup. But the break wasn't enough to stop the Bulls, as the 324 lost the next two points on a miss hit and netball to set up game three.

"Our team was breaking down. I was already defeated," said Leituala about facing the huge deficit in game two. "But we pulled it together and just said, 'Let them make the errors.' We couldn't believe it. It was just a miraculous comeback."

The high of stealing the second set was quickly dashed as the Bulls immediately found themselves in a fight for their lives in the third match.

Airman 1st Class Sammel Mount of the 324 and Leituala exchanged kills to open the final



Setter Tech. Sgt. Alike Kaahanui and hitter Gas Turbine Systems Technician (Electrical) 2nd Class Jefferson Raposas of the 647th Civil Engineer Squadron (647 CES) Bulls go up for a play at the net during the team's Blue Division intramural volleyball showdown versus the 324th Intelligence Squadron (324 IS) Tigers at Pearl Harbor-Hickam Fitness Center gym.

match, and that set the stage for the back-and-forth battle ahead.

A kill by Airman 1st Class David Morris gave the 324 a 10-8 advantage, but the Bulls quickly closed the gap and tied the score at 10-10 on a slam by Leituala.

The 324 took another two-point advantage at 14-12, but once again the Bulls responded with Raposas spiking back-to-back kills to place the game in another deadlock.

Serving with the game knotted up, Airman 1st Class Erika Bernier-Cruz recorded back-to-back service aces to seal the deal and help the Bulls to their fifth consecutive win without a loss.

"She (Bernier-Cruz) came through," said Bulls setter Tech. Sgt. Alike Kaahanui. "She never played volleyball, so I coach her one-on-one during the week. She played well today. Her serving was on."

After having their backs against the wall for the first time this season, Kaahanui said that he was proud of the way the team rallied together to pull out the win.

Kaahanui admitted that even though the team wasn't at full strength, the close relationship of each player made up for any shortcoming.

"We're all friends off the court, so we know what we're all capable of," he stated. "We depend on one

another. I'm their setter, so I got to pitch them the ball. We know each other and I know they can do the job."

Leituala agreed with Kaahanui and added that if ever there was a game that the Bulls needed to rally together, this was it.

"This is the first time that we've ever played a team this good," said Leituala about the 324. "The other previous games weren't as intense, so they gave us a good run."

With several starters away on deployment, Leituala admitted that this was one match that the team couldn't afford to let slip away, especially with other strong teams waiting in the wings.

"Against a team like this, it's a pretty big win," he said. "We have yet to play the HIANG (Hawaii Air National Guard). I heard they're one of the better teams out there, so we're looking forward to playing them."

PEARL HARBOR-HICKAM
Maniawa Nanea LEISURE

Morale Welfare & Recreation

🏆 USTA JUNIOR TEAM TENNIS
Registration for United States Tennis Association (USTA) Junior Team Tennis ends today. The season is from August to November. USTA Junior Team Tennis is open to ages 7 to 18; The cost is \$35. FMI: www.greatlifehawaii.com.

🏆 JUNIOR LIFEGUARD/OCEAN SAFETY
Registration for the junior lifeguard class runs now through Sept. 7. This program will give youth the opportunity for hands-on training that provides a foundation to become a junior lifeguard. The session runs Sept. 24 to Oct. 19. The cost is \$95 per student. This program is for ages 11-17. FMI: www.greatlifehawaii.com.

🏆 SNORKELING HANAUMA BAY WITH LIBERTY
A free snorkeling trip to Hanauma Bay with Liberty will be held Saturday. Departures are from 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.

🏆 GLASS BOTTOM BOAT TOUR
A glass bottom boat tour of Kaneohe Bay takes place from 9:15 a.m. to noon Saturday. The tour departs from Information, Tickets & Travel-Hickam. The cost is \$25 for adults and \$20 for children ages 3–11 years old. FMI: 448-2295.

🏆 MWR NEWCOMERS LUNCH
A free Morale, Welfare and Recreation (MWR) newcomers lunch will be held 11 a.m. Aug. 21 at the Tradewinds Enlisted Club. This event features free lunch, MWR information booths and sponsor tables. At 12:30 p.m. there will be a tour of locations around the base. Separate registrations are required for luncheon and tour. This event is open to all military-affiliated personnel during their first six months of arrival. FMI: www.greatlifehawaii.com.

🏆 OPEN WATER SCUBA DIVING COURSE
A seven-day open water SCUBA diving course starts Monday and runs through Sunday. Classes are held from 6 to 10 p.m. Monday-Friday and at 12:30 p.m. on Saturday and Sunday. The cost is \$282.61 per person. The course includes books, DVD, four open water dives and certification card. FMI: 423-8222 or 478-321-7596.

🏆 PRESCHOOL STORY TIME
Preschool story time is held from 9 to 10 a.m., Aug. 22, at the Hickam Library. The theme for the day is “colors and shapes.” FMI: 449-8299.

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

Community Calendar

🌟 August

🌟 18 ~ The Fisher House Hero and Remembrance, Run, Walk or Roll will take place at 7 a.m. at the Pacific Aviation Museum on Ford Island. More than 6,500 pairs of boots are being sought for the event. Registration on-site is from 5 to 6 a.m. FMI: Theresa Johnson at 561-7423 or theresa.m.johnson2@us.army.mil or visit www.facebook.com/triplerfisherhouse.

🌟 20, 21 ~ A Hawaii supply enlisted road show will take place from 10 a.m. to noon at Sharkey Theater. FMI: Ted A. Paro at 473-7691 or (619) 838-7854.

🌟 20, 31 ~ Navy College is hosting a basic skills/ASVAB test prep class from 8:30 a.m. to 3:30 p.m. at the Navy College Office, building 679, Pearl Harbor-Hickam. The fee is \$20 per student. FMI: 473-4766 or 837-8466.

🌟 21 ~ The Hickam Officers' Spouses Club will hold their free annual Aloha Expo and Information Fair from 6 to 9 p.m. at the Hickam Officers' Club lanai. FMI: www.hickamosc.com or email info@hickamosc.com.

🌟 21 ~ The Hickam Enlisted Spouses Club will hold their annual “aloha social” at 6:30 p.m. at Earhart Community Center. FMI: www.hickamesc.com.

🌟 24 ~ A Pearl Harbor-Hickam military graduation ceremony will take place at 11:30 a.m. at Sharkey Theater. An education fair will be held from 12:30 to 2:30 p.m. at Lockwood Hall lanai. FMI: email nco.hawaii@navy.mil or call 473-4586.

🌟 25 ~ Federally Employed Women (FEW) Aloha Chapter will hold their awards luncheon from 10:45 a.m. to 1:45 p.m. at Mandalay Restaurant, 1055 Alakea St., Honolulu. The speaker is former Hawaii First Lady Vicky Cayetano. The meal price for the luncheon is \$22. FMI: www.FEW.org.

🌟 31 ~ The ninth annual Navy League Golf Tournament will take place with check-in at 10:30 a.m. at the Mamala Bay Golf Course at Pearl Harbor-Hickam. The entry deadline is Aug. 20. FMI: 422-9404 or email NavyLeague@hawaii.rr.com.

Movie Showtimes



Tyler Perry's Madea's Witness Protection (PG13)

A Wall Street investment banker who has been set up as the linchpin of his company's mob-backed Ponzi scheme is relocated with his family to Aunt Madea's southern home.

SHARKEY MOVIE THEATER

TODAY
7:00 PM Ted (R)

SATURDAY
2:30 PM Brave (PG)
4:45 PM Rock of Ages (PG 13)
7:15 PM Magic Mike (R)

SUNDAY
2:30 PM Brave (PG)
4:45 PM The Amazing Spider-Man (PG 13)
7:15 PM Abraham Lincoln:
Vampire Hunter (R)

HICKAM MEMORIAL THEATER

TODAY
6:00 PM Brave (PG)
8:30 PM Tyler Perry's Madea's
Witness Protection (PG13)

SATURDAY
4:00 PM Brave (PG)
7:00 PM The Amazing Spiderman (PG13)

SUNDAY
2:00 PM Brave (PG)



HIGHLIGHTS FROM THIS WEEK IN USAF AND PACAF HISTORY

Charles Nicholls

PACAF historian

• On Aug. 14, 1973, the Bellows Air Force Station beach area was entered into the National Register of Historic Places because of significant archaeological findings, which determined it to be one of the oldest places of human habitation in the Hawaiian Islands. Sociological and scientific studies, including analyses of radiocarbon dating, suggest that Bellows beach area was occupied around A.D. 800 to 1000.

• On Aug. 19, 1960, flying a specially-modified C-119, the 6593rd Test Squadron made the first successful mid-air catch of a Discoverer satellite capsule. For this feat, the unit received the 1960 Mackay Trophy.

Based at Hickam since 1958, the 6953rd's capsule recoveries were part of the CORONA project, America's first operational space reconnaissance effort. History and images of the program are now declassified and available at the National Reconnaissance Office CORONA webpage. • On Aug. 15, 1943, the Aleutian Campaign ended with the reoccupation of Kiska. The Japanese occupied Aleutian Islands to secure the northern flank of their Pacific empire, and the U.S. feared that the islands could be bases for air attacks on the American west coast.

When American troops invaded Kiska on Aug. 15, they found the enemy had already evacuated the outpost. Primarily an air war, the Aleutian Campaign was the only World War II campaign fought on North American soil.

• The 20th Air Force conducted the final B-29 com-



U.S. Air Force photo

Bellows Air Force Station beach area

bat mission against Japan on Aug. 14, 1945. This mission included a record number of effective aircraft: 754 B-29s and 169 fighters.

One phase of the mission, against the Nippon Oil Refinery at Tsuchizaka, produced the longest non-stop mission of the war from the Marianas: 3,650 miles.

• On Aug. 15 1945, Victory Day in Japan occurred. After U.S. atomic bombs struck Hiroshima and Nagasaki, the Japanese government announced it would surrender "unconditionally," subject to an Allied agreement to maintain the monarchy. Washington declared a cease-fire immediately.

• A massed bomber mission in Korea took place Aug. 16, 1950. In the largest employment of air power in direct support of ground forces since the Normandy invasion of World War II, 98 B-29s dropped more than 800 tons of 500-pound bombs on a 27-square-mile area near Waegwan, where large numbers of enemy troops were suspected to be massing for an attack on Taegu.

• On Aug. 15, 1957, Gen.

Nathan F. Twining became the first USAF officer to serve as chairman of the Joint Chiefs of Staff. During World War II, Twining was the commander of 13th Air Force and chief of staff of Allied Air Forces in the South Pacific.

Later in the war, he commanded 15th Air Force in Europe and then 20th Air Force in the strategic bombing campaign against Japan, including the atomic bomb missions. In 1947, he assumed command of Alaskan Air Command.

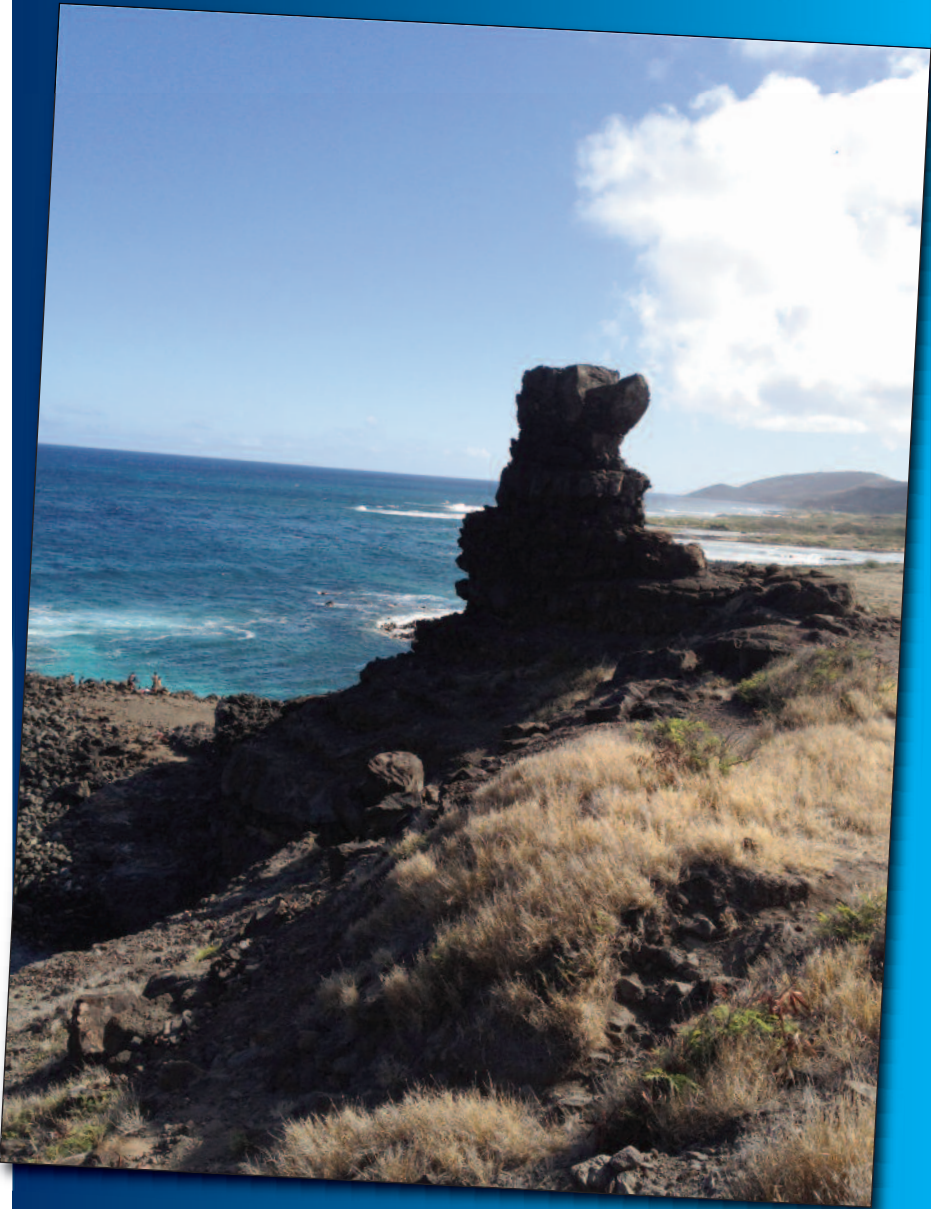
Twining was the chief of staff of the Air Force prior to being appointed as chairman of the Joint Chiefs of Staff. Twining was known for his belief in strategic bombing, his common sense and his ability to work well with other officers across the Department of Defense.

• On Aug. 15, 1972, Operation Saklolo concluded. In this disaster relief operation to aid flood victims in the Philippines, PACAF C-130s, H-3 and H-43 helicopters airlifted more than 2,000 tons of food, medical supplies, clothing, fuel and other relief to Luzon.

My Favorite Photo...

Ho'okele graphic artist Patrick Murray took this photo recently of Pele's Chair along the South Shore of Oahu. Pele's Chair is a natural lava rock formation that can be clearly seen from the road in the area of Makapu'u Point.

Photo courtesy of Patrick Murray



How to submit photos

Send your (non-family and non-posed) photos to editor@hookelenews.com.



HO'OKELE Online

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

Property sale to take place Aug. 25 at Bellows

A property sale will take place at Bellows Air Force Station from 9 a.m. to 2 p.m. Aug. 25. The sale is open from 9-10 a.m. to only active duty ID cardholders and their family members from 9 to 10 a.m. All other authorized ID cardholders may participate from 10 a.m. to 2 p.m. The sale will feature dining tables, chairs, dressers, lamps, bikes and additional items. All property is sold “as is” and sales are final. The sale is cash-only, no credit cards or checks will be accepted. The sale will be located in the back of Bellows Air Force Station. Follow the posted signs. For more information, visit the website www.bellowsafts.com.

Energy Tip

Replace heat-producing light bulbs with efficient ones

Summer season earth tip: Generate less heat by changing light bulbs. In order to turn up the thermostat when cooling a space, fans are a good tool. For bonus points, the ambient temperature will be cooler by turning off all unnecessary lighting and appliances and replacing heat-producing incandescent light bulbs with compact fluorescents (CFLs) or light emitting diodes (LEDs). If a bulb is hot to the touch, imagine how much heat it's producing over time. Some reports advise that a normal light bulb can generate 85 British thermal units (btus) per hour while a CFL generates less than half of that (35 btus) and a LED emits 3.4. The space is cooler and by reducing electrical consumption, demand decreases for fossil fuels to generate the electricity. For bulb facts, see: <http://bit.ly/k5KY8u>. *Information provided by Rebecca Hommon, Navy Region Hawaii Environmental Counsel*



Flu vaccination dates for schools announced

U.S. Army Public Health Command

The Hawaii State School flu vaccination dates for schools near Joint Base Pearl Harbor-Hickam are.

- Oct. 26, 8 to 11 a.m. at Pearl Harbor Kai.
- Nov. 8, 8:30 to 11:45 a.m. at Hickam Elementary.
- Nov. 9, 8:15 to 11:15 a.m. at Moanalua Middle.
- Nov. 15, 8:15 to 11:15 a.m. at Mokulele Elementary.
- Nov. 29, 8:30 to 10:30 a.m. at Navy Hale Keiki School.

Road closures planned for this weekend's events

The Tripler Fisher House is sponsoring an 8K Hero and Remembrance Run, Walk or Roll at 7 a.m. Saturday on Ford Island. On Saturday, the following road closures will be in effect for the event: at 6:30 a.m. on Ford Island at Saratoga on all sides of the roundabout, Wasp at O'Kane Boulevard and Hammonds at O'Kane. At 7 a.m. closures will be at the Ford Island entry control point, Kamehameha Loop at Chaffee Boulevard and entrances to warehouse areas from Chaffee Boulevard. In addition, the Pacific Aviation Museum will hold the Biggest Little Air Show on Ford Island from 9 a.m. to 4 p.m. Saturday and Sunday. The following road closures will be in effect both days during the duration of the event: O'Kane at Wasp, O'Kane at Hammonds Port Street and Lexington at Enterprise. O'Kane and Chaffee will be closed at Wasp during low flyovers by aircraft at 12:30 p.m. and again at 3:30 p.m. For more information, call event security at 474-6735.

What is the ‘deadly quartet’ of conditions?

TriWest Healthcare Alliance

You may have heard of musical quartets, some of them famous singing groups. But did you know one particular quartet can be harmful to your health? It's known as the “four chronic conditions,” or the deadly quartet. And when this group of health issues comes together, the last thing you'll hear is music. **High blood pressure** The first member of the deadly quartet is high blood pressure, also known as hypertension. If left untreated, high blood pressure can cause a stroke or heart disease. Strokes may lead to many other problems, including being paralyzed. And heart disease is the number one killer of men and women in the U.S. High blood pressure often has no symptoms and should be checked yearly at your routine doctor visits. **High cholesterol** The second member is high cholesterol. This condition, which may not trigger symptoms right away, increases “plaque” buildup in your arteries, especially in the heart. This buildup can cause a heart attack. It's also a major risk factor for heart disease. You can learn what your cholesterol numbers are through a simple blood test. **Obesity** Next up is obesity. This will sneak up on you, tricking your mind into thinking your clothes are shrinking. However, a combination of unhealthy eating habits and lack of exercise are usually the

real causes. Obesity will strain your heart, joints and bones and can cause other diseases common in adults, such as diabetes. **Diabetes** The last member in the deadly quartet is diabetes—a major result of obesity. Diabetes is a disorder that causes your body to produce an inadequate amount of insulin. It can affect your heart and blood vessels, causing a decrease in blood flow and eventually the loss of a lower extremity, even your eyesight. **Avoid the deadly quartet** Here's the good news: Some simple lifestyle changes could help prevent, and even reverse, any of these conditions. Here are some changes to consider:

- Eating more fruits and vegetables.
- Consuming smaller portions (a single serving of meat is about the size of your palm, for example).
- Eating more lean meats, such as chicken and fish.
- Increasing regular physical activity. Even just 30 minutes of walking a day, about four or five days per week, can make a huge difference.

For more tips on living a healthy life, visit [TriWest.com /HealthyLiving](http://TriWest.com/HealthyLiving).